Top Ten Tips for a Safe Home

**Prevent Falls**

Install grab bars in the tub and shower. Use non-slip mats.

Have bright lights over stairs and steps and on landings. Keep stairs clear of clutter.

**Prevent Choking & Suffocation**

Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons and hard round foods, such as peanuts and hard candy where children cannot see or touch them.

Place babies to sleep on their backs, alone in their crib. Don’t put pillows, blankets, comforters or toys in cribs. These things can sometimes keep a baby from breathing.

When your children are in or near water, watch them very carefully. Stay close enough to reach out and touch them. This includes bathtubs, toilets, pools and spas – even buckets of water.

**Prevent Fires & Burns**

Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.

Stay by the stove when cooking, especially when you are frying food.

Keep your hot water at 120°F degrees to prevent burns. Use back burners and turn pot handles toward the back of your stove. Use a travel mug when you drink something hot.

**Prevent Poisonings**

Keep cleaners, medications and beauty products in a place where children can’t reach them. Use child safety locks.

For Poison Help call 1-800-222-1222. Call if you need help or want information about poisons. Call 9-1-1 if someone needs to go to the hospital right away.