

# Baby Injury Prevention Checklist

Suffocation, motor vehicle crashes, drowning and fires/burns are the leading causes of unintentional injury death among babies less than one year old.

Source: Preparing for a Lifetime, It's Everyone's Responsibility, <http://iio.health.ok.gov>, Maternal and Child Health Service - Oklahoma State Department of Health

## Preventing Baby From Falling

- Lower crib mattress to keep baby from falling out over sides
- Keep crib free of stuffed animals and toys so baby will not stand up on them
- Support baby when sitting up to prevent head or neck injury
- Always keep one hand on baby when the baby is on high surfaces (changing tables, beds, sofas)
- When using carrier in shopping carts, hold baby in with belt and secure carrier to cart or else both carrier and baby could fall out.
- Children must be seated and watched carefully if allowed to hold baby
- If you use a swing, it must be stable; baby must be belted in so as not to fall

## Vehicle Safety

- Continue using rear-facing safety seat properly secured in back seat of car; never in front seat
- While baby is in vehicle, do not prop a bottle and keep small objects, cords and plastic bags out of reach
- Keep siblings from giving baby their toys

## Play Pen (A safe place for baby)

- If it has slats, must be less than  $2 \frac{3}{8}$  inches; if it has net sides, holes must be less than  $\frac{1}{4}$  inch
- No stuffed animals, plastic bags, or pillows in play pen
- Playpen floor must be secure and strong with firm padding

## Keeping Baby Safe Around Water

- Always supervise babies around water
- Test bath water on your wrist to make sure it is not too hot for baby
- Do not leave alone or with siblings in tub or bathing area, even when baby is able to sit
- Remember, babies can drown in less than an inch of water in a few seconds
- Keep pails, cups and other containers with liquid away from baby
- Do not give baby water-filled plastic bags, gloves, or balloons

## Keeping Environment Safe for Baby

- Check smoke alarm every month
- Make a plan for family to escape home in case of smoke or fire
- If baby is burned with hot solid or liquid, apply cool water and call doctor
- If baby falls or head is bumped, watch for unconsciousness, vomiting, unusual behavior. If so, call doctor or take to emergency room.
- Remember never to shake a baby because the brain can be injured
- Baby proof home with outlet plugs, door locks
- Call Poison Control (1-800-222-1222) or bring baby to emergency room if baby swallows poisonous material and tell what poison is suspected

