

Child Safety Checklist



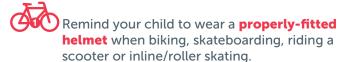
Choose the **right car seat** for your child's weight, height and age.

- 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.
- 6 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.
- 2 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.
- **5** 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.
- O 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.



- **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.

