



# Home Safety Checklist

No safety measure can make a house completely safe.  
Active supervision is important to protect your child from injury.

Want to know the hazards for your child in your house?  
Get on their level to see the world from their eyes.

## Bedroom Safety

- Ensure crib, cradle or bassinet meets Canadian safety standards. [www.canada.ca/en/health-canada/services/safe-sleep/cribs-cradles-bassinets.html](http://www.canada.ca/en/health-canada/services/safe-sleep/cribs-cradles-bassinets.html)
- No soft mattresses, loose, soft bedding, bumper pads, pillows or toys in crib.
- Move crib mattress to its lowest position as soon as baby can push up on their hands and knees (around 5 to 6 months)
- Move child to a toddler's bed or mattress on the floor once they try to climb out of their crib.
- Keep crib mobile out of baby's reach.
- Place furniture away from the windows.
- Keep one hand on your baby when they are on a raised surface such as a change table. Change baby on the floor when they are able to roll.
- Consider dressing your child in sleepwear made of synthetic fabrics such as nylon and polyester.

## Bathroom Safety

- Check water temperature (using your forearm) before placing your child in the bathtub.
- Set the hot water heater thermostat to 49C to prevent burns.
- Use non-slip bathtub mats. Do not use bath rings.
- Always supervise your child while in bathroom and bathtub.
- Keep medications in safe locations (out of reach and sight, in locked cupboards).
- Return expired medications to pharmacy.

## Stairs and Hallways

- Remove clutter from stairs and walking routes in your home.
- Install stair/baby gates – Use a hardware mounted gate at the top and pressure mounted gates can be used at the bottom of the stairs.
- Keep stairs well lit.

## Window Safety

- Use window stoppers/locks/guards to prevent window opening more than 10cm (4inch)
- Tie up all blind and curtain cords.

## Kitchen Safety

- Keep children away from sharp kitchen utensils, glass and hot appliances.
- Use dial protectors on appliances such as stove tops to prevent children from turning on the burners.
- Keep hot plates/pans/pots out of reach - use back burners and keep pan and pot handles turned towards the back of the stove.
- Avoid using the microwave to heat breastmilk and formula.

- Avoid placemats or tablecloths as your child can be hurt by falling items if they pull on them.
- Use child locks on cupboards and drawers.
- Keep appliance cords out of reach.
- Have a working fire extinguisher.
- Tie plastic bags in a knot before placing them in a safe location.
- Unsafe products stored out of reach in locked locations (medications, cleaning products and chemicals, cannabis edibles and alcohol)
- No firm/hard foods, small and round foods, smooth and sticky solid foods (eg: popcorn, seeds, marshmallows, whole nuts) to children under 4 years.
- Supervise young children and have them sit down to eat.

## Electrical Safety

- Don't use electrical items near water.
- Use safety plugs on all unused outlets.
- Ensure electrical cords and wires are out of reach.

## General Living Areas

- Cover sharp edges and corners of furniture with padding.
- Secure tall furniture to the wall such as dressers and bookshelves (to prevent tipping over).
- Use child-proof doorknob covers.
- Lock balcony doors.
- Place car seats and bouncy chairs on the floor, not on tables or counters.
- Have working carbon monoxide and smoke alarms on every level and outside each sleeping area in your home.
  - Change the batteries once a year.
  - Test every month.
- Keep poisonous plants out of reach of children.
- Keep matches, lighters, and candles out of reach of children.
- Have a barrier separating the fireplace (such as a safety screen or gate).
- Use safety straps (highchairs, baby seats, strollers etc.). Best if the safety straps go around their waist and through their legs so they can't slide out.
- Keep your and guests' handbags out of reach.
- Firearms are stored unloaded in locked cases as per laws and policies.

## Toys

- Watch for child toys/furniture/equipment recalls - [recalls-rappels.canada.ca/en](https://recalls-rappels.canada.ca/en).
- Remove toys that are choking hazards. If it fits through a cardboard toilet paper roll, it can cause a young child to choke.
- Use art supplies that are non-toxic.
- Throw away broken toys and all broken pieces of balloons immediately.
- Don't use baby walkers with wheels (illegal in Canada since 2004).

## Outdoor Safety

- Choose a neck warmer over a scarf.
- Avoid clothing with a hood.
- Remove all drawstrings/draw cords from clothing.
- Always keep children within arm's reach in and around water.
- Keep windows and doors that access pool area locked when there is no adult supervision of the pool area.
- Inspect your outdoor play structures regularly and fix when needed.
- Keep play areas away from traffic areas and driveways and actively supervise your child.

## Resources

Ontario Poison Centre: 1-800-268-9017 (Toll-Free)  
 Parachute: [parachute.ca/en/](https://parachute.ca/en/)  
 Child Safety Link: [childsafetylink.ca/](https://childsafetylink.ca/)