

Safety Guidelines for Home Visiting

Safety Categories	Anticipatory Guidelines
Motor Vehicle Safety	<ul style="list-style-type: none"> • Make sure car seat is properly secured; have checked by car seat technician • Put infant in a rear facing car seat in the rear seat until age 2 if possible • Child required to be in a child car seat until adult seat belt comes across the chest instead of the neck, or until age 12 • Never leave a child alone in the car; leave purse or wallet with child in backseat as reminder • Never leave a car unlocked, even in the garage, to prevent access by small children • Teach the child pedestrian safety skills, including never attempting to cross any street without an adult companion until age 10 and never between intersections at any age
Crib and Sleeping	<ul style="list-style-type: none"> • Avoid co-sleeping • Instruct everyone who cares for your baby about safe sleeping practices • Avoid breast feeding in bed when mother is concerned she might fall asleep • Place your baby on his or her back to sleep • Use a firm, tight-fitting mattress covered with a mattress cover and a crib sheet • Remove pillows, loose sheets or blankets, and other soft bedding from crib • Never utilize a crib with broken slats or missing,, loose, broken parts or dropped sides • Never use a crib with more than 2 3/8 inches (about the width of a soda can) between crib slats so a baby's head cannot fit through the slats; no missing or cracked slats. • No corner posts over 1/16th inch high so a baby's clothing cannot catch • No cutouts in the headboard or foot board so a baby's head cannot get trapped. • Lower the crib mattress as the child grows older • Place the crib next to parent's bed, and /or use a bedside bassinet • If a blanket is needed, tuck blanket into the bottom of the crib • Never use pillows, rolled blankets, bumper pads, stuffed animals, or soft bedding products to prop baby's head or aid in sleeping • Never lay baby on top of a pillow, beanbag or "Boppy" to sleep • Avoid exposure to second hand smoke • Avoid overheating; too hot is as dangerous as too cold • Maintain adequate ventilation

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Water/bath/pool safety	<ul style="list-style-type: none"> • When bathing your baby, toddler or preschooler, supervise constantly and never leave child alone, even for a moment • Empty any standing water—buckets, bathtubs, ice chests, wading pools—children can drown in 2-3” of water • Keep toilet lids shut • Fully fence swimming pools with locked gates, and keep wading pools empty when not in use. Don’t let children play near pools, ponds, wells, ditches, cisterns, storm sewers, or excavations. • Supervise child while bathing; do not use bath chair, as it may tip over • Do not rely on floating devices
Fall Prevention	<ul style="list-style-type: none"> • Install window guards on windows • Install safety gates on stairs/steps • Strap baby into high chair and shopping cart • Never use an infant walker at any age • Do not leave your infant alone on beds, changing tables, other tables, sofas, or cribs • Cribs with moveable guardrails should not be used; no longer considered safe • When taking a child to a public or park playground, choose the equipment that is safe for child’s age and ability
Burn Prevention	<ul style="list-style-type: none"> • Keep children away from fireplace/stove with barrier • Check water temperature before placing baby in shower/bath • Keep hot water heater at 120 degrees or less • Turn pan handles so they are not accessible to child and are not over direct heat • Avoid having flammable materials in the home, including foam fabric furniture, drapes, synthetic blankets and clothing • Avoid over exposure to the sun, use hats and light colored clothing • Do not leave heavy objects or containers of hot liquids on tables with that can be pulled off by small children
Product Safety and	<ul style="list-style-type: none"> • Keep sharp objects out of reach

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Airway Obstruction Prevention	<ul style="list-style-type: none"> • Do not give the babies under the age of 3 plastic bags, balloons, or small objects such as marbles, magnets or top with small parts. • Use safety locks on cabinets and drawers • Crawl on the floor to check for hazards at baby's eye level. • Keep tobacco, lighters, matches, ashtrays and alcohol out of the child's sight and reach • Keep child away from moving machinery, lawn mowers, overhead garage doors, driveways and streets • Firearms should always be locked up and stored separately from ammunition • Put tape over every battery compartment on every toy, disc player or any other product to prevent access by small child; swallowing batteries can cause either a choking and burning hazard • Avoid dangling blinds and drapery cords; cut cords with continuous loops and keep out of reach
Electrical Safety	<ul style="list-style-type: none"> • Keep electrical cords out of reach and cover unused outlets • Keep cribs, beds, and sitting areas away from circuit panels, utility meters and refrigerators • Keep small children away from all wireless products, cell phones and computers; turn off before bed and when not in use to prevent overexposure • Keep cribs away from appliances, including microwaves and TV's, even when separated by a wall • Use electric blankets only to warm up body or bed, then turn off to prevent overexposure • Avoid use of water beds, which require continuous electrical heating

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Potential Poisoning	<ul style="list-style-type: none"> • Post the phone numbers for the poison center and other emergency contacts in a visible place • Install smoke and carbon monoxide detectors; test and change batteries annually • Exclude poisons, medications and toxic household products from the home or keep them in locked cabinets; have safety caps on all medications. • Keep all poisonous substances, including medicines, cleaning agents, health and beauty aids, paints, and paint solvents locked in a safe place out of reach • Avoid use of pesticides and insecticides if possible, and particularly indoors and on pets. Use non-toxic substitutes for all poisonous substances whenever possible. • Keep all poisonous substances, medicines, cleaning agents, art supplies, pesticides health and beauty aids, paints, paint solvents locks in a safe place out of reach • Be aware that lead poisoning is a concern if your home was built before 1980; lead is also present in pottery and costume jewelry
Pet Safety	<ul style="list-style-type: none"> • Pet food dishes out of reach • Do not permit the child to approach animals while they are eating • Teach child caution when approaching dogs or other animals • Never leave child alone with pet • Introduce baby to pet slowly
Safe Play	<ul style="list-style-type: none"> • Provide access to developmentally appropriate toys and equipment • Always check playground equipment before allowing child to play. Specifically, check for hot surfaces (slides) or water and ice (climbers, swings) • Play areas should be well-secured, fenced, and free of hazards such as debris or broken toys/play structures • To avoid brain injury, child and parents use helmets when bicycling, skating, riding horses, skiing or using scooters or skateboards • Use extreme caution with motorized toys and ensure that toys are age appropriate • Do not put a child on an ATV
Child Abuse Prevention	<ul style="list-style-type: none"> • Teach the child not to talk to strangers • Identify coping mechanisms for parents to use in stressful situations • Introduce the notion that some areas are private

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	<ul style="list-style-type: none"> • Choose caregivers carefully and make sure they engage in safe babysitting practices • Know where your child is at all times • Inform on the consequences of a brain injury • Identify emotional support for caregivers; many people feel sad and tired after a baby is born • Contact your doctor if feelings of sadness and tiredness are persistent; they may be related to post partum depression
Emergency Response	<ul style="list-style-type: none"> • Recognize signs of injury and call 911 • Learn first aid and CPR • Recognize early signs of concussion, including dilated pupils, disorientation, dizziness, nausea and/or headache and call 911 • Recognize early signs of bone fracture, including swelling, discoloration, nausea