

Child Safety Checklist

Keep your home safe for babies and children. Share this checklist with anyone who cares for your child. **Keep emergency phone numbers, such as doctor, fire department, poison control (1-800-222-1222) and 911, close to the phone.** Teach your older children how and when to call 911 or other emergency phone numbers.

Watch Your Child Closely

- Never leave your baby or young child alone:
 - ▶ at home
 - ▶ in a bathtub
 - ▶ in a car, even when your child is sleeping
 - ▶ on a raised surface such as a bed, changing table or sofa
- Do not leave your baby or young child alone with other children or pets.

Safety with Baby Care

- Do not let anyone drink hot liquids or smoke while holding your baby.
- Place your baby on his or her back every time to sleep.
- Do not lay your baby on a waterbed, pillow or other soft surface that could suffocate him or her.
- Never prop a bottle during a feeding.

Clothing Safety

- Remove drawstrings in clothing.
- Use flame retardant sleepers and pajamas.
- Do not put necklaces, rings or bracelets on babies.
- Never tie a ribbon or cord around your baby's neck to hold a pacifier.

儿童安全检查清单

保持婴儿和幼儿的居家安全。将此清单交给负责照看您的孩子的人员。在电话旁边备有紧急电话号码，如医生、消防局、毒物控制中心(1-800-222-1222)和 911。教导您的年龄较大的孩子在什么情况下应拨打 911 或其他紧急电话号码。

请照顾好您的孩子

- 切勿将您的婴儿或幼童单独留在：
 - ▶ 家中
 - ▶ 浴缸内
 - ▶ 车内（即使他们正在睡觉）
 - ▶ 高于地面的表面，例如床、换尿布台或沙发
- 切勿让您的婴儿或幼童与其他儿童或宠物单独留在一起。

婴儿护理安全事项

- 切勿将婴儿交给正在饮用热饮或抽烟的人。
- 每次婴儿睡着后，请将其平躺放下。
- 不要将婴儿放在水床、枕头或其他柔软表面上，这可能造成婴儿窒息。
- 喂奶时，切勿将奶瓶倚靠在婴儿嘴上。

穿衣安全事项

- 取下衣物上所有的系带。
- 使用阻燃寝具和睡衣。
- 不要给婴儿佩戴项链、耳环或手镯。
- 切勿在婴儿颈部系上丝带或绳索以挂上橡胶奶嘴。

Nursery and Equipment Safety

- Buy baby furniture with the Consumer Product Safety Commission (CPSC) or the Juvenile Products Manufacturers Association (JPMA) label.
 - ▶ Choose a crib with slats no more than 2 3/8 inches apart and railing that measure 26 inches high from the mattress frame. Be sure the adjustable side rail latches securely when up.
 - ▶ Choose playpens that have mesh with less than 1/4 inch spaces. Make sure the material is securely attached to the top rail and bottom.
- Use a crib mattress that fits snugly.
- Never place pillows, padding, bumpers, toys or other items in your baby's crib. Babies can suffocate on these items.
- Do not use baby walkers. Each year babies are seriously injured from falls while in walkers.

Safety in All Rooms of the House

- Put safety latches on all cabinets and drawers that contain sharp or breakable objects, chemicals or medicines.
- Put outlet covers on all electrical outlets.
- Put a baby gate at the top and bottom of all stairways.
- Cover corners and sharp edges of furniture with corner protectors.
- Keep items such as electrical cords and plants out of children's reach.
- Put screens around fire places, hot radiators, stoves, kerosene or space heaters.
- Lock or latch windows properly. Keep blind and drapery cords wrapped and out of reach to prevent accidental hanging.

Kitchen Safety

- Keep hot drinks and foods, knives, cleaning products, plastic bags, and electrical objects out of children's reach.
- Keep pot handles facing inward on the stove.

保育所和设备安全事项

- 购买带有消费品安全委员会 (CPSC) 或青少年产品制造商协会 (JPMA) 认证标签的婴儿家具。
 - ▶ 应选择板条间距不超过 2 3/8 英寸，床垫以上护杠高度为 26 英寸的婴儿床。护杠支起时，确保安全固定可调节床侧护杠。
 - ▶ 选择栏格间距不超过 1/4 英寸的婴儿用围栏。确保将材料安全固定到上下护杠。
- 使用大小合适的婴儿床垫。
- 不要在婴儿床上放置枕头、垫料、防撞物、玩具或其他物件。这些物件可能造成婴儿窒息。
- 不要使用婴儿步行器。每年，婴儿从步行器上跌落而严重受伤的事例屡见不鲜。

家中所有房间的安全事项

- 在在有锋利或易碎物品、化学品或药物的所有橱柜和抽屉上加装安全门。
- 为所有电器插座装上防护盖。
- 在所有楼梯的上下两端放置婴儿防护栅栏。
- 为家具上的尖角或锋利边缘安装防护套。
- 将电线和植物等物件放置在婴儿无法接触到的地方。
- 在壁炉、散热器、炉火、煤油或小型取暖器周围安装护网。
- 锁紧或闭合窗户。将百叶窗和帷帐收好，让儿童无法接触，以防止发生吊挂事故。

厨房安全事项

- 将热饮和食物、小刀、清洁产品、塑料袋以及电子物件放置在儿童无法接触到的地方。
- 将锅柄面向炉子里面放置。

- Choose a high chair with a wide sturdy base and a tray table that attaches to both sides. Use the safety strap to hold your baby securely in the chair. Keep the chair away from the stove, windows and counters where unsafe items can be pulled off.

Water Safety

- Adjust the temperature on the water heater to 120 degrees Fahrenheit or less.
- Check that the bath water is warm, not hot, before putting your baby or young child in the water. Use only a small amount of water in the bathtub.
- Use a baby tub for at least the first 5 months. Then use a tub seat when your baby is able to sit without help.
- Never leave your baby or young child alone in the bathtub, hot tub or backyard pool – even for a second.** If the telephone or doorbell rings, ignore it or take your child with you to answer it. Young children can drown very quickly in a small amount of water.

Medicine Safety

- Store medicines and vitamins out of children's reach in a locked drawer or cabinet.
- Never give home remedies or medicine to your child without first checking with a doctor.
- Check with a doctor or pharmacist for the right medicine dose for your child's age or weight.

Toy Safety

- Always buy flame resistant, washable, non-toxic toys.
- Check toys to be sure they are for the right age for your child.
- Keep small objects, balloons, and plastic bags away from your baby or young child. If objects can fit into a toilet paper roll, they are too small for your baby or young child.
- Teach your child to wear a bike helmet when using a bike, scooter, skateboard and other wheeled toys. Helmets reduce the risk of serious head injury.

- 选择带有坚固底座且座椅面较宽的高椅子，以及连接到两侧的小餐桌。用安全带将婴儿安全固定在座椅内。使椅子远离火炉、窗户和可能扯下危险物品的柜台。

用水安全事项

- 热水器水温应控制在 120 华氏度或以下。
- 在将婴儿或幼儿放入水盆之前，检查洗澡水温度是否适宜。浴盆内应仅存留少量水。
- 5 个月内的婴儿应使用婴儿浴盆。婴儿能够独自坐立时，请使用坐盆。
- 切勿将婴儿或幼童单独留在浴盆、热水浴缸或后院水池内 - 即便是一秒钟也不允许。**如果期间有人打电话或敲门，请忽略或带上您的孩子去应答。幼童可能在极短时间内溺死在浅水中。

药品安全事项

- 将药品和维生素放置在儿童无法接触的锁紧抽屉或橱柜内。
- 在征得医生同意之前，切勿向儿童提供家庭药物或药品。
- 请向医生或药剂师咨询适合儿童年龄和体重的正确用量。

玩具安全事项

- 请仅购买防火、可清洗且无毒的玩具。
- 检查玩具确保适合您的孩子所在的年龄段。
- 将小物品、气球和塑料袋放置于您的婴儿或幼童无法接触的地方。如果物品可以装入卫生纸卷，则它们体积太小，不适合您的婴儿或幼童。
- 在孩子骑脚踏车、滑板车、溜冰板及其他带轮子的玩具时，应指导孩子戴好头盔。头盔可减小头部严重受伤的风险。

Car Safety

- Always use approved child safety seats for your child's age and weight. Place babies in a rear-facing seat until 2 years old or until they reach the highest height and weight allowed by the manufacturer – usually about 35 pounds.
- Install safety seats in the back car seat.
- Check with your local children's hospital, health department or fire department to have someone check that the seat is in the car the right way.
- Never hold a baby or child on your lap while riding in a car or truck.
- Everyone in the car should wear a seat belt.

Fire Prevention

- Keep matches and lighters out of your child's reach.
- Install smoke alarms on every floor of your home. Be sure to place alarms near rooms where you and your children sleep.
- Check smoke alarm batteries each month and change them every six months.
- Plan more than one escape route from each room in the house and pick a place for everyone to meet outside. Practice this plan with your children.
- Teach your child about fire safety.

Other Safety Measures

- Carbon monoxide (CO) is a colorless, odorless gas that can kill. Install a CO detector on each floor of your home. CO comes from unvented space heaters, blocked chimneys, leaking furnaces, gas water heaters, wood or gas stoves, gasoline powered equipment such as generators and car exhaust from attached garages.
- Contact your local health department to learn about lead poisoning dangers if you live in a home or use a daycare that was built before 1978. Painted toys or furniture that are older or come from another country may also have lead in them. Children under 6 years old are at the most risk for lead poisoning.

汽车安全事项

- 始终使用质量有保证的儿童安全座椅，且应适合孩子的年龄和体重。将婴儿放在面向后方的座位，直至婴儿 2 岁或达到制造商允许的最高高度和体重 – 通常为 35 磅重。
- 在车后座上安装安全座椅。
- 向当地的儿童医院、健康部门或消防局咨询，请有关人员检查车内座椅确定其安置正确。
- 乘坐汽车或卡车时，请勿将婴儿或儿童抱在您的腿上。
- 车内所有人员都应系上安全带。

防火

- 将火柴和打火机存放在儿童无法接触到的地方。
- 在家中的每一层都安装烟雾报警器。请将警报器放置在您和孩子睡觉的房间附近。
- 每月检查一次烟雾报警器的电池，每六个月更换一次。
- 每个房间内应布置一个以上逃生口，指定一个外部集合地点。与孩子一起练习此方案。
- 教育孩子注意防火安全。

其他安全事项

- 一氧化碳 (CO) 是一种无色无味气体，可致人死亡。在家中每一层都安装一套一氧化碳探测器。一氧化碳可产生自不通风的取暖装置、封锁的烟囱、泄漏的炉子、燃气热水器、木材或燃气灶具、燃烧汽油的设备，如发电机和从连接车库的房间流进的汽车尾气。
- 如果您居住在 1978 年之前建造的房屋或日托中心，请联系当地的健康部门，以了解主要的铅中毒危险。年代久远或国外生产的喷漆玩具或家具可能含有铅。6 岁以下儿童是铅中毒的高危人群。

- Keep guns and other firearms out of your home. If they must be in the home, unload them and put them in a locked place. Keep the keys out of children's reach. Store the gun in a separate place from the bullets.
- Consider taking an infant/child CPR course and first aid class.
- Teach your child how to cross the street safely.
- Put sunscreen on your child. Put a hat on babies less than 6 months old.

Talk to your children's doctor or nurse if you have any questions or concerns about their safety.

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- 家中不要存放枪支和其他火器。如果必须在家中储备此类物品，请将其放置在上锁的地方。将钥匙放置在儿童无法接触到的地方。将枪支与子弹分开存放。
- 考虑参加婴儿/儿童 CPR 课程及急救课程。
- 教导儿童如何安全穿过马路。
- 为儿童涂抹防晒霜。6 个月以下婴儿需戴帽子。

如对安全事项有任何疑问或关注，请联系您孩子的医生或护士。

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Child Safety Checklist. Simplified Chinese.