

Frequently Asked Questions: Safety at Home



How can I make sure my child's bedroom is safe?

Do not let children under the age of six sleep in a bunk bed. Look for the ASTM International standard sticker before buying a bunk bed to make sure it is safe. Teach your child to always use the ladder to get up or down and make sure the ladder is attached to the bed and not loose or wobbly. Use guardrails on all four sides of the top bunk, even if the bed is against the wall. Only allow one person at a time on the top bunk and do not let children play on the top bunk. Never tie strings, ropes or things that hang down to any part of the bed.

Keep all furniture away from windows and tie up blind cords. Use window guards or window locks in your child's bedroom. A window screen will not be enough to keep your child from falling out. Attach heavy furniture such as dressers and bookshelves to the wall using safety straps or screws. Store products like lotions and creams up high and out of reach.



How can I safely give my child medicine?

A common way a child could be poisoned at home is from too much medicine, or from getting the wrong medicine. Check with your doctor before giving your child any kind of medicine. Measure all medicines and write down the amount and time it was given. Use the measuring spoon or cap that comes with medicine; kitchen spoons can give too little or too much medicine. An adult should always be the one to give your child medicine. Keep all medicines and vitamins up high, or in a locked cupboard.



How do I find out information about toy and other product recalls?

Recalls can be found at <http://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>. Make sure to send in the registration card, or register your baby equipment online with the manufacturer. This way, if something you own is recalled, the manufacturer can let you know.

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How can I keep my child safe from household burns?

Children over the age of five may be helping more in the kitchen. To keep your child safe from burns, turn pot handles in towards the back of the stove and use back burners whenever possible. Keep hot liquids and appliance cords out of reach on countertops and other surfaces. Teach your child not to touch appliances that could be hot, like the stove, oven, kettle and microwave, without your help.

In the bathroom, keep hair dryers, curling irons and hair straighteners out of reach of children.

Teach your child not to get too close or touch fireplaces, portable heaters and wall heaters. Do not leave children alone around barbecue grills and backyard fire pits.



How do I keep heavy televisions and furniture from tipping over?

Climbing children are at risk for being crushed by falling furniture. Keep items that you do not want your child to have, out of sight. An item on a high shelf can be tempting and children are very good climbers. Make sure to attach bookshelves and other heavy or tall furniture to the wall using safety straps or screws, so that your child can not pull it over.

The TV should be on a low stand and pushed as far back on the stand as possible. Some TVs can also be mounted on the wall. If you are moving an older style television into your child's bedroom, make sure it is on a low stand and not on a piece of bedroom furniture, like a dresser or a bookshelf. You can use safety straps to attach heavy televisions to the wall.



How do I keep my child safe from falls at home?

Stairs and hallways are common places where children can fall at home. Make sure that hallways and stairs are tidy and dry. Teach children not to run in hallways or to play on the stairs.

Most bathroom injuries happen from falls. Clean up drips and spills right away to keep you and your child from falling.

In the garage, ropes, hoses and garden tools should be stored neatly so your child does not trip and fall.