



Baby Safety Checklist

___ **Check baby's sleep space.** Make sure the sleep space is free of bumper pads, pillows, soft bedding, stuffed animals, and other loose items.

___ **Do a quick choking check.** Get down to baby's level and look for small objects within reach, including coins, batteries, small toys, and pieces of food.

___ **Secure furniture and TVs.** Anchor dressers, bookshelves, TVs, and other heavy furniture that could tip over. Move furniture away from windows and use safety gates or window guards where appropriate.

___ **Check cords and window coverings.** Keep blind cords, electrical cords, and other strangulation hazards safely out of reach.

___ **Lock up hazardous substances.** Store medications, household cleaners, personal care items, and other potentially hazardous substances up and out of reach.

___ **Check your car seat.** Make sure it is installed correctly and is appropriate for your baby's age, size, and weight. University Hospitals Rainbow Babies & Children's offers free car seat fitting stations staffed by nationally certified Child Passenger Safety Technicians. Call 216-844-2277 for more information and to schedule an appointment.

___ **Check your water temperature.** Set your water heater to 120°F or below to help reduce the risk of scald burns. Young children are especially vulnerable to burn injuries.

___ **Keep baby within arm's reach around water.** Never leave a baby unattended around bathtubs, buckets, toilets, pools, or other sources of water - not even for a moment.

___ **Test smoke and carbon monoxide alarms.** Press the test button on your alarms and replace batteries as needed.

___ **Do one final baby-level scan.** Get down on the floor and look around from your baby's perspective. What can they reach, pull, grab, or put in their mouth? Make adjustments where needed.

*This is just a starting point! Keep learning, asking questions,
and educating yourself about how to keep your baby safe.*

*Sources & for more information: Parents as Teachers, [healthychildren.org](https://www.healthychildren.org), [kidsandcars.org](https://www.kidsandcars.org),
[kidsinthehouse.com](https://www.kidsinthehouse.com), [headstart.gov](https://www.headstart.gov), [Charlie's House](https://www.charlieshouse.org)*