

## Keep Your Child Safe from Poisons

Know the things in your home that are poisons.



Look at the labels for the words "Caution," "Warning," "Danger" or "Keep Out of Reach of Children" on the box or bottle.

Remove all medicines and medical supplies from purses, pockets and drawers.



Put cleaners, medicines, alcohol and other poisons in a cabinet with a child safety lock or latch.

Have child safety caps on all chemicals, medications and cleaning products.

Know to call **911** if someone takes poison. This number will connect you to emergency help in your area. Keep the number by every phone.

## Keep Your Child Safe from Fire

Make sure a smoke alarm is inside or near every bedroom.



Test each smoke alarm every month. Push the test button until you hear a loud noise.

Put new batteries in your smoke alarms at least one time each year.

Practice fire drills to make sure everyone can wake up to the sound of the smoke alarm. Children will need help escaping a fire. Plan for this.

In a fire, go to your meeting place outside. Call the fire department from there. Do not go back inside for any reason.



Lock up all matches and lighters where children cannot see or touch them.

## Keep Your Child Safe in the Bathroom

*The smallest room in your home can have many dangers. Drowning, burns, falls, poisoning, electrical shock – all these things can happen in your bathroom.*



Keep young children out of the bathroom unless you are watching them carefully.

To prevent falls have a grab bar by the bathtub, and shower, and toilet.

Put non-slip strips in your tub or shower.

Have a bath mat with a non-skid bottom next to the tub and shower.



Keep the bathroom floor clean and dry.

Use nightlights in hallways and bathrooms.

### Online Resources



<http://www.childrensafetynetwork.org/>  
<http://aspe.hhs.gov>  
<http://nrc.uchsc.edu>  
[www.cpsc.gov](http://www.cpsc.gov)  
[www.recalls.gov](http://www.recalls.gov)

For further information  
Please contact DEH at  
The following addresses below

### Grand Cayman

Department of Environmental Health  
P.O. Box 1820 GT  
CI Environmental Center  
Grand Cayman, Cayman Islands  
KY1-1109  
Tel: 345-949-6696  
Fax: 345-949-4503

### Cayman Brac & Little Cayman

Department of Environmental Health  
P.O. Box 212 Stake Bay  
Cayman Brac, Cayman Islands  
KY2-2101  
Tel: 345-948-2321  
Fax: 345-948-2543

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# Child Safety Tips



**Department  
Of  
Environmental Health  
(DEH)**

## Child Care & Safety

**Childcare/Babycare** is the act of caring for and supervising minor children. Child care covers a wide spectrum of contexts, activities, social and cultural conventions, and institutions. Included in childcare is early childhood education which focuses on children (toddlers) learning through play. Children are very curious and they primarily learn through play which involves touching, holding and feeling. And this can lead them into dangerous situations.

Child care providers need to be aware of the dangers present in children's surroundings that can lead to injury and possible death. Thus safety of children should always be priority.

**Safety** is the state of being "safe" the condition of being protected against physical, social, emotional, occupational, damage, accidents, harm or other types of events which could be considered non-desirable.

Here is a sad fact. More babies die from things that keep them from breathing than any other kind of home accident. But it doesn't have to be this way. If you know what dangers to look out you can decrease the chances of a baby dying from airway obstruction or strangulation.

As young children get older, they start to crawl and walk around the home. This is how they learn and grow, but it also can put them in danger. To keep your child safe, parents need to find and fix the dangerous places.

**It is recommended that parents look at each room from their child's eye level and use the following tips to make homes safer for young children.**



## Keep Your Nursery Safe

Follow these tips to keep your precious baby safe in the first year of life.

Put babies to sleep alone on their backs. For safe sleep, your child's crib should be empty. Take away all soft bedding, pillows, toys and stuffed animals from the crib.



Do not hang anything with strings or ribbons over cribs. Mobiles should be removed once the baby starts to sit-up.

Make sure the sheet and mattress fit tightly to avoid entrapment and suffocation.

Make sure your baby's crib is safe. Go to [www.recalls.gov](http://www.recalls.gov) to find out if your crib model was recalled by the U.S. Consumer Product Safety Commission (CPSC).

Use a ruler to make sure that spaces between the guardrail and bed frame are less than 3.5 inches. Measure the spaces between the headboard and the bed frame and the footboard and the bed frame too. Make sure these areas are less than 3.5 inches.



Move cribs and playpens away from windows. Tie up window cords out of a child's reach. Window blind cords can be dangerous. If your blind cords have continuous loops, cut them in two.

All pictures should be secured out of reach. Don't hang pictures or other heavy decorations directly over a crib.

Store baby powders, lotion and medicines on a high shelf. If possible, use a child safety lock so young children cannot touch these things.

Keep all plastic bags out of the baby's room.

## Keep Your Nursery Safe

Use the safety belt on the changing table and high chair to keep your baby from falling. Keep one hand on your baby when you change him.

Keep night lights at least three feet from bedding and other materials that can catch on fire.



Keep baby monitors and other cords a safe distance from the crib.

Install a baby gate at the nursery door.

## Keep Your Child's Room Safe

Use child safety covers for electric outlets. The safest kind covers the whole receptacle.



Use only safety nightlight styles that children cannot pull out.

Use a safety strap to anchor tall pieces of furniture so they don't tip over if your child tries to climb on them.

Choose toy chests with no lid or get one with lid supports to prevent heavy lids from falling on children's fingers and necks.

## Keep Your Child Safe From Falls

Use safety gates at the tops and bottoms of stairs. For the top of stairs, gates that screw to the wall are more secure than "pressure gates."

Always use safety straps on high chairs, changing tables, and strollers.



Wipe up spills when they happen.

Cover the ground under playground equipment with a thick layer (9-12 inches) of mulch, wood chips or other safety material.

## Keep Your Child Safe from Choking and Suffocation

Keep small things like jewelry, buttons and safety pins away from children.

Look around your home for anything small enough to fit through a toilet paper tube such as coins, marbles, grapes, etc. These things could cause a young child to choke.



Make sure that rattles, squeeze toys, teething toys and pacifier shields are too large to fit through a toilet paper tube.

Look carefully at toys and pacifiers. Throw them away if you see broken parts that could get lodged in a baby's throat.

Take out squeakers from squeeze toys. Babies may pull out squeakers and choke on them.

Read toy labels. If your child is younger than the age on the label, do not allow them to play with that toy.

Pull out drawstrings in children's clothes. Make sure your child takes off any necklaces, purses, bicycle helmets and scarves before they play or go to sleep.

Keep latex balloons out of children's reach. If the balloon breaks and a child swallows a small piece, it could be very dangerous.

Watch carefully for loose magnets. If more than one is swallowed, they can attract each other in the body and cause serious injury or even death.

Cut your toddler's food into very small bites. Always make sure children eat while sitting down. Do not let them have round food like peanuts or hard candy.

Window blind cords should not have a loop. Cut any loop in two pieces and place them up high where children cannot get them.



Replace all door stops that have removable caps. A child can choke on these