

HOME SAFETY AND ACCIDENTAL INJURIES

Did you know that the leading causes of injuries and death in the home are falls, burns and choking? Unsafe areas in your home can lead to cuts, bumps and bruises, broken bones, head injuries, burns and death. Because children spend on average 90 percent of their time indoors reducing or eliminating safety hazards is one way to reduce injury to children.



Keep floors dry and clear of clutter.



Cribs with adjustable side rails are out-dated and not considered safe. Use a crib with sides that don't move.



Household items, candy, toys and medicines can cause choking in a small child; keep small items out of reach

LOW COST FIXES TO PREVENT INJURY IN YOUR HOME.

To prevent slips and falls:

- Keep floors and stairs free of toys, shoes and clutter.
- Keep home well lit.
- Use only non-skid floor mats and throw rugs.
- Wear non-skid footwear if you do not have carpeting.
- Keep floors dry.
- Use an updated crib with side rails that do not move.
- Never use chairs or tables as ladders.
- Teach children not to run indoors or jump down stairs.
- Install baby-safe gates at top of stairs and keep locked at all times.
- Inspect stairs for need of repair.
- Purchase bathtub mats to help prevent slips and falls.

To prevent choking:

- Make sure children eat and drink sitting up.
- Never feed hotdog slices or hard candy to small children.
- Place long pull-cords on blinds out of child's reach.
- Never let children play with balloons, strings, plastic bags or batteries.
- Keep children away from coins, hair, marbles and buttons.
- Never tie toys or pacifiers to child's clothes.
- Never let small children wear jewelry around their necks.
- Pick out toys that are correct for your child's age.
- Keep all medicines out of child's reach.

LOW COST FIXES (CONTINUED)



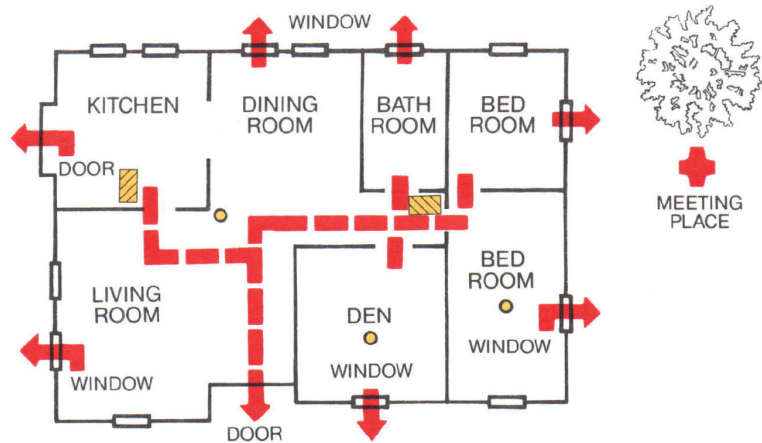
Don't let children play near the stove or grill.

To prevent fires and burns:

- Never let your children play near the stove or grill.
- Store matches, lighters and cigarettes in a locked drawer.
- Teach your children how to prevent fires.
- Keep heaters out of doorways, halls or other busy areas and at least three feet away from curtains and bedding.
- Never hold a hot drink or hot food and a child at the same time.
- Test water temperature for comfort before placing child in tub.
- Install at least one smoke alarm and one carbon monoxide detector in your home and change batteries in spring and fall when the time changes.
- Make and practice a fire-exit plan with your family.
- Cover electrical outlets when not in use.



Store matches, lighters, and cigarettes in a locked drawer.



Make a fire-exit plan with your family.

RESOURCES

For more information, contact your local Health Department or landlord.

Information on product recalls:
The Consumer Products Safety Commission
1-800-638-2772 • www.cpsc.gov

Safe Kids New Jersey • www.safekidsnewjersey.com

For accidents or injuries call 911 or go to your local emergency room.

