When you finish this SAFE HOME checklist, you will have taken a BIG STEP toward making your home safer for your children, as well as for yourself!

List below any changes you need to make to have a safer home.

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

• Do you need safety supplies? Try your local hardware store or home improvement store.

• Do you need information on how to get a home Sanitary Code inspection, or to have your child tested for lead? Call your local board of health or your town hall.

• For more information on child safety and injury prevention, please call 617-624-5070 (assistance available in other languages) TTY: 617-624-5992 or visit our website at: www.mass.gov/dph/injury

Massachusetts Department of Public Health, Injury Prevention and Control Program
You can use this checklist to help make your home a SAFE HOME for your child.

• Take the list and go through your home.
• For each question, check **Yes** or **No**, depending on what you find in your home.
• If you check **Yes**, that part of your home is safe for young children.
• If you check **No**, you will need to make some changes to make your home safer.
• If you are renting, items with an asterisk (**) are required of your landlord by the State Sanitary Code.
Are coffee, hot liquids and hot foods out of your child’s reach?
   □ Yes □ No

“Out of reach” means
• not in the hands of an adult holding a child
• not at the edge of a counter or table
• not on a tablecloth which could be pulled down

“Out of reach” will change as your child grows. Keep checking!

Are cleaning supplies stored out of your child’s reach?
   □ Yes □ No

Are cleaning supplies stored separately from food?
   □ Yes □ No

Are food, treats, and other things your child might want stored away from the stove?
   □ Yes □ No

Do you use extra care when cooking on the stove?
   □ Yes □ No

“Extra care” means
• turning pot handles toward the back of the stove
• testing food heated in the microwave to make sure it’s not too hot before you give it to your child
• keeping your child in a safe place while you cook

Are knives and other sharp things kept out of your child’s reach?
   □ Yes □ No

Do you keep small items and pieces of food that can choke your child out of their reach?
   □ Yes □ No
Are vitamins and medicines kept out of your child’s reach?
- Yes  - No

Are electrical appliances unplugged, away from water and beyond your child’s reach?
- Yes  - No

- Electrical appliances such as radios, hair dryers, curling irons, and space heaters are very dangerous and can cause death if they are plugged in and fall into a bathtub or sink with water.
- “Safe” means electrical appliances are out of the bathroom.

Is your hot water heater turned to a safe water temperature?
- Yes  - No

- What temperature is your hot water heater set at? _____ degrees.
- We recommend a temperature of 120 degrees or less to prevent hot water burns.

When your child is in the bathtub, are they watched ALL the time by an adult?
- Yes  - No

- Children can drown in just a few inches of water and in just a few seconds.
- Children can be burned by turning on the hot water themselves.

*Is your hot water heater turned to a safe water temperature?*
Do the crib mattress fit tight in the crib?

- Yes
- No

“A safe” mattress means no more than 2 fingers distance between the mattress and crib frame.

Are the crib bars 2 3/8 inches or less apart?

- Yes
- No

Your child could be caught or strangled between bars that have more than 2 3/8 inches of space between them.

If you have a toy chest, is it safe?

- Yes
- No

“A safe” means

- a VERY lightweight lid or no lid at all on the toy chest.
- no way for child to get locked inside.

Is your furniture secured so that it will not tip over if your child climbs on it?

- Yes
- No

The furniture that can tip most easily onto your child includes:

- book shelves or book cases
- desks
- dressers or bureaus
- chests
- TV stands

Place TVs on low furniture, as far back as possible.

Use angle-braces or anchor screws or bolts to fasten furniture to the wall.
**GENERAL HOME Safety**

- **Does your house or apartment have 2 exits without obstructions in case of fire or other emergencies?**
  - Yes ☐ No ☐

- **Are electrical cords out of your child’s reach?**
  - Yes ☐ No ☐

- **Are all electrical and extension cords in safe condition?**
  - Yes ☐ No ☐
  - “Safe” means not frayed and not overloaded.

- **Are indoor plants out of your child’s reach?**
  - Yes ☐ No ☐
  - Some plants are poisonous.

- **Are all space heaters safe?**
  - Yes ☐ No ☐
  - “Safe” means
    - out of your child’s reach.
    - approved by the Consumer Product Safety Commission.
    - stable on the floor.
    - with protective grating or other covering.
    - at least 3 feet away from curtains, papers, and furniture.

- **If you have a wood burning stove, is it in safe condition and out of your child’s reach?**
  - Yes ☐ No ☐
  - “Safe” means
    - has a yearly inspection of stove, stove pipe, and chimney.
    - has a protective screen around the stove.

- **Are stairs, railings, porches, and balconies strong and in good condition?**
  - Yes ☐ No ☐

- **Is your house or apartment free of any loose or peeling paint?**
  - Yes ☐ No ☐
  - Children can be poisoned by eating lead paint.

- **Has your child been tested for lead poisoning within the last 6 months?**
  - Yes ☐ No ☐

- **Are your basement and garage secured so that your child can not get into them?**
  - Yes ☐ No ☐
  - You should have a latch placed 5 feet or higher from the bottom of all doors to the garage and basement, out of your child’s reach.

- **If you have a pool, is it safe for children?**
  - Yes ☐ No ☐
  - “Safe” means
    - the pool is surrounded by a fence at least 4 feet high that cannot be climbed.
    - the pool fence has a latch that can’t be opened by a child.
    - pool drains have special covers to keep children’s arms and legs from being sucked in and trapped.
    - all adults in your house know child CPR and know how to dial 9-1-1 for help in an emergency.
Safety SUPPLIES

🌟 Do you have safe, working smoke alarms?
- Yes ❑
- No ❑

“Safe” means:
- Alarms are installed on the ceiling.
- Alarms are installed one on every floor, in hallway outside sleeping areas, and at bottom of all stairways, including the basement.
- Alarms are tested monthly.
- Batteries are replaced once a year, or when low (beeping).

🏠 Do you have working carbon monoxide detectors?
- Yes ❑
- No ❑

- They should be placed near sleeping areas and in the basement.

🏠 Do you have a Poison Control Center phone number sticker on or near your home telephone and is it programmed in to your cellphone?
- Yes ❑
- No ❑

- You can get a sticker by calling the Poison Control Center toll-free at 1-800-222-1222.

🏠 Do you have safety latches on cabinets and drawers that your child can reach and that contain anything dangerous, like cleaning supplies, medicine, alcohol, knives, or matches?
- Yes ❑
- No ❑
Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No