



Child Safety Checklist



Choose the **right car seat** for your child's weight, height and age.

- Keep children in **rear-facing seats as long as possible until the child has outgrown** the seat by height or weight.
- Teach your kids from a young age to **buckle up every ride, every car, every time**.
- Use and install your **car seat according to the directions**.
- A **properly installed car seat** should not move more than 1 inch when the base is tugged.



Watch kids around water. Keep **young children within arm's reach** of an adult.

- Enroll children in **survival swim lessons** and **learn CPR**.
- Install 4-sided fences** around home pools.
- Teach children that swimming in **open water is different** from swimming in a pool.
- Teach children to **wear life jackets**.



Install **smoke alarms on every level** of your home, inside bedrooms and near sleeping areas.

- Test alarms** every month. Create a **home fire escape plan** with two ways out of every room.
- Install **carbon monoxide (CO) alarms** and test alarms every month. In a CO emergency, leave your home immediately.
- Watch children around balconies and windows. **Install window guards** and **safety gates** on stairs to prevent falls.
- Save the Poison Help number** in your phone and post it visibly at home: **1-800-222-1222**. Specialists at poison control centers provide free, confidential, expert medical advice 24 hours a day.



Place babies on their backs for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat, and level surface in their own crib, bassinet or play yard.

- Choose a **firm mattress and fitted sheet** for baby's crib.
- Remove everything from the sleep environment except the fitted sheet**.
- Dress baby in a wearable blanket, onesie, or similar clothing to keep them warm**. A loose blanket could cover baby's airway or make their body temperature too high while they sleep.
- Share your room, not your bed, for the first year of life**. Place baby's crib, bassinet or play yard in your bedroom instead of letting baby sleep in the same bed with you.



Remind your child to wear a **properly-fitted helmet** when biking, skateboarding, riding a scooter or inline/roller skating.

- Check equipment**. Make sure your child's bike is the appropriate size and works properly.
- Teach your kids **the rules of the road**. Make sure they know proper hand signals, understand traffic signs and signals.
- Be sure your kids are seen** while riding. Wearing bright colors, using lights, and wearing reflectors will help them be seen.
- Teach kids to ride on the sidewalk when they can. If not, **ride in the same direction as traffic** as far on the right-hand side as possible.



What's
high on
your list?

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