



Home Safety Checklist

Preventable injuries remain the leading cause of death worldwide among children according to the Canadian Paediatric Society. 2,000 children and youth die from preventable injuries everyday, countless more require hospitalization - and some sustain lifelong disabilities.

By 2020, analytical and statistical data project that 8.4 million deaths caused by injury will occur annually compared to 5 million in 1990, making injury the greatest single cause of loss of life – especially among children and adolescents.

Children's Health and Safety Association recommends that every parent ensure the following home safety measures are in place to prevent accidental and unintentional injuries. While child injury is predictable and preventable, it is one of the most under-recognized public health problems facing our country today.

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All Rooms

- Make sure there are no poisonous plants in the house and within the confines of your property. Click on '[Poisonous Indoor and Outdoor Plants](#)' to obtain a comprehensive listing.
- Do not overload electrical sockets.
- Make sure electrical outlets are grounded and that they have full panel protective plug covers.
- Secure all window blind cords with cleats. Attach safety devices and latches on all your windows (second and third floor of houses and high rise apartments) so that children do not accidentally fall out. Click on [Window Blind Cord Safety](#) to obtain highly detailed information.

- Make sure windows and sliding doors are locked at an opening of 4" or less. Click on [Prevent Falls from Windows](#) for highly detailed information.
- Make sure smoke alarms are installed in bedrooms and hallways on every floor of your home and check the batteries regularly. Click on [Fire Safety](#) for more information.
- Install Carbon Monoxide Detectors near your furnace room in the basement and one on each floor of your house. Check the batteries regularly. Click on [Carbon Monoxide Poisoning](#) for more information.
- To prevent scalds and burns, adjust the thermostat setting on your water heater to 48° Celsius or 120° Fahrenheit. Click on [Hot Tap Water and Scald Burns](#) for more information.
- Make sure all matches, lighters, medication bottles, coins, batteries, keys, earrings, sharp objects and other small, loose objects are stored out of sight and out of reach.

Kitchen

- Never leave children unattended in the kitchen.
- Lock up all sharp objects, such as knives, forks and scissors in a cupboard or drawer with a childproof latch.
- Store electrical appliances and cords out of children's reach.
- Keep electrical cords away from the stovetop, oven and sink.
- Make sure all major appliances (stove, fridge, washer and dryer) are properly grounded.
- Do not overload electrical sockets.
- Lock up all toxic and cleaning products in a cupboard or drawer with a childproof latch.
- Store large or heavy objects in cupboards closest to the floor.
- Place glass and breakable objects out of children's reach.
- Cook on rear burners of stove whenever possible.
- Turn cooking pot and pan handles toward the back of the stove so that children do not accidentally tip or knock them down.



To prevent fires, never leave tea towels or potholders on the stovetop.

Make sure the dishwasher is in lock position so that children cannot gain access.

Position step stools and chairs far away from the stove and counter top.

Do not use tablecloths in the kitchen. Children can grab on to the cloth and pull anything that is placed on the table to the floor.

Store plastic sheeting materials or bags out of reach of children. It's a good idea to knot the plastic bags so that children cannot open them.

Store alcohol in a high cupboard away from your children's reach.

Place refrigerator magnets and other small objects near the top of the fridge door.

Store garbage with a lockable lid.

Place the recycling boxes out of your children's reach.

Matches and lighters should be kept in a locked cabinet.

Make sure your fire extinguisher is conveniently located in your kitchen and have it checked every year.

Make sure the cabinet under the sink is free of cleaning supplies, insecticides, detergents, etc.

Place pet food and pet toys away from your children's reach.

To prevent scalds and burns reduce the water temperature in the kitchen sink to 48° Celsius or 120° Fahrenheit.

Check all areas of your kitchen for sharp edges and corners where children could bang their heads or injure their eyes. Install protective guards or cushioning where possible.

Ensure that the oven and other cooking appliances are turned off before you leave the kitchen.

Dispensers of aluminum foil, waxed paper, and plastic wrap have serrated edges on the boxes that can cut little fingers.



Living Room

- Adhere protective padding to all sharp edges on furniture.
- Anchor large screen TVs, bookshelves and tall furniture (wall units and bookcases) to the wall with brackets.
- Always position televisions, computers and stereo equipment against walls.
- Make sure electrical outlets are grounded and have full panel protective plug covers.
- Choose table lamps and light fixtures that have a sturdy base so they cannot be knocked over, and place them as far back on the side tables as possible.
- Avoid using floor lamps that can tip over.
- Remove heavy or breakable objects from table surfaces.
- Restrict access to areas behind electrical units such as stereos, TVs and computers.
- Secure window blind cords with cleats and install window guards or safety devices to prevent them from opening beyond 4".
- Ensure that all plants and flowers are non-toxic.
- Make sure your fireplace and wood stove have fixed safety guards surrounding them.
- Make sure all lighters, matches, medication bottles, coins, batteries, keys, earrings, sharp objects and other small, loose objects are stored out of sight and out of reach.
- To prevent your children from tripping and falling, tape loose rugs to the floor.



Bedrooms

- Position crib away from doors and especially windows.
- Make sure the crib is in good condition, manufactured after 1986 (no lead paint) and has been checked for recalls.



- Make sure the space between rungs is no more than 2-3/8" and that the mattress is secured and supported firmly.
- Ensure nursery furniture such as shelving units, dressers and other freestanding items are solidly constructed and secured with an anchor to the back wall so they cannot be tipped over. Ensure that the corners of furniture are well padded.
- Dresser knobs should be too large to swallow but too small to provide a climbing foothold for your child. Dresser knobs should be attached securely and firmly.
- Make sure electrical outlets are grounded and that they have full panel protective plug covers.
- Remove heavy blankets from the crib.
- Secure window blind cords with cleats and install window guards or safety devices to prevent them from opening beyond 4".
- Make sure night lights are not toy-like so that children are not attracted to reach them. Place night lights in sockets high up the wall and away from bedding, draperies or other hanging materials.
- Never place bright coloured toys on high shelves because children will be encouraged to find a way to reach the toys.
- Install safety latches on all doors and storage areas.
- Place diaper pail and changing supplies in the closet and out of reach from your children.
- Purchase only non-flammable sleepwear for your children.
- Make sure all medication bottles, coins, batteries, keys, earrings, sharp objects and other small, loose objects are placed high and out of reach.
- Do not hang curtains that can be easily pulled down.
- Secure all window blind cords with cleats. Attach safety devices and latches on all your windows (second and third floor of houses and high rise apartments) so that children do not accidentally fall out. Click on [Window Blind Cord Safety](#) to obtain highly detailed information.



Bathroom

- Store sharp objects, glass, razor blades, scissors, etc. in a locked container and place in a secured cupboard.
- Store all electrical appliances (hair dryers, hair curling iron, radios, etc.) in a childproof drawer when not in use.
- Make sure all prescription and non-prescription medications including mouthwash have childproof caps, and that cosmetics and household cleaners are stored in a locked cabinet.
- Do not use glass containers in the bathroom. Purchase bathroom products in plastic containers.
- Place a non-slip bath mat in the bathtub.
- Turn the hot water heater down to 48° Centigrade or 120° Fahrenheit. Click on [Bathtub Safety](#) for highly detailed and very important information.
- Prevent injuries, scalds and burns from faucets by covering the spout and blocking your child's reach to the spout.
- Do not use water tank toilet disinfectant.
- Never leave a child unattended in the bathroom.
- Empty the tub after baths and make sure the tub is empty before you leave the bathroom.
- Ensure that a locked bathroom door can be opened from the outside.
- Place a lid lock on the toilet to prevent a curious toddler from drowning.



Stairs

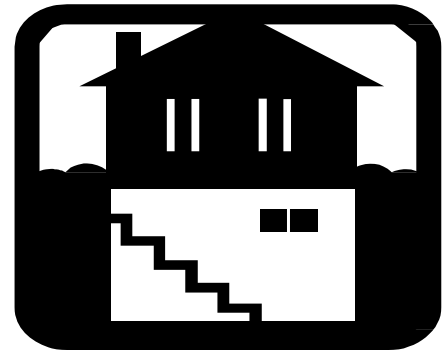
- Keep stairways well lit.
- Remove all items near the landing of the staircase and on the stairs (shoes, toys, books, etc.)



- Railings and balusters should be less than 4" apart and the gaps between the floor and railing should not be larger than 4".
- Consider installing a handrail at child height.
- Install a thick rug at the bottom of the stairs with thick under padding.
- Install gates at both the bottom and top of the staircase.
- Regularly check stairways and balconies for loose railings, dowels and boards - and splinters or exposed nails.

Basement/Garage

- Potentially lethal tools and chemicals are generally stored in garages and basements. These areas should be locked and strictly off-limits to children.
- All doors leading to the basement, garage and laundry room should be locked.
- Make sure all automotive and lawn and garden supplies are carefully stored.
- Make sure power tools are unplugged and locked in a childproof cabinet when not in use. Remove the blades and bits before storing.
- Lock firearms and ammunition in a secured cabinet – out of reach and out of sight.
- Ensure that refrigerators, freezers, dishwashers, washers and dryers (not in use) which automatically lock from the outside, have additional lock devices so that children cannot gain entry.
- Place all glass and metal recycling containers out of reach of children.
- Messy garages create tripping hazards.
- Teach your children that a garage door opener is not a toy. Keep the garage door opener in a safe place and out of reach of your children.
- Make sure children's bikes and toys are easily accessible and not positioned near tools or gardening equipment.



Yard

- Inspect your front and back yards regularly for glass, metal and sharp objects.
- All garbage receptacles are covered securely.
- Ensure there are no poisonous plants and flowers in the back and front yards.
- Make sure walkways and outdoor stairways and stairwells are well lit and free of clutter.
- All outdoor toys and games are stored in a secure and dry place.
- Make sure all fence gates are self-closing and self-latching.
- If you have a swimming pool, make sure a climb-proof fence is installed around all sides of the pool. The fence should be at least 4 feet high with a self-closing gate and a childproof lock. Click on [Swimming Pool Safety](#) for highly detailed information.
- Never leave children unattended in or near water.
- Empty water filled containers that could pose as a drowning hazard - wading pools, large pails and other containers. Children can drown in as little as 2.5 cm (1 in.) of water.
- Store the ladder for the above ground pool in a safe place when not in use.
- If you have a swing set in the backyard, make sure all parts are rust-free with no splinters or sharp edges, and that the set is fastened securely to the ground.
- Cover areas under and around the playground equipment with shock-absorbing material, such as sand, rubber, or mulch - 9 to 12" deep.
- Store all lawnmower fuel, pool chemicals, and other hazardous substances in a locked area.
- Ensure all power tools are turned off, inoperable and out of children's reach.



- Make sure barbecue grills, propane tanks, lighter fluid, barbecue lighters, matches and charcoal are out of children's reach.
- Remove tripping hazards such as tree stumps, concrete footings and rocks.

Laundry

- Make sure all hazardous cleaning solutions and products such as bleaches, detergent pods and dry detergents are stored out of sight and out of reach. Do not store these products on top of the washer and dryer.
- Know where the safety information is located on each of the product labels and what to do in case of emergency.
- Clean the lint trap of the dryer after each use. A clogged lint trap is a common cause of house fires.
- Install safety lid/door locks on the washer and dryer.
- Make sure washers, utility sinks, buckets and bins are emptied of standing water.
- Never leave a hot iron sitting on an ironing board unattended.
- Toddlers can gain access to cleaning supplies by climbing on boxes, step stools, baskets, buckets or laundry piles.
- Lock the laundry room door so children cannot gain access.



Additional Resources

[Child and Youth Injury Report - CHASA](#)