

BUNK BED SAFETY

SAFE USE OF BUNK BEDS:

- Children younger than 6 years old should not sleep or play on the top bunk.
- Make sure that ladders are attached securely to the bed—and that your child is comfortable going up and down.
- Place a nightlight close to the bed, so that s/he is able to find the way in the dark.
- To avoid falls and weakening of the beds, do not allow your children to jump or roughhouse on either bunk.
- Tidy up! Make sure the floor around the bed doesn't have any toys or other things that could further injure your child, in case s/he does stumble or fall.

THE RIGHT SET-UP:

- Make sure that your bunk bed meets the current safety standards, and has not been recalled at recalls.gov
- When buying a bunk bed, select one without decorative posts at the ends of the bed. Clothing and toys can get caught on these posts and become choking hazards.
- Place the bunk beds away from ceiling fans, light fixtures and windows.
- Double-check that there are no cracks or loose parts in the both the beds and ladders, once you have everything assembled.
- Make sure there are guardrails on both sides of the top bunk.
 - Any openings in the guardrails should not be more than 3 ½ inches.
 - The rails should extend at least 5 inches above the top of the mattress, to help prevent falls.

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:

