

儿童安全检查清单

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 uncaged pets.

Safety with Baby Care

- Do not let anyone drink hot liquids while holding your baby.
- Do not let anyone smoke around 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.

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独自留在:
 - › 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未关入笼中的宠物单独留在一起。

婴儿护理安全事项

- 切勿将婴儿交给正在饮用热饮的人。
- 不要让任何人在宝宝附近吸烟。
- 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。

Clothing Safety

- Remove drawstrings in clothing.
- Use flame retardant sleep sacks and onesies.
- Do not put necklaces, rings or bracelets on babies.
- Never tie anything around your baby's neck, even to hold a pacifier.

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. Do not use a crib with chipped paint or broken parts. Do not use side drop models.
 - 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. Never leave the side of a playpen lowered.
- Use a crib mattress that fits snugly.
- Never place pillows, padding, bumpers, toys or other items in your baby's crib or playpen. Babies can suffocate on these items.
- Do not use baby walkers. Each year babies are seriously injured from falls while in walkers.

穿衣安全事项

- 取下衣物上所有的系带。
- 使用阻燃的睡袋和连体睡衣。
- 不要给婴儿佩戴项链、耳环或手镯。
- 切勿在婴儿颈部系上任何东西，挂橡胶奶嘴也不行。

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。不要使用油漆脱落或有破损部分的婴儿床。不要使用侧边围栏能放下的婴儿床。
 - 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。不要把围栏放低。
- 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故屡见不鲜。

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.
- Choose a high chair with a wide sturdy base and a tray table that securely attaches to both sides. The base should be wider than the top of the chair. 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.
- Never hold or carry a child while using the stove.
- Do not heat baby food, formula or breastmilk in a microwave. It can create hot spots.

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。
- 将锅柄面朝炉子内侧放置。
- 选择带有坚固底座且座椅面较宽的高椅子，以及安全连接到两侧的小餐桌。椅子的底座应比上部更大。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。
- 使用炉子时不要抱着或带着孩子。
- 不要使用微波炉加热为宝宝准备的食物、配方奶粉或母乳。这可能在其中产生过热点。

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. The temperature of the water should be 100 degrees F or 37 degrees C. 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.
- Keep toilet lids down.
- Do not leave buckets or inflatable pools around with water in them.

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.

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。水温应为 100 华氏度或 37 摄氏度。在浴缸中仅放一小部分水。
- 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。
- 切勿将婴儿或幼童独自留在浴盆、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。
- 保持马桶盖放下。
- 确保水桶或充气泳池中没有水。

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。

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.

Car Safety

- Always use approved child safety seats for your child's age and weight.
- Install safety seats in the back seat. 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.
- 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 be wearing a seat belt, or be in a car seat or booster seat that is right for the child's age, weight and height.

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。

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。
- 在车后座上安装安全座椅。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。
- 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。
- 车内的每个人都应系安全带,或坐在适合孩子年龄、体重和身高的汽车座椅或加高座椅上。

Fire Prevention

- Keep matches, lighters and flammables (like gasoline) out of your child's reach.
- Install smoke alarms with working batteries 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. .
- Do not leave candles lit unless an adult is in the room and blow them all out when you go to sleep.

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.

防火

- 将火柴、打火机和其它可燃物(如汽油)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,并确保电池有电。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。
- 除非在室内有成年人的情况下,否则不要让蜡烛一直点着,睡前也必须全部将蜡烛吹灭。

其它安全事项

- 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。
- 如果您居住的房屋或日托中心是在 1978 年之前建造的,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 of SPF 15 or higher on your child. Put a hat on babies less than 6 months old. Try to keep children under age 1 out of the sun.
- 家中不要存放枪支和其他武器。如果必须在家中储备此类物品, 请清空子弹并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。
- 给孩子涂抹 SPF 15 或以上级别的防晒霜。6 个月以下婴儿需戴帽子。尽量让 1 岁以下孩子远离暴晒。

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

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。