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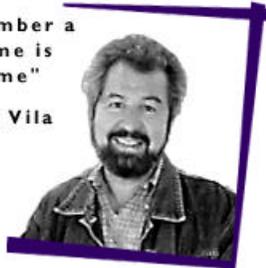
Is your home a  
**Healthy  
Home**  
for children?

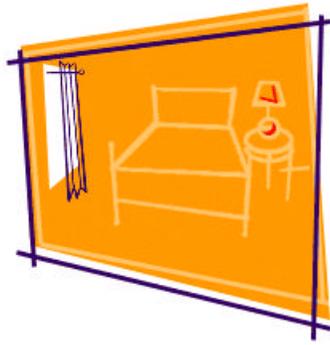
Choose one of the following checklists below  
to see how you could make your home safer.

- in the **Bedroom**
- in the **Bathroom**
- in the **Kitchen**
- all **Living Areas**
- more **Information**

"And remember a  
healthy home is  
a happy home"

-Bob Vila





## in the Bedroom

- Install smoke alarms outside bedrooms and on every level of the home. For added protection, consider installing smoke alarms in each bedroom. Test them at least once a month and change batteries at least once a year.
- Practice fire escape routes and identify an outside meeting place.
- Place a baby to sleep on his or her back in a crib with no pillows or soft bedding underneath.
- Use a crib that meets national safety standards and has a snug-fitting mattress.
- Never use an electric blanket in the bed or crib of a small child or infant.
- Keep small toys, balloons, and small balls away from young children.
- Check age labels for appropriate toys. Make sure toy storage chests have safety lid supports.
- To prevent strangulation, use safety tassels for miniblinds and avoid strings on children's toys and pacifiers.
- Install carbon monoxide (CO) alarms outside bedrooms to prevent CO poisoning.

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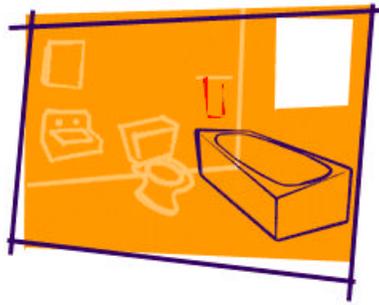
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## in the Bathroom

- To prevent poisonings, lock away all medicines and vitamins, even those with child-resistant packaging.
- Have syrup of ipecac on hand, but use only at the recommendation of a poison control center or physician.
- Never leave a young child alone in the bathroom, especially in a bath.
- Before bathing a child, always test bath water with your wrist or elbow to make sure it's not too hot.
- To prevent scalds, set the water heater thermostat to 120° F and install anti-scald devices.
- Make sure bathtubs and showers have non-slip surfaces and grab bars.
- Keep electrical appliances, like hair dryers and curling irons, out of the reach of children and away from water.

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## in the Kitchen

- Keep knives, plastic bags, lighters, and matches locked away from children.
- Avoid fires and burns by never leaving cooking food unattended, turning pot handles to the back of the stove, and keeping hot liquids and foods away from the edges of tables and counters.
- Make sure you and your children know the STOP, DROP, and ROLL procedure in case their clothes catch on fire.
- Keep appliance cords unplugged and tied up. Replace any frayed cords and wires.
- Securely strap young children in high chairs, swings, and other juvenile products.
- Do not give young children hard, round foods that can get stuck in their throats — like hard candies, nuts, grapes, popcorn, carrots, and raisins.
- Avoid scald burns by keeping children away from the hot water taps on drinking water coolers.

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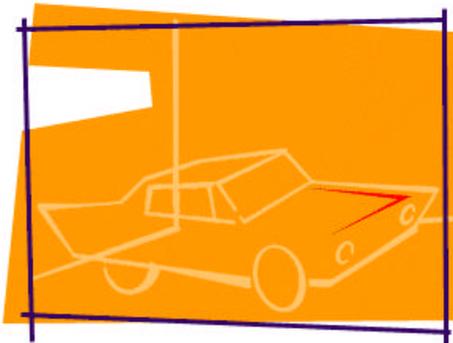


## all Living Areas

- To prevent asthma attacks, eliminate sources of mold, dust, and insects, such as cockroaches. If you have a pet, keep it and its bedding clean and keep the pet off the furniture.
- If you must smoke, avoid smoking in the house, and especially around children.
- Make sure furnaces, fireplaces, wood-burning stoves, space heaters, and gas appliances are vented properly and inspected annually.
- Use safety gates to block stairways (and other danger areas), safety plugs to cover electrical outlets, and safety latches for drawers and cabinets.
- Keep children — and the furniture they can climb on — away from windows.
- Install window guards (on windows that are not fire emergency exits).
- To prevent falls, keep hallways and stairways well-lit and use non-slip backing for area rugs.
- Keep cleaning solutions, pesticides, and other potentially dangerous substances in their original, labeled containers, and out of the reach of children.
- Test homes built before 1978 for lead paint. Call 1-888-LEADLIST for certified inspectors. Ask your doctor or health department if your child should be tested for lead.
- If you have guns or rifles in your home, store the firearms and ammunition in separate containers and lock them out of the reach of children.
- Learn First Aid and Cardiopulmonary Resuscitation(CPR).
- Keep an updated list of emergency telephone numbers, including your local poison control center, physician and hospital emergency room, next to every phone in your home.
- Have your home tested for radon. If levels are above EPA's recommended level, call 1-800-557-2366 to find out about ways to reduce the levels.
- Make sure your family knows what to do during a natural disaster. In an earthquake,

drop to the floor and get under something sturdy for cover; during a tornado, take shelter in a basement or an interior room without windows; and during a hurricane stay away from windows. Have handy supplies of food, flashlights, and water.

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## more Information

### For More Information About...

- Consumer product and home safety: call the U.S. Consumer Product Safety Commission's Hotline at 1-800-638-2772 or visit its website at [www.cpsc.gov](http://www.cpsc.gov).
- Respiratory illnesses: call the Indoor Air Quality Information Hotline at 1-800-438-4318 or call your local American Lung Association office at 1-800-LUNG-USA.
- Childhood lead poisoning: call the National Lead Information Center and Clearinghouse at 1-800-424-LEAD. Also see the HUD Office of Lead Hazard Control's [Lead Hazard Information Pamphlet](#)
- Safe drinking water: call the Environmental Protection Agency Safe Drinking Water Hotline at 1-800-426-4791 or visit its website at [www.epa.gov/safewater](http://www.epa.gov/safewater).
- Childhood and home safety: write the National SAFE KIDS Campaign at 1301 Pennsylvania Avenue, Suite 1000, Washington, DC 20004 or visit its website at [www.safekids.org](http://www.safekids.org).
- Childhood home and recreational safety: write the National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, Division of Unintentional Injury Prevention, MS K63, 4770 Buford Highway NE, Atlanta, Georgia 30341-3724 or visit its website at [www.cdc.gov/ncipc](http://www.cdc.gov/ncipc).

*Buildings constructed under HUD housing programs must meet **minimum property standards** that protect occupants from health and safety risks and ensure the value of an FHA-insured home. Working cooperatively with state and local building officials, HUD is helping to prevent injuries and illnesses that result from such dangers as **electric shock, carbon monoxide, residential fires**, and lead-based paint. Visit [HUD's healthy homes web site](#) for more information.*