

# SAFETY TIP OF THE WEEK

## ZERO HARM

### Prevent window falls.

- Supervise children at all times, especially around open windows.
- Install *window guards* to prevent children from falling out of windows. For windows above the first floor, install window guards with an emergency release device in case of fire.
- Install *window stops* so that windows open no more than four inches.
- Keep windows locked and closed when they are not being used.
- Keep furniture away from windows so kids cannot climb to the ledge.
- Never try to move a child who appears to be seriously injured after a fall — call 911 and let trained medical personnel move the child with proper precautions.

### Keep babies and young children safe:

- Never leave young children unattended on changing tables, beds, couches or other furniture.
- Always strap children when using high chairs, infant carriers, swings and strollers.
- Place baby carriers on the floor, not on top of a table or other furniture.
- Never use baby walkers on wheels. Stationary play centers give your baby a chance to practice standing and moving in an upright position without going anywhere and getting into dangerous situations. Look for one that is on a stable, non-moveable base and place it away from stairs, hot appliances and window blind or drapery cords, if you have these.

### Prevent furniture tip overs.

- If a piece of furniture is unstable or top-heavy, secure it to a stud in the wall using brackets, braces, anchors or wall straps. Large items such as TVs, microwaves, fish tanks, bookcases, heavy furniture and appliances can topple off stands and fall on children.
- If possible, use a stand specifically designed for your TV as recommended by the manufacturer or place your TV on sturdy furniture appropriate for its size. Make sure both the stand and TV are properly secured to the wall and push your TV as far back on the stand as possible, out of your child's reach.
- If you have a newer, flat screen TV, make sure it is properly anchored to the wall.
- Read the manufacturer's instructions for tips or warnings regarding placement of your TV or furniture.
- Keep heavier items on lower shelves or in lower drawers.
- Tie up loose cords, as a child pulling on an electrical cord, or tripping on one, could pull an appliance off a stand.
- Do not keep remote controls, candy, toys or other items that attract children on top of furniture, as your child might be enticed to reach for these items.