

# Home Safety Guide



Tips to keep your family safe at home



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**MetLife Foundation**

# Prevent Poisonings

Be smart about where and how to store poisons, especially in homes where children live or visit.

## Things to do everyday –



1. Lock poisons, cleaners, medications and all dangerous items in a place where children can't reach them.

2. Keep all cleaners in their original containers. Do not mix them together.



3. Use medications carefully. Follow the directions. Use child resistant lids.

4. Install carbon monoxide detectors near sleeping areas.



5. Call the Poison Control Center at 1-800-222-1222 if someone takes poison. This number will connect you to emergency help in your area.

# Prevent Falls

Did you know that falls are the leading cause of injury-related emergency room visits among children?

## Things to do everyday –



1. Use baby gates at the top and bottom of the stairs.

2. Install 9 to 12 inches of mulch, pea gravel, or rubber under playground equipment.



3. Always strap babies into high chairs, swings, changing tables and strollers.

4. Use window guards with emergency releases in case of fire.



5. Place furniture and cribs/beds away from windows.

# Prevent Choking and Suffocation

Did you know that most children who die from injury before age 1 choke or suffocate? Small things can be dangerous in little hands.

## Things to do everyday –



1. Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons and hard round foods, such as peanuts and hard candy, out of children's reach.

2. Place children to bed on their backs. Don't put pillows, comforters or toys in cribs.



3. Clip the loops in window cords and place them up high where children can't get them.

4. Read the labels on all toys, especially if they have small parts. Be sure your child is old enough to play with them.



5. Tell children to sit down when they eat and to take small bites.

# Prevent Fires & Burns

Did you know having working smoke alarms cuts your family's risk of dying in a home fire almost in half? Protect your loved ones from fires and burns in the home.

## Things to do everyday –



1. Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.

2. Stay by the stove when cooking, especially when you are frying food.



3. Keep space heaters at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.

4. If you smoke, smoke outside. Use deep ashtrays and put water in them before you empty them. Lock matches and lighters in a place where children can't reach them.



5. Only light candles when an adult is in the room. Blow the candle out if you leave the room or go to sleep.

# Be Smart Around Water

Did you know that children can drown in as little as an inch of water and in just a few minutes? Water can be deadly for young children.

## Things to do everyday –



1. Stay within an arm's length of children in and around water. This includes bathtubs, toilets, pools and spas – even buckets of water.

2. Put a high fence all the way around your pool or spa. Always keep the gate closed and locked.

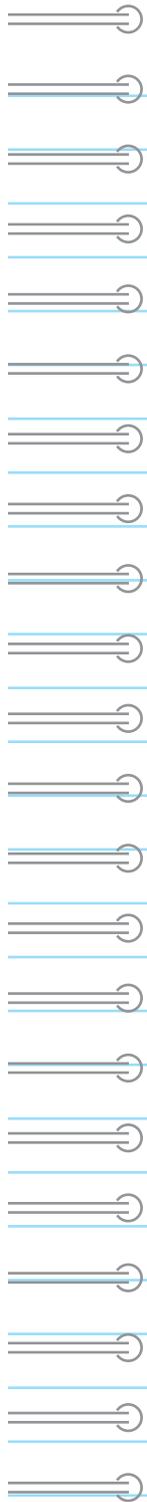


3. Empty large buckets and wading pools after using them. Keep them upside down when not in use.

4. Make sure your children always swim with a grownup. No child or adult should swim alone.



5. Keep your hot water at 120° F to prevent burns.



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