Preventing TV and furniture tip-overs

Did you know that in the past 10 years, a child has visited the emergency room every 45 minutes because of a TV tipping over? Unfortunately, these preventable injuries can sometimes be fatal.

Safe Kids offers these recommendations to keep little explorers free from these types of injuries.

**For televisions:**
- Use brackets and straps to secure TVs.
- It is best to mount flat-screen TVs to the wall.
- If the TV cannot be mounted to the wall, do the following:
  - Place the TV on a stand appropriate for the size and weight of the TV.
  - Attach the TV to the stand. Place the TV as far back on the stand as possible, out of reach of small hands.
  - Secure the TV stand to the wall.
  - Curious little hands can easily pull on cords, potentially bringing TVs and other devices down from a shelf or stand, so tuck them away and out of reach.
  - Avoid trips and falls by keeping long cords wrapped around a cord shortener, out of the way.

Have you replaced your older, heavier, box-style, cathode ray tube (CRT) television? Consider recycling it. Go to www.GreenerGadgets.org to find a location near your home that safely and easily recycles unwanted TVs.

**For furniture and appliances:**
- Attach furniture (desks, cabinets, bookshelves and dressers) to the wall using anti-tip devices, such as brackets, braces or wall straps.
- Install stops on any drawers to prevent them from being pulled all the way out and on top of your child.
- Keep heavier items on lower shelves or drawers to make the bookcase, dresser, or TV stand more stable.
- Do not place enticing items, such as TV remotes, food or toys, in places where kids might be tempted to climb up or reach for them.
- Remember to secure appliances. Use the brackets that come with appliances to secure them to the floor, wall or under the counter, to make sure they stay put in case your child pulls or climbs on them.
Cold rain, sleet, ice and snow are perfect ingredients for slippery foot travel.
Before you and your children venture out into the winter wonderland, take a minute to review these quick reminders to prevent slips and falls.

- Wear boots or shoes with traction and nonslip 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!