January 2015

Childproofing check list

No dangerous area or object can be completely childproof. These suggestions can help reduce preventable injuries to children by limiting their access to objects and places that may hurt them.

- Provide adequate adult supervision of children at all times.
- Use safety latches, door knob covers and locks on doors and cabinets.
  - This prevents access to dangerous materials such as medicines, household cleaners, matches, knives and other items that are harmful to kids.
- Use safety gates.
  - These help prevent falls down stairs and prevent children from entering unsafe areas.
- Install smoke and carbon monoxide alarms.
  - Install on each floor and outside sleeping areas.
  - Test batteries once a month and replace at least once a year.
- Use outlet covers.
  - Use covers that cannot be easily removed by small fingers and hands.
  - Ensure covers are large enough so that children cannot choke on them.
- Implement anti-scald devices.
  - These are available for shower heads and faucets.
  - Set water heater temperature to 120 degrees Fahrenheit.
- Use window guards and safety netting.
  - These prevent falls from windows, balconies and decks.
- Use furniture and appliance anchors
  - Prevent curious climbers from tipping over televisions, bookcases, shelves and other furniture.

REMEMBER: No safety device can replace adequate supervision!
Cold rain, sleet, ice and snow: Perfect ingredients for slippery foot travel

Do you feel like a penguin when navigating through snow and ice-covered sidewalks and parking lots? Before you and your children venture out into the winter wonderland, take a minute to review these quick reminders.

Prevent slips and falls

- Wear boots or shoes with traction and non-slip rubber soles.
- Use hand railings when available.
- Take short steps and plant your feet firmly.
- Walk with your center of gravity over your feet.
- Be careful while entering and exiting vehicles.
- Clear snow to expose hard-to-see icy surfaces.
- Be wary of ice patches that may be under layers of snow.
- Extend your hands out for balance and be ready to steady yourself if you do fall.
- Go slow!