



Child-Proofing Your Home

Your safe and happy home may be hiding an accident about to happen. Together with adequate supervision, child-proofing is an essential element in household accident prevention.

The following tips may help you child-proof your home:

- When using safety gates, attach them securely, and install them following the manufacturer's instructions. Be sure your gates are safety approved.
- Block all staircases with safety gates and stop using safety gates when children start climbing.
- Adjust the water temperature in your home to less than 54 degrees C (130 degrees F). Even at 38 degrees C, water is hot enough for a dishwasher.
- Whenever possible, choose nontoxic household products, or products packaged in a child-resistant container.
- Keep chemicals or cleaners in the containers they came in, and don't remove the labels.
- Store all household cleaners where children can't reach them. Inspect play equipment often for loose, broken, or sharp parts, and throw away broken toys that can't be repaired.
- Plug unused electrical outlets with approved outlet covers.
- Identify and remove poisonous plants from your home.
- Keep the telephone number of your doctor, poison control center, ambulance, and fire department posted beside the phone.
- Try looking at your home from the perspective of your infant or toddler. Get down on your hands and knees and search for electrical cords, unprotected outlets, sharp edges or corners, or poisonous plants; it will help you catch all the potential hazards.

Remember, even though you have taken measures to child-proof your home, supervision is essential in maintaining safety. Hazards can only be minimized, not eliminated, and you are still responsible for keeping your child safe.

Information provided by Leeds, Grenville and Lanark District Health Unit.