



Work Life Services Newsletter October 2022

Call our toll-free number 1-800-364-6352 for assistance

Keeping Kids Safe at Home

Children have fun exploring, and you can keep them safe by controlling the household terrain and following the recommendations below.

Fire

- Practice two escape routes from your home.
- Install smoke detectors. Test them once a month and replace the batteries at least once a year.

Drownings

- When a young child is in the tub, stay in the room. If the phone rings, take the child with you.
- When you are mopping, empty the bucket as soon as you are finished.

Poisonings

- Store poisonous cleaners and medicine out of children's reach. Some products that are safe for adults are hazardous to children.
- Post the number of your local poison control center near your phone.

Falls

- Stay close when babies are on furniture, including beds and sofas.
- Use safety gates at the top and bottom of stairs.
- Move furniture away from windows.

Choking

- Keep small objects out of the reach of young children.
- Round and hard foods are especially hazardous for children under 4.

Hot water

- To prevent scalding your child, set your water heater's temperature at 120 degrees. Gas water heaters built since 1990 have a mark or arrow indicating this setting on the thermostat dial. On older gas heaters, this generally is the lowest, or "energy-conserving," setting. Refer to the owner's manual.
- The thermostat on most electric water heaters is inside the unit and should be set by the electric company or a repair person.