



HOME *Safety*

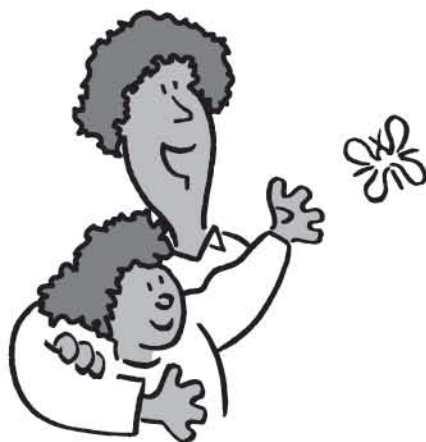
HANDBOOK



Home Safety Handbook

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MISSION STATEMENT

Children's Hospital of Pittsburgh of UPMC is dedicated to improving the health and well-being of all children through excellence in patient care, teaching

**IF YOU HAVE KIDS,
BE GLAD YOU HAVE CHILDREN'S.**

Introduction/ Benedum Trauma Program

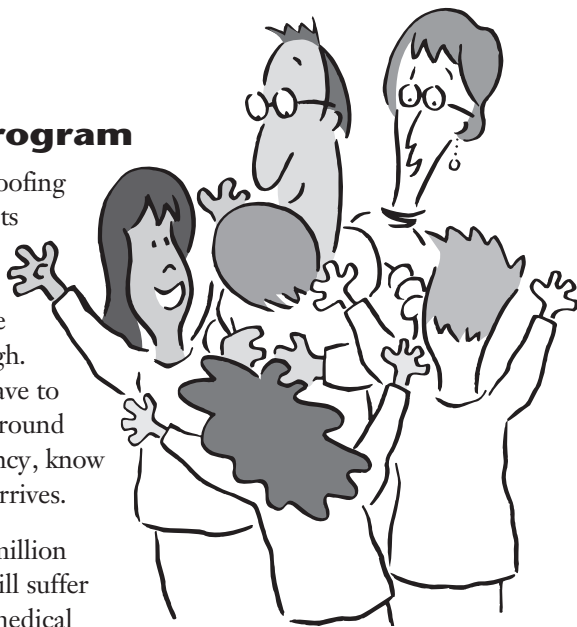
MOST FAMILIES know that childproofing their homes, securing kids in car seats and having a well-stocked first-aid kit in case of an emergency are the basics of home safety when you have children. But that may not be enough. To really protect children, parents have to recognize the less obvious hazards around them, and in the event of an emergency, know how to respond until medical help arrives.

This year alone, approximately 14 million children—one out of four kids—will suffer injuries serious enough to require medical attention. Of those, 120,000 will be permanently disabled from accidents, including motor vehicle-related accidents, falls, near-drowning and poisoning.

Keeping children safe is the number one priority of the Benedum Trauma Program at Children's Hospital of Pittsburgh of UPMC. Because most injuries involving young children occur at home, we want to do all we can to encourage parents, guardians and families to make the home as safe as it can be. That's why we have created the Home Safety Handbook.

This easy-to-use guide was written by medical experts who specialize in pediatric trauma and treat children with medical emergencies every day. Nearly all childhood injuries can be avoided with the proper preventive measures. So please read this handbook and keep it in a convenient place in your home for fast, easy reference.

For more copies, please call Children's Hospital's Injury Prevention Department at 412-692-8580 or e-mail us at www.chp.edu. For an online version of this handbook and additional pediatric injury prevention information, visit the Injury Prevention section of our website at www.chp.edu.



The Benedum Trauma Program was established at Children's Hospital in 1984. The program takes a three-part approach to trauma:

- *Provide specialized emergency medical care and treatment for children who are the victims of trauma, which is any injury to the body;*
- *Research the causes, frequency and outcomes of pediatric trauma; and*
- *Educate adults and children about injury prevention.*

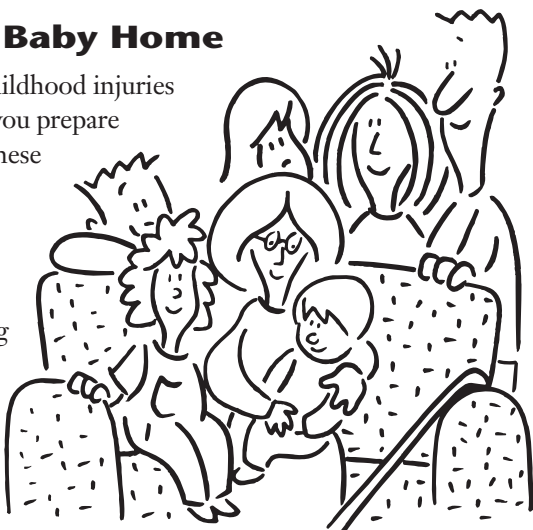
The program is accredited by the Pennsylvania Trauma Systems Foundation as a Level 1 (highest level) Regional Resource Pediatric Trauma Center. Children's Hospital is one of only three accredited pediatric trauma centers in Pennsylvania and the only one in the western half of the state.

Before You Bring Your Baby Home

THE BEST TIME to begin preventing childhood injuries is before you bring your baby home. As you prepare for the arrival of your newborn, follow these guidelines to help keep your baby as safe as possible.

Crib and Bedtime Safety

One of the most important childproofing issues to consider is the type of bedding children require—and selecting your baby’s crib is one of the most important decisions you’ll make as a new parent. Whether you’re buying a new crib or borrowing a used one, make sure it was made after 1989, the year in which crib-safety standards were implemented.



Children’s Hospital of Pittsburgh of UPMC and the American Academy of Pediatrics (AAP) recommend that infants be placed to sleep on their backs to reduce the risk of sudden infant death syndrome (SIDS), also known as “crib death.” SIDS causes more infant deaths in the United States than any other cause of death during infancy. Placing babies on their backs to sleep reduces the risk of SIDS. The annual SIDS rate has decreased by more than 40 percent since the AAP implemented the Back to Sleep campaign in 1992.

The AAP and the Consumer Products Safety Commission (CPSC) also caution against sharing a bed with a child under 2 years of age. In a two-year period, as many as 180 children under the age of 2 died after being placed in adult beds. In addition, the AAP recommends that infants should never rest or sleep on waterbeds, pillows or beanbag chairs, all of which can cause suffocation. Children under 6 years of age should not be permitted to sleep or play on the top bunk of bunk beds.

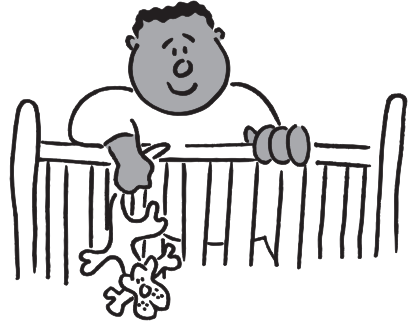
What To Look For

Make sure your baby’s crib includes the Juvenile Product Manufacturer’s Association (JPMA) certification and meets the following federal safety regulations:

- There are no missing slats. Slats must be no more than $2\frac{3}{8}$ inches apart (the approximate width of a soda can).
- In its raised position, the top rail of the adjustable side of a crib must be 26 inches from the bottom of the crib’s mattress to prevent falls.
- The crib must be free of sharp edges, exposed screws and protruding corner posts that could catch your baby’s clothing.
- Cribs should not include head and/or footboard cutout designs, which could trap your baby.
- Paint on crib surfaces should be nontoxic.

In the Crib

- Always keep crib rails up when a child is in a crib. Make sure the side latches hold securely.
- The mattress must fit snugly. No more than two of your fingers should fit between the edge of the mattress and the sides of the crib
- Do not use plastic mattress pads, which can cause suffocation.
- Crib sheets must fit tightly around all corners and sides.
- Bumper pads should not be used.
- Do not use pillows, stuffed animals or thick blankets, which can cause suffocation.
- Do not use crib gyms or mobiles that hang low in the crib.
- Lower the crib mattress before your baby can pull herself up. Move your child to a bed if she can pull herself up on the railing, climb out of the crib or is 35 inches tall. Guardrails on beds should be 3 1/2 inches apart or less.



Portable Cribs, Cradles and Bassinets

Many of the same recommendations for crib safety apply to portable cribs, cradles and bassinets; however, you should also keep the following in mind.

- Never leave an infant in a portable crib with a folded-down side. The child could roll into the space between the mattress and the mesh and become trapped.
- Make sure the latches on the crib are locked to prevent the crib from collapsing.
- Make sure the mesh fabric sides are intact. Inspect the fabric frequently for tears.
- The thickness of a mattress pad in a portable crib should not exceed one inch.
- Do not use an additional mattress or padding, which can cause suffocation.
- Cradles and bassinets should have a wide, stable base with a sturdy bottom.
- Make sure the bassinet or cradle has a snug-fitting mattress, which requires its own size sheet and mattress pad protector.
- Discontinue using a bassinet or cradle when your child reaches the maximum weight specified by the manufacturer or when your baby can push up on his hands, whichever occurs first.

Crib Monitors

A crib monitor provides added safety and comfort when your baby is napping or sleeping. Use these general guidelines with crib monitors:

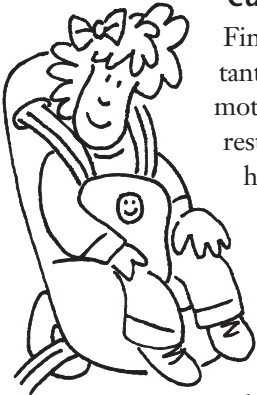
- Use a safety-tested product.
- Follow the manufacturer's instructions for use and maintenance.
- Test batteries regularly.
- Keep the monitor out of your baby's reach.

Arranging Your Baby's Room

In addition to ensuring that individual items are safe, it's important to take an overall approach to safety in your child's room. With a little planning, you can make your child's room hazard-free.

- Do not place your baby's crib or changing table near windows, curtains, blinds, pull-cords, lamps, electrical cords, appliances (such as fans, heaters or humidifiers) or any other piece of furniture that your baby can use to climb out of a crib.
- Avoid dangling electrical cords or extension cords anywhere in your baby's room.
- Store toys conveniently in baskets. If you use a toy box, choose one without a lid. Never place attractive toys on high shelves, which could encourage your child to climb.
- Choose window treatments wisely. Avoid curtains that can be pulled down, and shorten or remove dangling window-blind cords.
- Store all ointments, powders and safety pins out of your baby's reach.
- Use a doorstop to prevent pinched fingers once your baby begins to crawl.
- Keep small, decorative objects out of baby's reach.

Car Safety



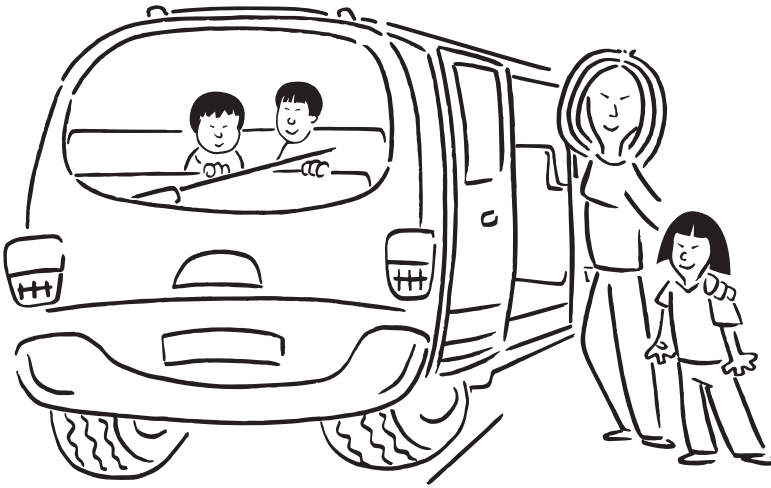
Finding the right car seat for your child is one of the most important tasks parents face. Almost half of the children who die in motor vehicle crashes are unrestrained, and many others were restrained improperly. When used correctly, car safety seats can help prevent death during crashes by 90 percent and injury by 70 percent.

Children's Hospital of Pittsburgh of UPMC, the AAP and the National Highway Traffic Safety Administration (NHTSA) recommend car seats or booster seats for children who are 8 years old or younger and for children over the age of 8 who weigh 80 pounds or less. (Review our Car Seat Safety Chart on page 5 for specific age and weight guidelines.)

A car seat can protect your child only if it's used properly. To help parents better understand how to use car seats correctly, the AAP has issued updated recommendations. Be sure to follow the manufacturer's instructions and these guidelines carefully:

Choose a car seat appropriate for the child's age and weight. Children should ride in a rear-facing infant or convertible car seat until they are at least 1 year of age and weigh at least 20 pounds. Infants who weigh 20 pounds before 1 year of age should ride in a rear-facing convertible seat or infant seat approved for higher weights until at least 1 year of age. A rule of thumb: The child should remain rear-facing until reaching the maximum weight for the car seat, as long as the top of the head is below the top of the seat back. The AAP recommends keeping a child rear-facing until age two.

Make sure the car seat is properly installed. Air bags and car seats don't mix. Never put your child in the front seat. Infants should ride in the rear seat at approximately a 45-degree angle to prevent slumping and breathing problems.



Make sure your child is correctly placed in the seat. In rear-facing car seats for infants, shoulder harness straps should usually be placed in the slots at or below the infant’s shoulder, and the harness should be snug. The car seat’s retainer clip, which holds the harness straps on the shoulders, should be positioned at the level of the child’s armpit, not on the abdomen or neck.

Tether Straps

A tether strap is an additional strap that secures the top of a car seat to the vehicle’s seat. Car manufacturers began to install attachment anchors in some vehicles in September 1999. If your vehicle doesn’t have an anchor, and your car seat doesn’t have a tether strap, Children’s Hospital of Pittsburgh of UPMC recommends that you get them. Contact the manufacturer or dealer of your vehicle for the anchor installation kit and the car seat manufacturer for a tether strap installation kit.

Car Seat Safety Chart

Choosing the right seat for your child		
Child’s Approximate Size	Child’s Approximate Age	Correct Seat and Usage Recommendations
Up to 20 pounds and 26 inches long	Ages 0 to 2 years	Use a rear-facing infant seat or a convertible car seat in the rear-facing position, and be sure that the shoulder straps are set at or below the child’s shoulder level. See manufacturer’s instructions.
From 20 to 40 pounds; 26 to 40 inches tall	Ages 2 to 4 years	Use a convertible car seat in the forward-facing position or a non-convertible forward-facing child safety seat. Straps should be positioned at or above shoulder level. Some models have a five-point harness; others use the car’s lap-shoulder belt. See manufacturer’s instructions.
From 40 to 80 pounds; 40 to 57 inches tall	Ages 4 to 8 years	Most children this size still need a booster to prevent the shoulder strap of a car’s seat belt cutting across their necks or the lap belt from riding above their hip bones. Use a belt-positioning booster or a high-back belt-positioning booster using the vehicle’s lap-shoulder belt. The NHTSA has recently announced that shield-type boosters are not recommended. See manufacturer’s instructions.

Additional car seat guidelines:

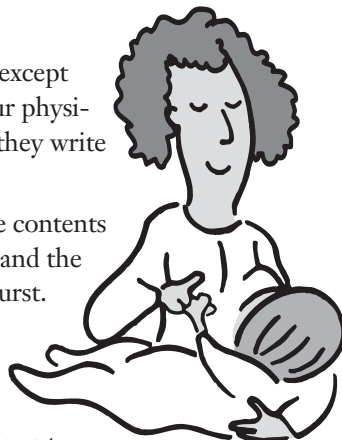
- Never leave a child alone in a car for any reason. The fumes from a running engine can cause serious damage or death. In cold weather, a child can suffer frostbite; in warm weather, a child can suffer heat stroke and dehydration.
- Never hold a baby in your arms or use a baby carrier as substitutes for a car seat.
- Make sure the car seat is secure. It should not move more than one inch in any direction. To secure the seat, push down on it while you tighten it into the car and use a tether strap to secure the child's car seat to the vehicle seat.
- Make sure harness straps are in the correct slots. They should be tight enough that it feels snug against the baby.
- Replace a car seat after it has been in an accident.
- Place a rolled-up receiving blanket around a newborn's head and shoulder to prevent his head from moving while the car is in motion.
- In the summer, place a blanket on the car seat to protect a baby from a hot car seat. Be careful not to accidentally brush a baby's skin with a hot car seat buckle or clip.
- In the winter, do not buckle your child in a car seat while he's wearing a snowsuit; instead, buckle the child in a car seat and use a blanket over the child's body until the car is warm.
- Used car seats also must meet current safety requirements outlined by NHTSA. To obtain a copy of these requirements or for information on car seat recalls, visit the NHTSA website at www.nhtsa.dot.gov or call 1-888-327-4236 or 1-800-CARBELT.

When You Bring Your Baby Home Newborn to 12 Months

From the time you bring your child home from the hospital, your baby's care and safety depends entirely on you. Even in the first few months, there are many potential hazards in the home. Whether it's feeding time, changing time, play-time or bedtime, the following safety guidelines will help you give your child the safest care.

Feeding Your Baby

- Nursing mothers should avoid alcohol and drugs, except medications prescribed by a physician. Be sure your physician and pharmacist know you are nursing before they write or fill prescriptions.
- Do not use a microwave oven to heat a bottle. The contents of the bottle could be hotter than the bottle itself, and the buildup of steam inside a bottle could cause it to burst. Use a pot of hot water or pour hot tap water over the bottle instead.
- After warming, shake the bottle and test the temperature of the bottle's contents by squeezing some onto the inside of your wrist. The contents should feel comfortably warm.
- Don't eat, drink, carry or prepare hot foods or beverages while holding a baby.



Pacifiers

- The guard or shield on a pacifier should be large enough to prevent your baby from putting the entire pacifier into his mouth.
- Frequently check the parts of a pacifier to make sure they will not come apart.
- Replace pacifiers after an illness or when they appear worn.
- Never hang a pacifier on a cord around a baby's neck or attach it to baby's clothing with a clip and cord.
- Never substitute a bottle nipple for a pacifier.



Changing Time

Each year, thousands of children suffer serious injuries to the head and internal organs from falling off changing tables. Remember that some babies can roll over when they are only a few weeks old. The following precautions will help protect your baby from serious injury on a changing table, sofa or bed:

- Never leave a child alone on a changing table, sofa or bed. A safe alternative to a changing table, sofa or bed is a changing pad or blanket on the floor.
- Always use the changing table's restraint strap, and keep at least one hand on the baby at all times.

- Be sure to place all powders, ointments and lotions out of your baby's reach. Do not shake baby powder near a child's face; rather, put powder into your hand and rub it onto your baby.
- As your child grows, make sure the changing table is not positioned in a way that allows him to use his legs to push-off from a wall or other piece of furniture.

Infant Carriers

While an infant carrier can be a big help to parents, it also can cause serious injuries if the child accidentally falls out or is knocked down from a high place. Here are several tips to help avoid injury:

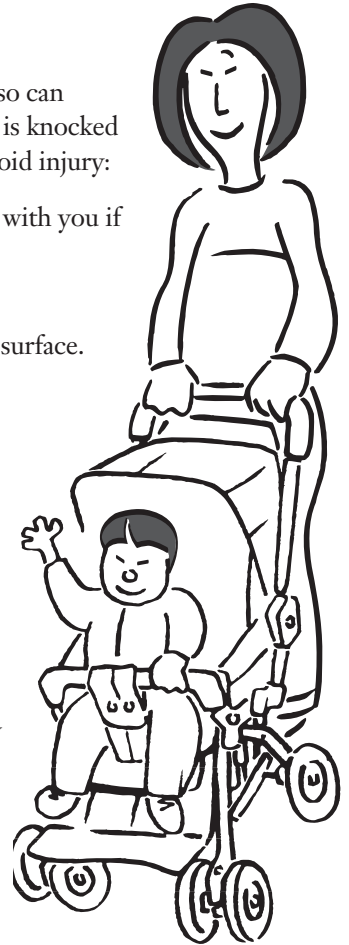
- Never leave a child alone in a baby carrier. Take her with you if you must leave the room.
- Always secure an infant with the carrier safety strap.
- Avoid placing a baby carrier on a table or other high surface.
- Never use a baby carrier as a car seat.

High Chairs, Playpens, Strollers and Swings

High chairs, playpens, strollers and baby swings are never a substitute for an adult's close supervision.

Follow these safety guidelines:

- Follow the manufacturer's instructions for assembly, use and maintenance.
- Always secure a baby in a high chair, stroller or baby swing with the safety strap.
- Don't substitute a playpen for a crib. A crib's built-in safety features help protect a baby from injury while sleeping.



Walkers

Children's Hospital of Pittsburgh of UPMC and the AAP recommend stationary (it doesn't move from place to place) exercise saucers instead of walkers. Injuries as serious as skull fractures, concussions and broken limbs can occur if the walker tips over or if the baby falls down a stair case. If you choose a walker for your baby, follow these guidelines.

- Never leave a child unsupervised in a walker. Constant supervision is essential.
- Close and lock doors to stairways and block staircases with gates. Explain to older children that leaving doors open is not safe when a baby is in a walker.
- Use walkers only on smooth surfaces. Edges of carpets, throw rugs and raised thresholds can cause a walker to tip over.

Playtime

For children 6 to 12 months old, playtime is about discovery . Because children at this age tend to place objects in their mouths, the risk of choking and suffocation is great. Keep play areas clean and make sure smaller toys are not within reach.

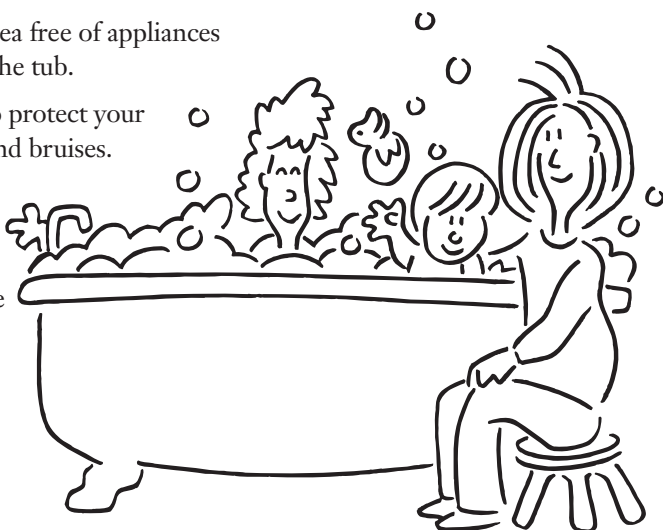
To obtain product safety information, contact the Consumer Product Safety Commission (CPSC) at 1-800-638-2772 or visit its website at www.cpsc.gov. In addition to CPSC recommendations, you should avoid:

- Toys with small, removable parts that can be pulled off and swallowed.
- Toys made of brittle materials or those with sharp edges.
- Stuffed animals and dolls with buttons instead of patches for eyes.
- Toys with long handles that can be put in the mouth or poked in an eye.
- Pull-toys with long cords that can become tangled around a child's head or neck.

Bath Time

Follow these recommendations to avoid serious injuries, including drowning and burns:

- Never leave a baby alone in a bath (or near any water such as a bucket or toilet) for any reason or any length of time. A child can drown in less than one inch of water.
- Set the water temperature in the home no higher than 120 degrees Fahrenheit . Always test the temperature of the bath water with your elbow (or bathtub thermometer) before placing your baby in the tub. The temperature should be pleasantly warm.
- Never add water to a tub while your baby is in it.
- Tub seats should not be used as a substitute for supervision.
- Cradle an infant with one arm and use the free hand to wash the baby .
- Use a bath mat or a towel in the base of a bathtub to help prevent the baby from sliding.
- Keep the bathing area free of appliances that could fall into the tub.
- Use faucet covers to protect your baby from bumps and bruises.
- Avoid hard tub toys that have sharp edges or pointed parts; they can cause serious injury if the child slips and falls on them.



When Your Baby Begins To Explore

12 Months to 3 years

IN THE BLINK OF AN EYE, a baby who can barely hold up his head is off to a crawl, a walk and then a climb. His new independence and mobility raise a different set of safety concerns. Tiny hands can reach for possible dangers and wobbly legs can give way to potential head and body injuries.



Safety devices are available for virtually every room in your home. Routinely check your home for potential dangers and hazards. Crawl on your hands and knees through each room to see where locks, latches, guards or other safety improvements may be needed.

The following suggestions can help you protect curious toddlers and preschool-age children from hazards throughout your home.

Kitchens and Bathrooms

- Install latches or locks on cabinet drawers containing medicines, cosmetics, cleaning products and other poisonous or harmful objects. For extra insurance, use products with child-resistant packaging and move these items to a high shelf or cupboard.
- Install a stove guard to prevent your child from touching flames or hot burners. Turn pot and skillet handles inward and away from the edge of the stove.
- If a stove has front controls, apply safety covers over the knobs to prevent your child from playing with them. Watch children carefully when you are cooking to prevent burns.
- Use latches or locks on refrigerators, microwave ovens, dishwashers, compactors, washers and dryers.
- Apply a switch cover to your garbage disposal.
- Keep hot foods and drinks away from the edges of tables and counter tops.
- Store sharp utensils and appliances out of your child's reach.
- Do not place appliances near sinks, bathtubs or toilets.
- Install locks on toilet seats to prevent a child from falling in headfirst and drowning.
- Use a rubber mat or other non-slip surface in the bathtub to help avoid falls.



Electrical Outlets and Cords

- Use outlet covers, plate covers, and power strip covers to prevent your child from sticking his fingers or other objects into electrical outlets. Be sure outlet covers cannot be removed easily.
- Hide electrical cords and extension cords through use of cord covers.
- Use cord-shortening devices to avoid dangling electrical cords.
- Discard worn, frayed or damaged extension cords.

Staircases

- Use sturdy safety gates at the top and bottom of staircases and in door ways to rooms where your child should not go. Gates at the top of the stairs should screw into the wall. Do not use accordion-type gates, which have been banned by the Consumer Protection Services Commission.
- Cover doorknobs with safety covers to prevent your child from opening doors that lead to staircases.
- When your child begins to climb steps, show her how to crawl backward down the steps to prevent falls.
- Keep pathways and stairways free of toys, shoes, throw r ugs and other objects. To ensure rugs are slip-proof, use non-skid padding.
- Keep staircases well lit.
- Teach children to use the railing.

Windows

- Keep windows locked when they are closed.
- Never let children open windows by themselves.
- Do not place furniture close to windows.
- Use safety guards to prevent windows from opening four inches or mor e. If possible, open windows from the top only.
- Do not rely on window screens to withstand a child's weight and prevent falls.
- Use locks on sliding glass doors to prevent a child from wandering outdoors.

Fireplaces

- Watch children closely when using the fireplace.
- Use a heavyweight screen to prevent your baby from getting too close to the fire.
- Cover your hearth's sharp edges with a fire-resistant cover to prevent bumps and bruises.
- Place a fire-resistant area rug in front of the fireplace.

Furniture

- Use angle-braces or anchors to secure furniture to the wall or floor .
- Apply corner guards and edge cushions to prevent head injuries, bumps and bruises.
- Place televisions on sturdy stands, as far back as possible.

When Your Child Begins To Reason 3 Years and Older

By the time your child reaches preschool, she has accomplished a great number of skills — walking, talking, running and playing. She also is learning to reason. Now is an appropriate time to begin teaching good safety habits to your preschool and elementary school children. Remember, your child learns by modeling your behavior; your safety habits will become hers.

Playing Indoors

Serious injuries or even death can occur as a result of innocent play indoors.

Here are some basic rules to help ensure safe indoor play.

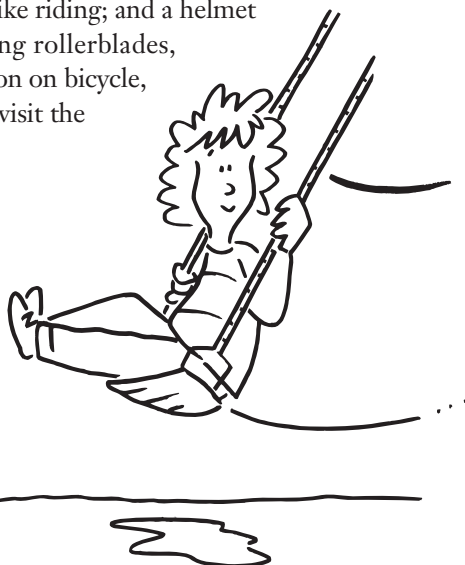


- Keep closets, attics and basements closed to prevent accidents with harmful objects and substances.
- Keep refrigerators and freezers locked to prevent your child from hiding inside, getting trapped and suffocating.
- Help your child understand the difference between indoor toys and outdoor toys.
- Teach older children which toys are not appropriate for younger children.
- Keep all medications and household chemicals and cleaning products out of the reach of children.

Playing Outdoors

Your backyard or local playground can offer your child a world of fun. Here are several tips on how to protect your children while they're having fun outdoors:

- Keep gardening and other tools, as well as dangerous substances, such as pesticides, locked away and out of reach.
- Never allow children near motor-driven or motor-powered equipment such as lawnmowers, tools, hedge cutters and saws. Children should never ride on mowers. For more information on home and lawn safety, visit the Injury Prevention section of our website at www.chp.edu.
- Don't allow children near gas grills or barbecues.
- Make sure your child wears a helmet when bike riding; and a helmet and elbow, wrist and knee guards when using rollerblades, scooters or skateboards. For more information on bicycle, skateboard, scooter and rollerblading safety, visit the Injury Prevention section of our website at www.chp.edu.
- Watch your child on the playground at all times. Avoid playgrounds without protective mats under and around equipment.
- Teach your children how to use playground equipment properly; only allow them to use age-appropriate equipment.



- Playground equipment should be installed securely in the ground and checked frequently. Bolts should not stick out and “S-hooks” must be completely closed to prevent strangulation.
- The AAP and the Benedum Trauma Program at Children’s Hospital of Pittsburgh of UPMC recommend that trampolines not be used at home or playgrounds. From 2000–2005, more than 500,000 trampoline-related injuries were reported in children 14 years of age and younger, predominately at private homes and on full-size trampolines.

Sun Safety

Follow these tips to protect children from the sun and over heating:

- Keep infants under 6 months of age in the shade.
- Keep children out of the sun when it’s strongest, from approximately 10 a.m. to 3 p.m.
- Use waterproof sunscreen that has a sun protection factor (SPF) of 30 or higher. Children with light hair and fair skin will sunburn more quickly and should use a sunscreen with an SPF of 30 or higher .

- Dress your child in lightweight, light-colored clothing and a wide-brim hat to shade face, ears and neck.

- In the pool, have your toddler wear a T-shirt over his swimsuit to protect sensitive shoulders and back.

- Children dehydrate faster than adults, so make sure your child takes frequent breaks to cool down and gets plenty of fluids (approximately every half hour).

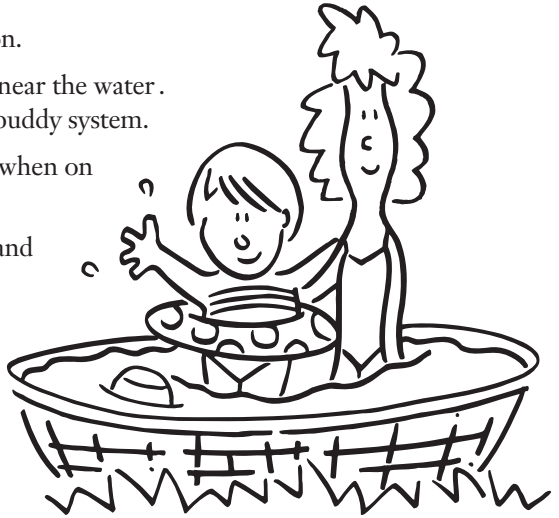
- Know the signs of heat exhaustion: dizziness, nausea, weakness, headache or stomach cramps. Remove a child from the sun if he is experiencing any of these symptoms. Provide rest and plenty of fluids.



Water Safety

According to the CPSC, more than 300 children under the age of 5 drown in residential swimming pools and hot tubs each year, and 3,000 children in the same age group are treated in emergency rooms for submersion injuries. Follow these tips when your child is in or near water, including pools, bathtubs, hot tubs, rivers and lakes.

- Always provide adult supervision.
- Never leave a child alone in or near the water. Encourage children to use the buddy system.
- Children should use lifejackets when on or near rivers or lakes.
- Flotation devices, water wings and pool toys should not be used as lifejackets.
- Never permit swimming during a storm or when there is lightning.
- Children should swim only in supervised or designated areas.
- Make sure you and your child know the depth of the water.
- Do not permit diving into water that is less than 12 feet deep.
- Have your child complete a swimming safety program.
- Enforce all pool rules, including no running, pushing or dunking other swimmers.
- Keep a phone and emergency numbers nearby.
- Never leave buckets of water on the floor. Children may drown in even small buckets.



If you own a pool or a hot tub, follow these safety tips, too:

- Children under 16 years of age should avoid hot tubs. If you do choose to allow children to use your hot tub, check regularly for appropriate temperature settings and limit the amount of time they spend in the hot tub. High water temperatures elevate body temperatures of children.
- Make sure you have a clear view of the entire pool from your house.
- Install a fence or wall that is at least five feet high and completely surrounds the pool. Entry points should be kept locked.
- Invest in a pool alarm that sounds when a child enters the pool.
- Follow the manufacturer's directions for the safe installation and use of your pool cover.
- Keep electrical appliances away from the pool and hot tub.
- Store pool chemicals carefully—explosions and burn and inhalation injuries can occur if chemicals are stored improperly or handled by children.
- Cover hot tubs with self-latching locks when not in use.

General Home and Yard Safety

Nearly all accidents in and around the home or yard are avoidable. In case of emergencies, keep first-aid kits and flashlights handy, and put emergency numbers on or near telephones. In addition to your room-by-room childproofing, follow these safety measures:

Tripping and Falling

Falls account for one-third of emergency department visits. Practice the following guidelines to help prevent children from tripping or falling in and around the home:

- Close supervision of infants and children will prevent most falls.
- Don't let children jump on beds or sofas.
- Use safety gates at the top and bottom of staircases.
- Always tie children's shoelaces properly.
- Pick up toys.
- Ask your pediatrician or pharmacist about drug interactions and potential side effects (like dizziness) for prescription or over-the-counter medications.
- Light your home adequately, and use the highest watt bulbs recommended for lamps and light fixtures.
- Never place items like shoes or clothing on stair steps.

Poison Prevention

Teach poison prevention in your home as early as possible. Put Mr. Yuk® stickers on all harmful substances. Teach children that Mr. Yuk® means "poison help." To order Mr. Yuk® stickers and other poison-prevention materials, visit our website at www.chp.edu/CHP/mryuk.



- Keep all dangerous cleaning products and poisons out of a child's reach.
- Move medications, cleaning products, bug killers, fertilizers and fuels to a high shelf, locked cupboard or utility shed.
- Keep plants out of your child's reach. Certain types of plants are poisonous. If your child eats part of a plant and you call your local poison center, you will need to know the name of the plant.
- Post the phone number of the Pittsburgh Poison Center at Children's Hospital of Pittsburgh of UPMC, 1-800-222-1222, on or near your phone.
- In case of accidental poisoning, don't give anything by mouth or induce vomiting without first checking with poison control.

Internet Safety

- Home computers should be located in a common family area.
- Ongoing communication with your child about the rules and dangers of the internet is important.
- Visit the website for more information — www.chp.edu

Fire Safety

- Never leave a small child alone in your home for any reason or any length of time.
- Store matches out of your child's reach. Teach your child never to play with matches.
- Use only fire-resistant sleepwear.
- Do not use space heaters while your family is asleep.
- Install smoke detectors in various locations throughout the house, including stairways. The alarm should be loud enough to cause your baby to wake up and cry.
- Check smoke detector batteries monthly, and change them at least twice a year (when you change the clocks).
- Put at least one fire extinguisher on every floor of your home and one in the kitchen.
- Have your furnace inspected regularly, and change the filter at least once a year.
- Have your fireplace chimney cleaned and inspected annually. Only burn logs in your fireplace, never paper or garbage.
- Avoid smoking around your baby to prevent accidental burns or fires.

Fire Emergency Plans

- Create a fire emergency plan and practice fire drills with the entire family.
- Draw an escape plan with arrows from each room showing escape routes to at least two exits. Make the routes as short as possible.
- Decide in advance who will get the baby in case of an emergency.
- Teach older children how to stop, drop and roll (drop to the ground and roll back and forth) if clothes are on fire. Explain that running could make the fire burn faster.
- Show children where emergency exits are located in the home, and teach them how to crawl on the ground toward an exit to avoid smoke inhalation and to feel a door before entering another room (if the door feels hot, do not open).
- Show children where emergency rope or chain ladders are kept, and teach them how to use them.

Carbon Monoxide Poisoning Prevention

- Carbon monoxide is produced any time fuel such as natural gas, fuel oil, coal or wood is burned.
- Carbon monoxide is colorless, odorless and tasteless. It cannot be detected by any human sense.
- Every home should have one carbon monoxide detector on each floor . If you can afford only one detector, place it near the bedrooms. If dangerous amounts of carbon monoxide are present, an 85-decibel alarm will sound.
- If the carbon monoxide detector goes off, evacuate the premises and contact a heating contractor or emergency services to find the source of the carbon monoxide.
- If anyone is symptomatic, contact 911 or the Pittsburgh Poison Center (1-800-222-1222) for further advice.

Firearm Safety

- Never leave a gun, loaded or unloaded, unattended for any reason. Always store guns in a locked cabinet, case or drawer .
- Children sometimes imitate the characters they see on television. Explain to your child that a gun is not a toy and can kill.
- Always keep ammunition in a separate location fr om a gun.
- BB guns can cause injury or death. BB guns are not toys and should only be used by an adult.
- Teach children never to touch a gun and to tell an adult if they find one.

Paint Fumes and Remodeling Debris

- Paint fumes can be harmful to children. Keep a child out of a room that is being painted, has just been painted or contains furniture that has just been painted.
- Remove a child from a room before starting household repairs or remodeling. Scattered debris may cause injury.
- Check homes built before 1978 for leaded, peeling paint chips. Leaded paint chips and paint chip dust, if swallowed or inhaled, can cause brain damage or poisoning.

Pets and Animals

- Always supervise your child when he is around pets.
- Avoid stray, sick or injured animals, which can carry rabies.
- Keep pet dishes out of your child's reach.
- Always wash hands after touching an animal or putting your hands in its cage.
- For information on preventing dog bites, visit the Injury Prevention section of our website at www.chp.edu.



When You Are Not Home

Babysitters—whether they’re grandparents, neighbors or teenagers—are responsible for protecting your child’s safety when you’re not home. Don’t underestimate the importance of clear and detailed instructions.

Children’s Hospital of Pittsburgh of UPMC offers a babysitting course to teach 11 to 13-year olds skills designed to help them become more responsible care-givers. Classes are taught by trained instructors and include lessons on safety and security precautions, basic first-aid and lifesaving techniques and age-appropriate supervision methods. For more information, call Children’s Community Education Department at 412-692-7105.

The following tips will help ensure the best possible care for your child and prepare your babysitter for potential problems when you’re not home:

Care and Play Restrictions

- Review safety precautions that should be taken during routine care, such as bathing, diaper changing or placing a baby down for a nap.
- Tell the babysitter which play activities are permitted in the home and which are restricted to outdoors.
- Indicate what rooms, such as the attic or basement, are off-limits to a child. Be sure to lock the doors to these rooms.
- Teach your child and instruct your babysitter on basic rules about answering the door, including never opening the door to strangers and never telling a stranger that parents are not home.



Medications and Medical Conditions

- Don’t assume your sitter understands medical care. Inform the sitter ahead of time if your child has any special medical condition, such as asthma or epilepsy that could require medical attention. Give the sitter (and her parents) the chance to decide whether it’s something she can handle.
- If your child is taking a medication, write down the time the medication should be taken and the dosage. Let the babysitter know where the medications are kept.
- Make sure you explain to the babysitter how an event such as an asthma attack or a seizure should be handled if necessary.

Handling an Emergency

- Make sure your babysitter knows how to reach you in case an emergency occurs. Always write down the phone number of the place where you will be, as well as your cell phone or pager number. Post all numbers near the telephone.
- Post emergency phone numbers—including police, fire, ambulance, hospital, physician and poison center numbers — near the phone.
- Always leave the phone number of a neighbor or relative to call in case of an emergency.
- Make sure the babysitter knows your street address and phone number for identification purposes.
- Tell the babysitter where first-aid supplies are located.
- Instruct the babysitter to call an ambulance if she believes an injury is severe.
- In case an ambulance is needed, let the babysitter know which hospital you prefer for your child.
- The babysitter should contact the police or fire department if she suspects an intruder or a fire.
- In case of a fire, instruct the babysitter to evacuate herself and all children first, then call the fire department from a neighbor's home.
- Point out emergency fire exits, chain and rope ladders, fire extinguishers and smoke alarms.



Your Child's Role in an Emergency

One of the most important safety lessons you can teach your children is how to handle an emergency situation before it occurs. Build responsibility gradually as your child matures, and rehearse how she'll handle phone calls, knocks at the door, fires and other emergencies.

Children age 4 and older should be taught how to take an active role in handling an emergency situation in the home. Teach your child how to react accordingly by following these guidelines:

- Alert a parent or adult who is nearby.
- When your child is able to read, keep emergency phone numbers, your street address and home phone number on a notepad next to the phone.
- If an adult is injured or unable to physically dial a telephone, instruct your child to dial 9-1-1 or the emergency phone numbers of the local police, fire or ambulance service.
- Make sure your child is able to give her name, street address and phone number for identification purposes. Your child should be prepared to say the following:

"My name is _____.

I live at _____.

My phone number is _____. We have an emergency."

Safe Families

Positive Parenting and Community Education

Children's Hospital of Pittsburgh of UPMC recognizes that raising children is a big job. While all parents want the best for their children, even the most loving parents can sometimes feel frustrated or overwhelmed.

Children's Hospital promotes safe families for children of all ages and encourages positive parenting tactics that promote constructive alternatives to potentially harmful discipline tactics. Feeling unable to cope with a child is not a sign of bad parenting, but rather an indication that the caregiver needs relief.

Here are a few tips for anyone who feels overwhelmed with a child:

- **Never shake a baby.**
- **Stop.** Put the baby in a safe place, such as a crib or a playpen, and let her be. There is nothing unsafe or abusive about allowing a baby to cry .
- **Take a breather.** Walk into another room, sit down for a moment and take 10 slow, deep breaths.
- **Change your activity.** Take your child outside for a walk.
- **Get relief.** Check that the baby's physical needs have been met (her diaper is dry, she's not hungry, her temperature is comfortable). If you cannot calm the child, ask a friend or a relative to come help you.
- **Take care of yourself.** Get enough rest and exercise, eat right and take time for yourself.
- **Share your concerns.** Talk with friends, family members or your pediatrician.
- **Ask for help when you need it.**



For more information on positive parenting or parenting classes in your area, call Children's Community Education Department at 412-692-7105.

Child Advocacy Center

Children Hospital of Pittsburgh also maintains a Child Advocacy Center, which provides comprehensive medical and psychosocial evaluations for children and adolescents who are possible victims of abuse or neglect. Children's Child Advocacy Center is one of three centers in Pennsylvania recognized as full members of the National Children's Alliance. For more information, contact the center at 412-692-8664 during business hours or 412-692-5325 after business hours.

For More Information

Safety Products and Safe Toys

For a free pamphlet on safety tips and directory of certified products:

Juvenile Products Manufacturers Association Inc.
236 Route 38 West, Suite 100
Morristown, NJ 08057
Phone: 856-231-8500
www.jpma.org

For product and toy information and recalls:

Consumer Product Safety Commission
Phone: 1-800-638-2772
www.cpsc.gov

**For information on selecting safe toys
for infants and children:**

Toy Industry Association Inc.
1115 Broadway
Suite 400
New York, NY 10010
Phone: 212-675-1141
www.toy-tia.org

**To obtain catalogs of various child-tested
home safety products:**

Perfectly Safe Catalog
www.perfectlysafe.stores.yahoo.net/info

The Right Start Catalog
www.rightstart.com

Home Safety Books

Baby Basics: How to Keep Your Child Safe, by Vicki Lansky
www.amazon.com

The Perfectly Safe Home, by Jeanne E. Miller
www.amazon.com

Poison Prevention Materials

**For Mr.Yuk® stickers and poison prevention
educational materials and games:**

Pittsburgh Poison Center of UPMC
www.mryuk1.com

For information on lead safety:

National Lead Information Clearinghouse
www.epa.gov/lead



Related websites

American Association of Poison Control Centers
www.aapcc.org

Bicycle Helmet Safety Institute
www.bhsi.org

Children's Safety Network
www.childrensafetynetwork.org

Consumer Product Safety Commission
www.cpsc.gov

Consumer Product Safety Commission's
Product Recall Page
www.cpsc.gov/cpscpub/prerel/prerel.html

Injury Prevention on Children's Hospital of Pittsburgh of UPMC's website
www.chp.edu

National Center for Injury Prevention and Control
www.cdc.gov/ncipc

National Fire Protection Association
www.nfpa.org

National Highway Traffic Safety Administration
www.nhtsa.dot.gov

National Program for Playground Safety
www.uni.edu/playground

National Safe Kids Campaign
www.safekids.org

National Safety Council
www.nsc.org



Tear out and post near telephone.

Emergency Phone Directory

Police Department _____

Fire Department _____

Ambulance Service _____

Pediatrician _____

Family Physician _____

Poison Center _____

Hospital _____

Parent(s) at work _____

Parent(s) cellular phone _____

Neighbor or relative _____

Children's Hospital of Pittsburgh of UPMC's
Emergency Department: 412-692-5555

Pittsburgh Poison Center of UPMC
1-800-222-1222

IF YOU HAVE KIDS,
BE GLAD YOU HAVE CHILDREN'S.



Children's | *of* UPMC
Hospital of Pittsburgh

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