

Home Safety Checklist

Smoke Alarms

- ☐ There is one smoke alarm on every level of the home and inside and outside each sleeping area.
- ☐ Smoke alarms are tested and cleaned monthly.
- ☐ Smoke alarm batteries are changed as needed.
- ☐ Smoke alarms are less than 10 years old.

Cooking Safety

- ☐ Cooking area is free from items that can catch fire.
- ☐ Kitchen stove hood is clean and vented to the outside.
- ☐ Pots are not left unattended on the stove.

Electrical & Appliance Safety

- ☐ Electrical cords do not run under rugs.
- ☐ Electrical cords are not frayed or cracked.
- ☐ Circuit-protected, multi-prong adapters are used for additional outlets.
- ☐ Large and small appliances are plugged directly into wall outlets.
- ☐ Clothes dryer lint filter and venting system are clean.

Carbon Monoxide Alarms

- ☐ Carbon monoxide alarms are located on each level

of the home.

- ☐ Carbon monoxide alarms are less than 7 years old.

Heating Safety

- ☐ Chimney and furnace are cleaned and inspected yearly.
- ☐ Furniture and other items that can catch fire are at least 3 feet from fireplaces, wall heaters, baseboards, and space heaters.
- ☐ Fireplace and barbecue ashes are placed outdoors in a covered metal container at least 3 feet from anything that can catch fire.
- ☐ Extension cords are never used with space heaters.
- ☐ Heaters are approved by a national testing laboratory and have tip-over shut-off function.

Home Escape Plan

- ☐ Have two ways out of each room.
- ☐ Know to crawl low to the floor when escaping to avoid toxic smoke.
- ☐ Know that once you're out, stay out.
- ☐ Know where to meet after the escape.
- ☐ Meeting place should be near the front of your home, so firefighters know you are out.
- ☐ Practice your fire escape plan.

As parents, this is the time when we want to let our kids explore, learn and have fun. Bumps, bruises, scrapes and scratches are part of the deal. But the one thing we don't want is for small accidents to turn into more serious injuries. That's where just a little information and planning come in. —

Top Safety Tips

- ☐ For your crawlers and climbers, move chairs, cribs and other furniture away from windows to help prevent window falls.
- ☐ Secure TVs and furniture to the wall using mounts, brackets, braces, anchors or wall straps to prevent tip-over's.
- ☐ Actively supervise toddlers on stairs. Hold their hands when walking up and down stairs.
- ☐ Screens are meant to keep bugs out, not children in. Properly install window guards to prevent unintentional window falls. For windows above the first floor, include an emergency release device in case of fire.
- ☐ Use approved safety gates at the tops and bottoms of stairs and attaches them to the wall, if possible. Remember to read the manufacturer's instructions and warning labels to make sure you have the right gate for your needs. Not all gates are safe for use at the top of stairs.
- ☐ Keep windows locked and closed when they are not being used.
- ☐ Take your kids to [playgrounds](#) with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch. If your child falls, the landing will be more cushioned than on asphalt, concrete, grass or dirt.
- ☐ If you are placing your child in a shopping cart seat, use a harness or safety belt. If the belt is missing or broken, select another cart.

Swimming Safety for Pre-Teens

Your kids probably think they are pros in the water at this point. Confidence is good in the water, but it's still important to arm yourself with a few safety tips to make sure they are safe. Top Safety Tips Whether you're swimming in a backyard pool or in a lake, teach children to swim with a partner, every time. Educate your children about the dangers of drain entanglement and entrapment and teach them to never play or swim near drains or suction outlets. Pools that pose the greatest risk of entrapment are children's public wading pools, in-ground hot tubs, or any others pools that have flat

drain grates and/or a single main drain system. Have your children learn CPR. It's a skill that will serve them for a lifetime. –

<http://www.safekids.org>

SEATBELTS

Let's see, there's "Click it or Ticket!" "No Belt, No Brains," and "What's Holding You Back?"

But no matter how you say it, one thing is clear: Buckling up on every ride is the single most important thing a family can do to stay safe in the car. Here are a few tips to make buckling up a part of every car ride.

Hard Facts

Seat belts saved more than 12,000 lives in 2012. Compared with other age groups, teens have the lowest rate of seat belt use. Only 54% of high school students reported always wearing a seat belt when riding with someone else.

Top Tips

Use a booster seat with the vehicle lap AND shoulder safety belts until your child passes the following Safety Belt Fit Test:

- ☐ Be sure your kids are ready for a seat belt by giving them the following Safety Belt Fit Test:
 - ☐ Your children's knees should bend at the edge of the seat when their backs and bottoms are against the vehicle seat back; and
 - ☐ The vehicle lap belt should fit across the upper thighs; and
 - ☐ The shoulder belt should fit across the shoulder and chest. Children are usually between 8 and 12 years old when the seat belt fits them properly.
- ☐ Once your children pass the Safety Belt Fit Test, teach them the importance of using seat belts on every ride, whether they're with you or not. This is a habit you can instill at an early age. If they learn this lesson early, they'll be more likely to buckle up when they're older or when you're not around.
- ☐ Kids are VIPs – just ask them. VIPs ride in the back seat, so keep all kids in the back seat until they are 13.
- ☐ When adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up, too.
- ☐ A lap and shoulder belt provides the best protection for your children and

should be used on every ride.

- □ We know kids like to slouch or lean against the windows during the drive, but it makes a difference in terms of safety. Have your children sit upright when using seat belts.

- See more at: <http://www.safekids.org/>

Home Safety Resources

Safe Kids Southeastern Idaho

Led by: Southeastern District Health Department

Coordinator: Cherie Nelson

1901 Alvin Ricken Dr

Pocatello, Idaho 83201

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Safe Kids Bear River

Led by: Bear River Health Department

Coordinator: Farrin Wiese

655 E 1300 N

Logan, Utah 84341

435-792-6522

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Safe Kids Weber-Morgan

Led by: Weber-Morgan Health Department

Coordinator: Jann Fawcett

477 23rd Street

Ogden, Utah 84401

jfawcett@co.weber.ut.us

801-399-7186

Poison Center

1-800-222-1222

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State of Idaho Poison Control Center

1055 N Curtis Rd, Boise, ID 83706

1(800) 860-0620

The Utah Poison Control Center

1-800-222-1222

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Southeastern Idaho Public Health

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