

Preventing Injuries

CHECKLIST:

- Electrical outlets are covered
- Cleansing products, bug repellent, kerosene, auto polish, etc... are in a locked cabinet or in an area that the child cannot get to (e.g. garage)
- Cords (blinds, draperies, electrical) are out of reach; cut loops in curtain cords
- Tables/furniture have rounded edges or plastic bumpers
- Breakable items are removed from lower shelves
- Shelves and all tall furniture or tip-able furniture are installed with secure L brackets
- Play areas are free of small items - vacuum!
- Cover all heaters with metal heater covers
- Block all access to windows; Make sure furniture is not placed to help toddler climb out the window
- Remove all slippery throw rugs or put anti-slip pads underneath
- Remove poisonous plants
- Examine furniture to make sure that it is stable and in good repair
- Place locks on cabinets with dangerous items (knives, plastic bags, etc)
- Remove toys with small parts (buttons on stuffed animals, zippers, and bells). Get rid of small refrigerator magnets, plastic doorstop covers.
- Toy chests have air holes and safety lids.
- The crib is placed in such a way that the child cannot reach shelves, windows, or electrical outlets
- Remove mobiles and bumpers if the child can pull him or herself to a standing position
- Check for recalls
- Check that electric cords are in good repair, look for fire hazards
- Buy a fire extinguisher and make a fire escape plan
- Set the hot water heater to 120 degrees

TOP CAUSES OF TODDLER DEATH: Unintentional Injury 33.78%

* MV Traffic 10.97%

* Pedestrian, Other 1.71%

* Drowning 9.35%

* Fall 0.76%

* Fire/burn 4.65%

* Poisoning 0.64%

* Suffocation 2.86%

Poisonous Plants: Common Name	Poisonous Plants: Botanical Name
Azalea, rhododendron	<i>Rhododendron</i>
Caladium	<i>Caladium</i>
Castor bean	<i>Ricinis communis</i>
Daffodil	<i>Narcissus</i>
Deadly nightshade	<i>Atropa belladonna</i>
Dumbcane	<i>Dieffenbachia</i>
Elephant Ear	<i>Colocasia esculenta</i>
Foxglove	<i>Digitalis purpurea</i>
Fruit pits and seeds	contain: cyanogenic glycosides
Holly	<i>Ilex</i>
<u>Iris</u>	<i>Iris</i>
Jerusalem cherry	<i>Solanum pseudocapsicum</i>
Jimson weed	<i>Datura stramonium</i>
Lantana	<i>Lantana camara</i>
Lily-of-the-valley	<i>Convalleria majalis</i>
Mayapple	<i>Podophyllum peltatum</i>
Mistletoe	<i>Viscum album</i>
Morning glory	<i>Ipomoea</i>
Mountain laurel	<i>Kalmia latifolia</i>
Nightshade	<i>Solanum spp.</i>
Oleander	<i>Nerium oleander</i>
Peace lily	<i>Spathiphyllum</i>
Philodendron	<i>Philodendron</i>
Pokeweed	<i>Phytolacca americana</i>
Pothos	<i>Epipremnum aureum</i>
Yew	<i>Taxus</i>

NOTES

Motor Vehicle – car seats; face back til age 2 years old; in seat til 40 lbs, then booster til 80 lbs

Fire – smoke detectors, avoid open flames, fire extinguisher, curtains and towels blowing against a heater, worn electric cords, electric outlets

Drowning – bathtub alone (when the phone rings), toilet, swimming pools

Burns: hot drinks, pot handles, irons, matches, open heaters, woodstoves, fireplaces, easily opened ovens; hot water heater set at 120 degrees (takes 5 min to scald, compared to seconds at 150 degrees)

Poisoning: medicine, household cleaners, substances stored in a new, unmarked / wrongly marked bottle, insect or rat poisons, kerosene, liquid furniture and auto polish, drain cleaners, oil of wintergreen, plant sprays, ammonia, bleach, mothballs. Also plants, see below

Choking: food, small objects, magnets on the fridge, plastic cover of doorstops, button batteries, wicker bits off the trash can, dry dog and cat kibble

Things that can fall on your baby: furniture, lamps, telephone, TV, contents of table if on table cloth, placemat

Places to fall: stairs, out window, using a walker

Things that can strangle: curtain cords, the bike helmet straps