

PEDIATRIC HOME SAFETY CHECKLIST

Prevention is the best approach to safety. The National Safety Council states that four million serious accidents happen in the home each year. Periodic room-by-room checks are recommended. Agency staff will assess the home and inform the patient/family on recommendations to increase safety.

Pediatric Fire Safety Checklist

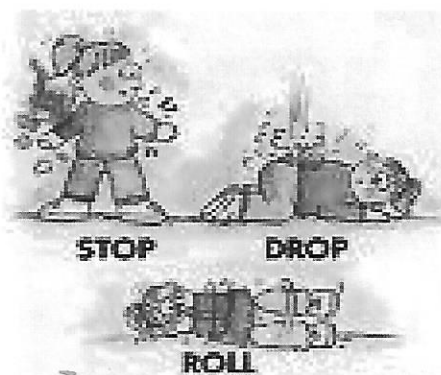


Fire Prevention

Keep cigarettes, matches and ash trays out of reach of children

In Case Of Fire:

1. Use the plan for escape.
2. Crawl low on hands and knees to stay under smoke.
3. Meet at a designated spot, if possible.
4. If your clothes are on fire:
STOP, DROP and ROLL - NEVER RUN!



More people die from smoke inhalation than fire.

Pediatric Fire Evacuation Plan

Meeting Place Outside building, if applicable: _____

Pediatric Bathroom Safety Checklist

Never leave a child unattended in the bathtub.

Use a skid-resistant bath mat by the tub or shower.

Use water that is safe and comfortably mild warm - Always test water before submerging child in the water.

Infant bath water should be no more than 90 degrees F

Never fill to the top. Place one to two inches water in tub or sink



Pediatric Poison Prevention Checklist



Don't store medicines in the bathroom. Instead, keep them in a closet or another dry, cool place that can be locked and is inaccessible to children

Store cleaning agents in a locked or inaccessible cabinet where children cannot reach.

Post Poison Control Hot Line number near phone or program into phone for quick access.

Poison Control 1-800-222-1222

Pediatric Hazardous Waste Disposal

Place containers containing all needles, syringes, lancets and other objects in a location that is not accessible to children.



Oxygen (O₂) Safety/Medical Gases

Store medical gas cylinders on their sides in a stable protected area (protected from heat extremes.)

Use O₂ in an area free from smoking materials such as cigarettes or cigars; open flames such as gas stoves, candles, fire place; and electrical medical equipment with frayed cords.

Post signs to warn visitors that oxygen is in use and they should not smoke.

Do not use petroleum based products near oxygen flow, i.e., vaseline on lips/nose



Safety Checklist For Weather Precautions

Floods

If a flood is likely in your area, you should:

- Listen to the radio or television for information.
- If you are in a low-lying area, move to higher ground quickly.
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.
- Be aware of streams, drainage channels, canyons, and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.

Do not drive into flooded areas. If flood waters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away.

Tornado

Be alert to changing weather conditions.

Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information.

Look for approaching storms.

Look for the following danger signs:

- Dark, often greenish sky
- Large hail
- A large, dark, low-lying cloud (particularly if rotating)
- Loud roar, similar to a freight train.



If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

If you are under a tornado WARNING, seek shelter immediately!

- Go to an interior room- one without windows- such as a bathroom or closet.
- Cover yourself with a mattress or cushions.

Thunder Storms and Lightning

The following are facts about thunderstorms:

- They may occur singly, in clusters, or in lines.
- Some of the most severe occur when a single thunderstorm affects one location for an extended time.
- Thunderstorms typically produce heavy rain for a brief period, anywhere from 30 minutes to an hour.
- Warm, humid conditions are highly favorable for thunderstorm development.
- About 10 percent of thunderstorms are classified as severe - one that produces hail at least three-quarters of an inch in diameter, has winds of 58 miles per hour or higher, or produces a tornado.

The following are facts about lightning:

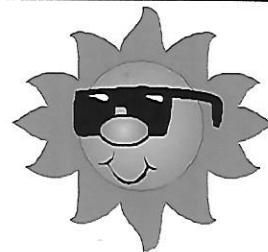
- Lightning's unpredictability increases the risk to individuals and property.
- Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.
- "Heat lightning" is actually lightning from a thunderstorm too far away for thunder to be heard. However, the storm may be moving in your direction!

The following are guidelines for what you should do if a thunderstorm is likely in your area:

- Postpone outdoor activities.
- Get inside a home, building, or hard top automobile (not a convertible).
 - Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside doors. If shutters are not available, close all window blinds, shades, or curtains.
- Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
- Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
- Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.
- Use your battery-operated NOAA Weather Radio for updates from local officials.

High Temperatures and Heat

The following are guidelines for what you should do if the weather is extremely hot:



- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Use a fan if air conditioning is not available.
- When transporting a child in the car, be sure that the child is not left alone in the car. In order to remember the child is in the car, put a purse, briefcase, cell phone near the child in the back seat, so that the adult will have pick up that item before leaving the car.
- Eat well-balanced, light, and regular meals/feedings.
- Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease, are on fluid-restricted diets, or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.

Earthquakes

Minimize your movements during an earthquake to a few steps to a nearby safe place. Stay indoors until the shaking has stopped and you are sure exiting is safe.

If you are indoors:

- Take cover under a sturdy desk, table, or bench or against an inside wall, and hold on. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.
- Stay in bed, if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- Stay inside until the shaking stops and it is safe to go outside. Most injuries during earthquakes occur when people are hit by falling objects when entering into or exiting from buildings.
- Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.
- DO NOT use elevators.

If you are Outdoors:

- Stay there.
- Move away from buildings, streetlights, and utility wires.

Winter Storms and Cold

The following are guidelines for what you should do during a winter storm or under conditions of extreme cold:



Listen to your radio, television, or NOAA Weather Radio for weather reports and emergency information.

- Have a battery operated radio, flashlight or lantern, and a supply of batteries.
- Keep an emergency supply of ready-to-eat food and a supply of drinking water.
- Eat well-balanced, light, and regular meals/feedings.
- Be sure all medications have ample amounts in case getting to the pharmacy becomes an issue.
- If you must go outside, dress for the weather. Wear layers of clothes, with a wind- and water-resistant layer on the outside, cover your head, and wear gloves or mittens. Take frequent breaks to avoid overexerting yourself in the cold.

Hurricanes



If a hurricane is likely in your area, you should:

- Listen to the radio or TV for information.
- Secure your home, close storm shutters, and secure outdoor objects or bring them indoors.
- Have emergency supplies: nonperishable ready-to-eat food, drinking water, flashlight, battery operated radio, and batteries.
- Turn off utilities if instructed to do so. Otherwise, turn the refrigerator thermostat to its coldest setting and keep its doors closed.
- Turn off propane tanks.
- Ensure a supply of water for sanitary purposes such as cleaning and flushing toilets. Fill the bathtub and other large containers with water.

- Have supplies ready for evacuation- clothing including diapers and wipes if appropriate, eyeglasses, medications, and important papers in waterproof containers.

You should evacuate under the following conditions:

- If you are directed to do so by local authorities. Be sure to follow their instructions.
- If you live in a mobile home or temporary structure - such shelters are particularly hazardous during hurricanes no matter how well fastened to the ground.
- If you live in a high-rise building - hurricane winds are stronger at higher elevations.
- If you live on the coast, on a flood plain, near a river, or on an inland waterway.
- If you feel you are in danger.

If you are unable to evacuate, go to your wind-safe room. If you do not have one, follow these guidelines:

- Stay indoors during the hurricane and away from windows and glass doors.
- Close all interior doors - secure and brace external doors.
- Keep curtains and blinds closed. Do not be fooled if there is a lull; it could be the eye of the storm - winds will pick up again.
- Take refuge in a small interior room, closet, or hallway on the lowest level.