

Infant CPR Anytime®

Infant Safety and Injury Prevention Checklist



Action	I follow this safety precaution (check the box if yes)	Purchase of safety item is required (check the box if yes)
Car Safety		
Car Seats* and Seat Belts		
Birth to 12 months A child younger than 1 year old should always ride in a rear-facing car seat. There are different types of rear-facing car seats: • Infant-only seats can only be used rear facing. • Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position. These allow you use of a rear-facing seat for a longer period of time.		
1 to 4 years Keep children in rear-facing car seats as long as recommended. Know the height and weight requirements for child safety seat use in your state. Once the child outgrows the rear-facing car seat, the child is ready to travel in a forward-facing car seat with a harness. The car seat should be placed in the back seat of the automobile.		
4 to 6 years Keep children in forward-facing car seats with a harness until they reach the maximum height or weight limit. Once the child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat. The booster seat should still be in the back seat.		
6 to 12 years Keep children in booster seats until they are big enough to fit in a seat belt properly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest. It should not cross the neck or face. <i>Remember:</i> The child should still ride in the back seat because it's safer there.		
13 years and older A seat belt should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.		
Preventing Injury		
Everyone who rides in a car should wear a seat belt.		
All children under 13 years of age should ride in the backseat.		
Everyone should keep arms and legs inside the car.		
Never leave children alone in or around cars, even for a minute.		
Make sure all child passengers have left the vehicle after it is parked.		

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*Make sure the car seat is the right size for the infant's age, height, and weight. Check your local resources for safety checks and seat regulations for your infant. Use the car seat the right way. Follow the manufacturer's instructions.

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Take action to make sure you never leave a child in the car. - Put something you'll need, like your cell phone, handbag, employee ID, or briefcase, on the floorboard in the back seat. This will cause you to always look in the back seat before locking the car. - Keep a large stuffed animal in the child's car seat when the child isn't sitting in it. When the child is placed in the seat, put the stuffed animal in the front passenger seat. This will remind you that any time the stuffed animal is up front, the child is in the back seat in a child safety seat. - Alert your child's day care center or babysitter that you will always phone if your child is not going to be there as scheduled. - Ask your childcare provider to call if your child doesn't show up for care as expected.		
Keep vehicles locked at all times, even in the garage or driveway. Always set your parking brake.		
Do not leave keys and remote openers within reach of children.		
Children should cross streets at cross walks. Teach them street-crossing safety.		
Children should hold hands with or be carried by an adult in a parking lot or other places where cars are moving and drivers might not see a child walking.		
Indoor Safety		
Kitchen Safety		
To reduce the risk of burns - Keep hot liquids, foods, and cooking utensils out of a child's reach. - Place hot liquids and food away from the edge of the table. - Cook on back burners when possible. Turn pot handles toward the center of the stove (away from the front and edges of the stove). - Avoid using tablecloths and placemats that can be pulled, spilling hot liquids or food. - Keep high chairs and stools away from the stove. - Do not keep snacks near the stove. - Do not hold a child or an infant while cooking or carrying hot foods or liquids.		
Keep knives and other sharp objects out of a child's reach.		
Bathroom Safety		
Bathe children in no more than 1 or 2 inches of water. Stay with young children and infants throughout bath time. Do not leave small infants or toddlers in the bathtub in the care of young siblings.		
Use skidproof mats or stickers in the bathtub. Put a cushioned cover over faucets.		
Adjust the maximum temperature of the water heater to 120°F (48.9°C) or below. Test the temperature with a thermometer.		
Keep electrical appliances out of the bathroom or unplugged. Keep them away from water and out of a child's reach. This includes radios, hair dryers, and space heaters.		
Preventing Fire Injury		
Install smoke detectors in the hallway outside areas where children sleep or nap. Install them on each floor at the head of stairs. Test the alarm each month.		

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Replace batteries once a year. (A good reminder is to replace batteries in the fall when the time changes from daylight saving time).		
Install carbon monoxide detectors. Test them each month.		
Make sure that there is an emergency exit from the home, childcare center, classroom, or other area where children are likely to be present. Two exits are preferred. Make sure nothing is blocking the exit(s).		
Develop and practice a fire escape plan.		
Make sure that a working fire extinguisher is available. This is especially important in areas that have the greatest risk of fire. Some of these areas are the kitchen, furnace room, and near the fireplace.		
Make sure that all space heaters are safety approved and in safe operating condition. Place heaters out of a child's reach. They should be at least 3 feet from curtains, papers, and furniture. Heaters should have protective covers.		
Make sure all wood-burning stoves and fireplaces are inspected yearly and vented properly. Place stoves out of a child's reach.		
Keep matches and lighters up high, out of children's sight and reach.		
Supervise children if a live candle is in the room. Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.		
Have flashlights and battery-powered lighting to use during a power outage.		
Preventing Electrical Injury		
Install "shock stops" (plastic outlet plugs) or outlet covers on all electrical outlets.		
Make sure cords are not frayed or cracked. Keep cords out of the reach of children.		
Make sure plugs fit properly into the outlets.		
Preventing Falls		
Always keep one hand on an infant sitting or lying on a high surface, such as a changing table. Never leave an infant alone on a changing table, couch, bed, or other furniture.		
If the infant is in a carrier, place it on the floor rather than on a table, sofa, or bed.		
Keep halls and stairs lighted to prevent falls.		
Put toddler gates at the top and bottom of stairs. (Do not use accordion-type gates with wide spaces at the top. The child's head could become trapped in such a gate. The child could strangle.)		
Infants and children should use stationary activity centers. Avoid infant walkers because they can lead to injuries.		
Install window guards to keep windows from opening completely.		
Preventing Poisoning		
Store medicines and vitamins in child-resistant containers out of a child's reach. Lock drawers and cabinets.		

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Store cleaning products out of a child's sight and reach. • Store and label all household poisons in their original containers in high, locked cabinets (not under sinks). • Do not store chemicals or poisons in soda bottles. • Store cleaning products away from food.		
Install safety latches or locks on cabinets that are within a child's reach and contain possible dangerous items.		
Keep purses that contain dangerous items out of a child's reach. Some of these items are vitamins, medicines, cigarettes, and matches. Others are jewelry and calculators. These may have easy-to-swallow button batteries.		
Install a lock or hook-and-eye latch on the door to the basement or garage to keep children from entering those areas. Put a lock at the top of the doorframe.		
Keep plants that may be harmful out of a child's reach. (Many plants are poisonous. Check with your poison control center.)		
Preventing Choking		
Keep all small items (including food items) that can choke a child out of reach. Test toys for size with a toilet paper roll. If the toy can fit inside the roll, it can choke a child.		
Preventing Firearm Injuries		
If firearms are stored in the home, keep them locked. They should be out of a child's sight and reach. Lock and unload each gun before storing it. Store ammunition separate from the firearms.		
Other Actions		
Tie up blind and window curtain cords.		
Make sure that toy chests have lightweight lids, no lids, or safe-closing hinges.		
Follow age recommendations on toy labels.		
SIDS Prevention		
Place healthy full-term infants on their backs on a firm mattress to sleep.		
Make sure the crib is safe: • The crib mattress should fit snugly, with no more than 2 fingers' width between the mattress and crib railing. • The distance between crib slats should be less than 2$\frac{3}{8}$ inches (so the infant's head won't be caught). • Keep all loose blankets, toys, and other items out of the bed. • Keep hanging crib toys out of reach.		
Use a crib in good repair. Avoid portable bed rails.		
Check to see if the crib or mattress has been recalled.		
Infants need their own infant beds. The American Academy of Pediatrics does not recommend any bed-sharing arrangements as safe.		

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Outdoor Safety Tips for Everyone		
Playground Safety		
Make sure playground equipment is assembled and anchored correctly according to the manufacturer's instructions. The playground should have a level, cushioned surface, such as sand or wood chips.		
Remove any broken glass or trash from playground areas.		
Protect children from heat- or cold-related injuries in very hot or cold weather.		
Bikes, Skateboards, and Fireworks Safety		
Make sure your child knows the rules of safe bicycling: • Wear a protective helmet. • Use the correct-size bicycle. • Ride on the right side of the road (with traffic). • Use hand signals. • Wear bright or reflective clothing. • Never bicycle in the dark or fog. • Young children riding alone should only bike on sidewalks or paths.		
Make sure your child is properly protected while roller skating or skateboarding: • Wear a helmet and protective pads on the knees and elbows. • Skate only in rinks or parks that are free of traffic.		
Do not allow children to play with fireworks.		
Sports Safety		
Make sure your child is properly protected while participating in contact sports: • Children should have proper instruction and adult supervision. • Children should wear appropriate safety equipment, such as mouth guards and helmets.		
Before a child starts to play a new organized sport, the parents or caregivers should check with a health care professional to • Ensure the child is healthy enough to play the sport • Identify any health issues that might put the child at risk for illness or injury		
Preventing Bites and Stings		
To reduce the risk of animal bites, teach children the following: • How to handle and care for a pet • To avoid unfamiliar animals • To approach dogs calmly and slowly • To check with the owner first before approaching or petting an animal		

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To reduce the risk of insect bites and stings, do the following: • Keep children from bothering insects. • Use insect repellent that is approved for use on children. • If you know a child has a severe allergy to an insect or bee sting, keep their epinephrine pen close by at all times, especially when the child is outdoors. • Have children wear light-colored clothing that covers the arms and legs when walking or playing in areas where insects are likely to be. • Keep flowering plants and gardens away from areas where children play. • Put outdoor toys away so spiders and insects can't hide inside them.		
Preventing Drowning		
An adult must always supervise children while they swim. Never allow a child to swim alone.		
Closely watch children around any body of water.		
Children should wear life jackets in boats and at other times as needed.		
Pools and nearby properties should be protected from use by unsupervised children.		
Empty and turn over wading pools as soon as children are done using them.		
Do not leave a child alone around any water. Small children or infants can drown if they fall into a bucket, toilet, or other container filled with water.		
If you have a home swimming pool, make sure of the following: • The pool is totally enclosed with fencing. • Fencing is at least 5 feet high. • All gates are self-closing and self-latching. • There is no direct access (without passing through a locked gate) from the home into the pool area.		
All adults and older children should learn CPR.		
Preventing Sunburn		
Protect children from sunburns: • Keep infants younger than 6 months old out of direct sunlight. • For children older than 6 months, use sunscreen made for children. • Put sunscreen on children 30 minutes before they go outside. • Choose a water-resistant or waterproof sunscreen that blocks both UVA and UVB rays and has an SPF of at least 15. • Reapply waterproof sunscreen every 2 hours, especially if children are playing in the water. • Try to stay out of the sun between 10 AM and 4 PM.		