

Woodburn Pediatric Clinic

SAFETY

Accidents and accidental poisonings are the major cause of injury and death in carefully under the age of 5.

CHILDPROOF YOUR HOME: Check the house carefully for anything that could possibly be dangerous to young children.

- Keep all cleaning products high up and out of reach, preferably in a locked cabinet.
- In the garage, leave all solvents, gasoline, paint thinner, paints, lighter fluid, etc. in their original tightly-closed containers, and out of a child's reach.
- Do not put these chemicals in soda bottles or food containers, which a child might think is a treat.
- ALL medications, including over the counter products and vitamins, should be kept in their original childproof bottles. Never call medicine candy.
- Many household plants are poisonous. Keep them high up and out of reach.
- Put plastic covers over electric outlets. Keep electric cords tucked behind furniture where toddlers cannot pull on them.
- Keep pot handles turned away from the edge of the stove. Be careful that children are not around when the door of a hot oven is open.
- Never do ironing when your children are awake and crawling around.
- Store guns unloaded, in a gun safe or locked cabinet.
- Keep cosmetics, cigarettes, matches, detergents including pods etc. out of children's reach.
- Keep stairways protected with gates.
- Keep small toys, coins and other small objects out of reach of small children, they can put them in their mouths and choke on them. Balloons are another choking hazard.
- If they swallow magnets or batteries go straight to the Emergency Room.
- Do not leave nuts, hard candies or popcorn where young children can reach them. This is a choking hazard.
- Watch very carefully for small children when driving in or out of the driveway, and check especially careful when backing up.
- Never leave children alone in the house, car or bath tub.
- In the car, make sure children are always properly restrained.
- Use rear-facing seats for infants and toddlers until they are at least age 2.
- Use forward-facing seats for children over age 2. Booster seats are for children who have exceeded their height and weight limit of their forward-facing seats. Use a booster seat until the child is at least 8 years old AND 4 ft. 9 in. tall AND 80 lbs.

- Lap/shoulder belts are for children who are at least 8 years old and 4 ft. 9 in. tall AND 80 lbs. Children under 12 years old should always ride in the back seat.
- To find out if your car seat is properly installed and correct for your child, call your local fire department and schedule an appointment for a free car seat check.
- **IN CASE OF ACCIDENT OR ACCIDENTAL POISONING**, call the clinic or one of the emergency numbers listed below:

Woodburn Pediatric Clinic: 503-981-5348

Oregon Poison Control: 1-800-222-1222

Emergency: 911