



## Home Safety Tips

Every parent wants their child to grow up healthy and strong in a safe environment, especially at home. The good news is that there are simple and easy steps that families can take to protect their child in their safe haven.

### Preventing falls

- Install approved safety gates at the top and bottom of staircases, and attach them to the wall if possible. Read the manufacturer's instructions to make sure you have the right gate for your needs as not all gates are safe for use at the top of staircases.
- Keep your baby and young child secured when using high chairs, swings or strollers. When removing your baby from a carrier, place the carrier on the floor and not on top of furniture such as a table.
- Properly install window guards and stops to prevent window falls. Windows above the first floor should have an emergency release device in case of fire.



### Water safety

- Actively supervise your child in and around water. Avoid distractions of any kind, such as reading or using mobile phones.
- Once bath time is over, drain the tub immediately. Keep toilet lids and the doors of bathrooms and laundry rooms closed to prevent drowning.
- Do not leave pails of water in the house as children can fall in. Drowning can occur even with small amounts of water.
- Ensure home pools have four-sided fencing which are at least 1.2 metres high with self-closing and self-latching gates, to prevent your child from wandering into the pool area unsupervised.
- Every child is different - enrol your child in swimming lessons when you feel your child is ready.
- At an early age, teach your child not to go near or into water without an adult's company. All children should swim with an adult at any time.



### *Poison prevention*

- Store all household products and cleaning solutions out of your child's sight and reach. Young children are often at an eye-level with items stored under the kitchen and bathroom sinks.
- Keep cleaning products in their original containers. Do not store a potentially poisonous product in another container other than its original container, such as storing liquid detergent in a plastic fruit juice bottle, where your child may mistakenly consume the liquid detergent.



### *Fire safety*

- For best protection, install smoke alarms on every level of your home, especially near sleeping areas. Test the batteries every 6 months.
- Create and practice a home fire escape plan. In the event of a fire, leave your home immediately. Once you are out of the house, do not re-enter.
- Keep flammable items, such as dish towels or wooden spoons, away from your stovetop. Have a fire extinguisher in the kitchen in case of emergency, and ensure you know how to use it. Blow out candles when you leave the room or before you go to sleep.

### *Preventing burns*

- Do not carry your child while cooking on the stove. Place your child in a secured high chair where you can still see him.
- Keep an eye on appliances such as irons, curling irons or hair dryers that can heat up quickly or stay warm. Unplug and store these items at a safe location after use.
- Keep appliance cords out of your child's reach, especially if the appliances produce a lot of heat.



### *Scalds prevention*

- Test the water temperature with your wrist or elbow before giving your baby a bath.
- To prevent hot food or liquid spills, use the back burner of your stove and turn pot handles away from the edge. Keep hot foods and liquids away from the edge of your counters and tables.



### *Medication safety*

- Store all medications and supplements away and out of sight after each use.
- Use the dosing device (e.g. spoon, cup or syringe) that comes with the medicine, not a kitchen spoon. Kitchen spoons are not consistent in size, and a teaspoon or tablespoon used for cooking will not measure the same amount as the dosing device.



### *Preventing TV and furniture tip overs*

- Mount flat-panel televisions to the wall to prevent them from falling off stands. Follow the manufacturer's instructions to ensure that the television is secured properly.
- Use brackets, braces or wall straps to secure unstable or top-heavy furniture, such as wardrobes, to the wall.

### *Sleep safety*

- Make sure your baby sleeps on his back, in his own crib, bassinet or play pen. Room sharing is a safer option than co-sleeping with your baby.
- Choose a firm mattress covered with a tight-fitting crib sheet for your baby's crib. Avoid using soft bedding, pillows, stuffed animals and bumpers in the crib to prevent accidental suffocation.



### *Toy safety*

- Follow manufacturer's instructions for appropriate toys for different ages.
- Do not offer small toys to children less than 3 years of age as they may accidentally choke on small pieces.
- Ensure that all button batteries are securely attached within the toy and sealed out of reach from children as they can cause serious injury if ingested.

*Source: KK Women's and Children's Hospital, Safe Kids Worldwide*

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