



HOME-SAFETY CHECKLIST

A SERVICE PROJECT
FOR YOUNG CHILDREN: PRIORITY ONE



Serving the
Children
of the World

Service Programs Department
Kiwaniis International
3636 Woodview Trace
Indianapolis, IN 46268-3196 USA
www.kiwanis.org
service@kiwanis.org
317/875-8755, ext 212 Worldwide
1-800-549-2647 North America
317/879-0204 FAX

The Need

Preventable injury is the number one killer of children in most developed nations. During 1997 in the United States, unintentional injuries resulted in the deaths of 736 children under age one and 1,968 children ages five to nine. In a single year, more than 14 million children in the US are injured seriously enough to require medical treatment.

Kiwanis clubs can help prevent many of these injuries by educating parents about dangers their children face every day at home. Most accidents involving children ages five and under happen at home. So, a careful review of the possible dangers in a home makes it possible to prevent many injuries. This is the purpose of the home-safety checklist.



Distributing The Checklist

The checklist is designed to be printed and distributed to families who have young children. The pages are ready to print as they stand and should be assembled into booklets. The front and back covers should print on the back of the paper for pages 2 and 7. Pages 3 and 6 should print on the back of the paper for pages 4 and 5. There is space on the back cover for you to add the name of your club and any sponsors that cover printing costs or assist with distribution.

The checklist can be distributed to parents through hospitals, pediatricians, supermarkets, pharmacies, childcare centers and preschools, toy stores, clothing stores, churches, and community centers. Some clubs may wish to train volunteers to go into targeted neighborhoods and administer the home-safety checklist with parents. This will help Kiwanians determine special needs the families have. For example, few families may have working smoke detectors or syrup of ipecac. Club efforts can then be focused to meet these needs.

Encourage parents who use the checklist to share with your club any other safety precautions that should be added to the checklist in the future. Please share these comments with the Service Programs Department at Kiwanis International Office in Indianapolis.

Finding Sponsors

Some clubs have a relationship with a local print shop in which they pay for the paper and assist with folding and stapling. A printer who provides a discount deserves to receive credit in the booklet.

Some clubs go to potential distribution partners for funding. Hospitals, supermarkets, pharmacies, toy stores hardware and home-improvement stores, fast-food restaurants, and malls may contribute to printing. A sample letter appears on the inside back cover. The club can recognize all sponsors on the back page or insert pages in the middle of the booklet that allow space for advertisements or coupons.

Membership Potential

In every service project your club develops, watch for opportunities to recruit new members.

As you develop partnerships and coalitions with other organizations, invite representatives to your meetings and urge them to join your club.

As you see additional resources from companies to support a project, invite representatives to a meeting for the club to formally thank them. Then, follow up with an invitation to join.

When club members bring spouses or friends to assist at events, ask if they've considered joining the club.

When people talk to you during service projects, invite them to come to a club meeting.

When you send press releases about your projects to local papers and radio stations, be sure to include the club's meeting time and location.

Remember that everyone who helps you with a project or tells you it's a good idea is a potential member for your club. Point out that they would have many more opportunities to serve the community and to influence the direction of club service projects if they become members. And tell them how rewarding you find the club.

The home-safety checklist on the following pages is ready for duplication.

Sample Letter to Sponsor

Adam Smith, Manager
Big D Discount
1443 Scotland Road
Edinboro, KY 55402

Dear Mr. Smith:

We need your help.

Did you know that Boone County has the largest number of injuries to children ages one to nine in our entire state? More than 4,400 children in this area saw a doctor for the treatment of an unintentional injury last year.

The Kiwanis Club of Edinboro is working with the Boone County Health Department and St. Catherine Hospital to reduce the number of injuries by distributing a home-safety checklist. A copy is enclosed. We would like to print 10,000 brochures and distribute them throughout the county. To cover printing costs, we need to raise \$800.

We ask that you provide at least \$100 to assist us. In return, we will run a four-inch by five-inch ad in a center insert in the brochure. We can design an ad that recognized your generosity, or you can provide camera-ready art to advertise safety products or other merchandise of interest to families with young children.

We will distribute the safety checklist through doctors, clinics, the hospital, churches, childcare centers, schools, and the community center. We will be happy to provide 1,000 for distribution by your store.

I will call you next week to discuss your support. I know that, by working together, we can reduce the number of children's injuries and deaths in our community.

Sincerely,

John Matlthus
Kiwanis Club of Edinboro



Serving the
Children
of the World



Service Programs Department
Kiwanis International
3636 Woodview Trace
Indianapolis, IN 46268 USA
service@kiwanis.org
www.kiwanis.org
(317) 875-8755 worldwide
80-549-2647 North America
(317) 879-0204 Fax



Home-Safety Checklist

For Families with Young Children

This safety checklist is designed to help you protect your children—and everyone else in the family—from unintentional injuries. It is designed to be an easy, room-by-room survey that will quickly point out possible dangers. When you find a hazardous situation, change it—now!

Of course, no checklist will identify all the possible dangers, so use this process to look for other hazards. After you have read through the listed items for a room, take a few minutes to look at the room from the viewpoint of a child.

- Get down at toddler level and survey the room.
- Remember that anything that fits in a child’s mouth will probably be put in.
- Look for climbing opportunities and things that can be pulled down from above.
- Watch for sharp corners, protrusions, and objects a child might fall upon.
- And keep in mind whatever special talents your children have shown—from prying off air vent covers to spotting loose carpet tacks.

If you answer “no” to any item in the following checklist, you have found a dangerous situation that you should change.

KITCHEN

Are there safety latches on cabinet doors?

Are cleaning supplies stored:

separately from foods?

in locked cabinets out of reach of your child?

in their original containers?

Are vitamins and medicine out of your child’s reach?

Are food treats and other attractive items stored away from the stove?

Are these dangerous objects out of reach:

knives and other sharp objects?

hot food, beverages, and glassware?

serrated boxes of plastic wrap and aluminum foil?

Is the tablecloth folded or secured so it can’t be pulled down?

Do you keep hot food and beverages out of the hands of adults who are holding children?

Do you keep pot handles turned away from the stove so children can’t reach them?

Do you test the temperature of foods (especially microwave foods) before serving them to your child?

Do you keep your child in a safe place while cooking?

Is the play equipment:

securely anchored?

at least six feet from fences or other structures?

free of projections, sharp edges, loose parts, entrapment spaces, hard swings, and moving parts?

surrounded by a soft landing space?

Do swimming pools have:

fences on all four sides that are at least six feet high?

gates that are self-latching and self-closing?

Add to this checklist any hazards you spotted that were not listed above:

Now you have a complete list of the dangers in your home. Your next step should be to plan to eliminate these dangers. If you need help carrying out your plan, contact your local Kiwanis clubs.

The information in this brochure was provided by the US National SAFE KIDS Campaign, Washington, DC.

- Are the batteries changed once each year?
- Do you have a home fire escape plan?
- Does it have two exit routes?
- Do you have a designated meeting place?
- Do you practice it in the dark, on your hands and knees?
- Do you turn on the smoke detector's alarm for your child to hear?
- Does your child know how to "stop, drop, and roll" to put out clothing that is on fire?
- Is there a working fire extinguisher to handle small fires, especially in the kitchen?
- Do you have your chimney inspected and cleaned every year?
- Are there screens on safety rules on any fireplaces, wood-burning stoves, or heaters?
- Are emergency numbers posted by the phone:
 - family physician?
 - poison control center?
 - ambulance?
 - police?

BASEMENTS AND GARAGES

- Do child-proof latches control access to the basement and garage?
- Are volatile liquids, such as cleaning solvents, tightly capped and away from the furnace, hot water heater, and other ignition sources?
- Are you sure that no gasoline is stored in the basement or your garage if it is attached to the house?
- Do power tools have guards in place, and are they unplugged when not in use?

OUTDOOR PLAY AREAS

- Do you supervise your child's outdoor play?
- Does your child's play area:
 - have an impact-absorbent surface like pea gravel or wood chips?
 - have a fence around it?
- Do you regularly check the play area and remove poisonous plants and berries?

- Do you keep toys and play activities out of the kitchen?
- Does your child's high chair have a wide base and a harness?
- Do you avoid serving your child peanuts, grapes, hot dogs, popcorn and carrots?
- Are matches and lighters kept out of your child's reach?

BATHROOM

- Do you have a one-ounce bottle of syrup of ipecac for use in a poisoning emergency? (Be sure to call your poison control center before giving syrup of ipecac to your child.)
- Are medicines and cleaning supplies stored:
 - In a locked cabinet?
 - Out of your child's reach?
 - In clearly marked and original containers?
 - In containers with child-resistant caps?
- Are razors, scissors, and other sharp utensils stored out of your child's reach?
- Are electric appliances:
 - Unplugged when not in use?
 - Positioned away from all water?
 - Out of your child's reach?
- Is there a lock on the toilet seat?
- Is your child always watched while in the bathtub?
- Is there protective padding on the facet in the bathtub?
- Is there a nonskid mat in the bathtub?
- Is your water heater turned down to 120 degrees Fahrenheit?
- Do you check the temperature of water in the tub before you put your child in it?
- Have you installed anti-scald devices in your tub spout and showerhead?

YOUR CHILD'S BEDROOM

- Does your child's crib have:
 - Slats that are no more than 2-3/8 inches (6 cm) apart?
 - A mattress that fits snugly against the frame (no more than two finger-widths between slats and mattress)?
 - Sides that are 22 inches (56 cm) above the mattress?
 - Secure, child-proof side locks?

Have you made sure that the crib has:

- no sharp corners or edges and no projections, such as posts?
- no broken, cracked, or loose parts?
- no loose plastic sheeting?
- no cords of drapery in the crib?
- no low cradle gyms or mobiles that the child can use to crawl out?
- no objects that could help your child climb out, such as a hamper, pillows, or stuffed animals, which should be removed once the child can stand?

Have you placed the crib at least one foot from walls, furniture, radiators, heating vents, and windows?

Does the changing table have straps to prevent falls?

Does your child wear flame-retardant clothing?

PLAY AREAS

Does the toy chest have no lid, a lightweight lid, or a safe-closing mechanism?

Are the toys appropriate for your child? Are they:

- without small pieces that can break off to be choked on?
- without sharp corners or edges?
- without any joints that can pinch fingers?
- without any projections that could injure an eye?
- of appropriate size and weight for your child?
- painted with nontoxic paint?
- with play value for your child, so they don't become objects of destructive experiments?

Do you routinely inspect and dispose of damaged or unsafe toys?

WINDOWS

Is access to windows blocked so that your child can't fall out?

Do windows have safety bars (except windows leading to fire escapes)?

STAIRS AND RAILINGS

Are there safety gates (not the accordion type) at the top and bottom of all stairways?

Is there firm footing on the stairs (no loose carpeting, uneven steps)?

Are the stairs well lit?

Are the protective walls and railings on stairs, porches, and balconies sturdy and in good repair?

ELECTRIC OUTLETS AND FIXTURES

Do all electric switches and outlets have cover plates?

Do all unused outlets have no-shock, child-proof covers?

Are electric cords:

- out of your child's reach and out of traffic flow?
- neither frayed nor cracked?
- neither under rugs nor stapled to baseboards?

Is the use of extension cords kept to a minimum, and are the unused outlets on the cord covered?

Does every light fixture:

- have a lightbulb in it?
- have a lightbulb of appropriate size and wattage?

If you use fuses, are they the correct sizes for your circuits?

Are space heaters:

- properly grounded and connected directly to an outlet?
- stable and protectively covered?
- inaccessible to your child?
- at least 26 inches from curtains, towels, carpets, papers, and furniture?
- used according to manufacturer's instructions and local fire ordinances?

GENERAL LIVING AREAS

Are dangerous items out of reach:

- plants (poison danger)?
- cigarettes and butts (poison danger)?
- loose change (choking danger)?
- purse and pocketbook contents (poison and choking danger)?
- balloons?
- matches and lighters?

Are small rugs and runners tacked down or slip resistant?

Are high-traffic areas well lit and free of obstructions?

Have you checked to make sure there are no loose paint chips around the house?

Are guns stored unloaded in locked cases and drawers and the ammunition stored separately?

Is there at least one working smoke detector on each floor, and is there one in the hallway by the bedrooms?

Are the smoke detectors checked and cleaned regularly?