

# STAIRS & HALLWAYS SAFETY

## FALLS:

- Clear stairs of all clutter. To help keep clutter off the stairs, place a basket near the stairs to hold items that belong on a different floor.
- Install a banister or handrail to both sides of stairs. Teach your children to use it, and talk to them about being safe on the stairs.
- Replace baby walkers with a stationary activity center, and place it away from stairs.
- Keep hallways and stairways well-lit, and use nightlights to light up any dark spaces, bathrooms and children's bedrooms.
- Replace burned-out light bulbs immediately.
- Place flashlights in easy-to-find spots around the house.
- Make sure your area rugs have non-slip pads underneath to secure them.

## BABY GATES:

- Install gates that have been specifically designed for the top of stairs, bottom of stairs and in between rooms. Be sure to do this as soon as your child starts to sit up, as crawling and walking are not far behind.
- Use hardware-mounted gates at the top of stairs. Gates that only press against walls—pressure-mounted gates—are not secure enough to prevent falls at the top of stairs.

- Install pressure-mounted gates in open doorways to block access to rooms or unsafe areas.
- Mount gates less than 3 inches from the floor, to prevent your child from slipping beneath it and becoming trapped.
- For gates that need to go around odd-shaped areas, uneven molding, or drywall with no support behind it, purchase safety gate extenders or installation kits to get a secure fit.
- Use gates that meet current safety standards, and check <http://www.recalls.gov> for recall information.

## FIRES & BURNS:

- Install a smoke alarm on every level of your home, including your basement. Place them near sleeping areas, and inside each bedroom.
- Have at least one carbon monoxide detector on every floor as well, installed near sleeping areas. Place them at least 15 feet away from any fuel-burning appliances, like stoves and water heaters.
- Prepare a fire escape plan, and make sure your family knows what to do and where to meet in case of an emergency.
- Use a surge protector on outlets. Make sure to use only one surge protector per wall outlet. Cover all unused outlets with outlet covers.

## DOWNLOAD THE MAKE SAFE HAPPEN APP

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.



CONTENT DEVELOPED IN ASSOCIATION WITH:

