

BEDROOM SAFETY

FALLS:

- Clear floors of clutter, and clean up toys when finished playing, and spills as soon as they happen.
- Make sure your area rugs have non-slip pads underneath to secure them.
- Keep cords out of the way, and wrap long cords that are plugged in all the time around a cord shortener.

TIP-OVERS:

- Use brackets and straps to keep your TV in place. Televisions are getting larger and flatter, which makes them easy to tip.
 - Mount flat screen TVs to the wall, if possible.
 - Place cathode ray tube (CRT) TVs on low, stable pieces of furniture to avoid tip-overs.
- Use brackets, braces or wall straps to secure heavy furniture to the wall.
- Install stops on dresser drawers, to prevent children from pulling the drawer all the way out, and possibly onto their heads.
- Place heavier items on lower shelves or drawers, to make the furniture more stable.
- Place items, such as TV remotes or toys, in places where kids won't be tempted to climb up or reach for them.

WINDOW SAFETY:

- Install window guards on all windows that are second-story windows or higher. Be sure yours has a quick-release mechanism in case of an emergency.
- Use window stops to keep windows from opening more than 4 inches.
- Make it a habit to lock your windows. If your windows do not have locks, you can purchase and install them.
- Keep all cords and strings out of children's reach. Window blind cords especially can pose a strangulation risk.
- Make sure all cribs, beds, furniture and toys are placed away from windows and window blind cords.

CHOKING:

- Get on your hands and knees and look around the room. Find and remove any small items that can pose a choking risk, like buttons, beads, jewelry, pins, marbles, coins, pens, or marker caps.
- Remove or store any toys that have small parts or magnets that could become dislodged. An item is small enough to get stuck in your child's throat if you can drop it through a toilet paper tube. That's your signal to keep that toy or game away from your child. You can also purchase choke test tubes made specifically for this purpose.
- Do not allow children under 8 to play with balloons, or with toys that have long strings or cords.

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Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



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FIRES & BURNS:

- Cover all unused outlets with outlet covers.
- Install a smoke alarm on every level of your home, including your basement. Place them near sleeping areas and inside each bedroom.
- Test your smoke alarms once a month, and make sure your child can recognize the sound.
- Prepare a fire escape plan, and make sure your family knows what to do and where to meet in case of an emergency. Practice the plan twice a year—the goal should be to get out in under 2 minutes.

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