



Baby Proofing Checklist Before your Baby Starts to Crawl

On average, babies start to crawl at 8 months, which means many get moving even earlier. A crawling baby will soon start pulling up too, which means counters and other surfaces are no longer out of reach. **Use this checklist** to help you prepare for a kid who can go from here to there in the blink of an eye. Then crawl around on your hands and knees to see if you've missed anything. We, as Adults take a lot of things in our home for granted, because we have learnt to handle them. Getting down on all fours helps us see the world in a new way & opens up our eyes to potential dangers we may not have thought about. This simple exercise will really help you recognise the dangers that exist for children & you'll be well on your way to a healthy & safety conscious frame of mind.

The goal of childproofing your home is not to turn your home into a prison-like setting that completely inhibits a child's ability to explore and develop. Rather, childproofing should balance such factors as safety, aesthetics, cost, child supervision level, and livability.

Of course the hazards a child is exposed to will vary with their stages of development. A passive three month old is exposed to many less hazards than an active eighteen month old. The following is a list of potential hazards based on age:

Up to four months:

- Falls from furniture
- Bathing accidents
- Choking on food
- Crib suffocation

Between five and seven months:

- Falls from stairs
- Electrical shocks
- Poisoning
- Choking on small objects
- Water accidents

Between eight and twelve months:

- All the above
- Climbing dressers and bookcases which can topple
- Bumping into the corners of furniture or countertops
- Gaining access to hazards in cabinets
- Grabbing items such as a stove kettle which can burn

Between one year and two years:

- All the above
- Access to restricted areas such as basements, garages, swimming pools, decks/balconies, and driveways.

THE 4 STEPS in the chain of survival:

1. PREVENTION OF INJURY
2. ADMINISTER SAFE & EFFECTIVE CPR
3. CALL EMERGENCY SERVICES
4. ADVANCED LIFE SUPPORT

As you can see Medical Professionals only administer the FOURTH & FINAL link in this chain of survival. This means 75% of your Child's chances of survival fall into your or your child's hands. Therefore - without making your child's environment a safe one; getting up to date on safety; learning how to administer CPR & keeping emergency numbers in accessible places at all times - even a well trained & experienced paramedic has little hope of saving a child's life.

Bathing

- Fill tub just enough to cover baby's legs (6 to 10 cm's of water).
- Use warm, not hot, water (do wrist test or use thermometer to make sure water is 35 to 37 degrees Celsius): See Baby Proof Order Form/ Safety First / Temp Guard Duckie OR visit our website: www.babyproof.co.za for more info
- Never leave the hot tap running unattended.
- Set geyser to a temperature between 50 & 55 degrees Celsius. This will also help save on soaring electricity bills
- Always run the cold tap first, and then add hot water to a bath.
- Never, ever leave baby in tub unsupervised, not even for a few seconds.
- Ensure that no electrical appliances are taken near water.
- Put non slip mats in bathtub and on the floor next to the tub.

Nice to have:

- Soft cover for bathtub spout. See Baby Proof Order Form/4 A Kid/TUBBLY BUBBLY elephant OR visit our website: www.babyproof.co.za for more info
- Bathtub ring for baby to sit in (Not a substitute for supervision!) See Baby Proof Order Form/4 A Kid/ Snug Tub OR visit our website: www.babyproof.co.za for more info

Preventing burns & scalds

- Teach a child about the dangers of heat.
- Don't carry hot food or drink and your baby at the same time.
- Keep hot food and drink away from edges of tables and counters.
- Always test hot food & drink, especially when re-heated in the microwave
- Don't hold baby while cooking at stove.
- Always turn a stove off at the main switch
- Turn pot handles toward back of stove.
- Cook on the back burner when possible.

- Secure oven door with an appliance latch. See Baby Proof Order Form/Safety First/ Oven Lock OR visit our website: www.babyproof.co.za for more info
- Use heat sensitive spoons when feeding, to prevent burning sensitive little mouths. See Baby Proof Order Form/Dream Baby/ Heat sensitive colour changing spoons OR visit our website www.babyproof.co.za for more info
- Use plastic stove guard that block access to burners; knob covers. See Baby Proof Order Form/Safety First/ Oven Lock OR visit our website: www.babyproof.co.za for more info
- Do not leave a boiling kettle; hot drinks or foods near the edge of a counter or table.
- Put tablecloths away, they can be pulled – rather use placemats instead.
- Keep heaters, candles & paraffin stoves well away from children.
- All fires should be properly guarded. Children should be taught to stay away from these areas
- Avoid using any explosives such as fireworks near children & animals. These pose a fire hazard as well as a deafening hazard to children & can create great anxiety & fear.
- Keep matches, lighters & candles out of reach completely.
- Empty all ashtrays immediately after use; never leave a cigarette burning in the ashtray.

Choking/Suffocation *Warning! Small children put EVERYTHING into their mouths*

- Always stay with your baby during meals times or when eating or drinking.
- Keep small objects such as buttons, beads, coins, pet food, peanuts, popcorn, jewellery, & balloons out of reach.
- Never use drawstrings, necklaces or strings that tie around head or necklines, they can easily pull tight.
- Remove bib before baby goes to sleep.
- Refer to **Crib Safety**.

Car & travel *Warning!! Stick to the Speed limit & ALWAYS ensure your child is securely strapped in!!*

- Teach your children everything there is to know about road safety.
- Your newborn should travel in a car seat from the very first trip following birth.
- Make sure you buy a car seat that fits correctly in your car & follow the manufacturer's instructions thoroughly.
- Always use your car seat, even for short trips. "Research shows most traffic accidents occur within 40 km of the home and at speeds of less than 70 km/h."
- Use the correct car seat for your child's weight.
- Never leave your baby in the car alone, even for one minute.
- Install window sox or a window roller shade to protect your child from the suns harmful rays.
- Under NO Circumstances should a car seat ever be installed in the front passenger seat.
- Keep baby in rear-facing car seat until at least 1 year old.

- Install car seat properly, in rear-facing position in middle of back seat.
- Always have a travel first aid kit available in your car.
- Install an extra Backseat Baby Rear view Mirror See Baby Proof Order Form/Dream Baby/ Deluxe Adjustable Baby View Mirror OR visit our website www.babyproof.co.za for more info
- Encourage children to wear protective helmets & attire when cycling & taking part in other dangerous sports.
- Kids must always be strapped in by a safety belt WITH a seatbelt adjuster, as most seatbelts are actually made to fit adults rather than children. See Baby Proof Order Form/4 A Kid/ Secure A Kid seatbelt adjuster OR visit our website: www.babyproof.co.za for more info
- Don't ever drink & drive. Drive responsibly.
- Plan rest stops on long road trips.
- Never travel with a child on your lap or moving freely in the car.
- Read this article: <http://www.rescueroxy.co.za/kidsandcars.htm> -its a real eye opener!

Changing table

- Don't ever leave baby unattended on a changing table.
- Babies can roll off changing tables or beds. Have everything you need to use close by when changing your baby.
- Keep toiletries out of baby's reach but within yours.

Clothing

- Don't use baby clothing with drawstrings.
- Insist on your child wearing sure-grip foot wear.

Crib Safety

- Have your baby sleep on his/her back on a firm, flat mattress. There are products on the market that help position your baby on his back. Buy a mattress with big ventilation holes in it, which allegedly helps prevent the build up of Carbon dioxide
- Avoid using soft, fluffy bedding such as pillows, comforters, or sheepskins under sleeping or napping baby.
- Avoid overheating your baby. Signs might include sweating, damp hair, heat rash, rapid breathing, restlessness & fever. Keep the room temperature at around 20°C
- Don't use cot bumpers while your baby is tiny. If you must use them ensure that they are thin & firm. Attach them firmly to the cot & ensure that no strings are dangling inside the cot.
- Watch humidity levels, strike a happy balance between air that isn't too dry or too humid.
- Invest in a Quality Respiratory Monitor See Baby Proof Order Form/Calora/ Baby Sense II Infant Respiratory Monitor OR visit our website: www.babyproof.co.za for more info
- Don't put soft toys in his cot.
- Avoid using an electrical blanket in the crib.

- Use mattress protectors for hygiene & peace of mind
- When baby gets up on hands and knees, remove mobiles and hanging toys.
- When baby pulls up, remove bumper pads and put mattress in lowest position.
- Don't leave toys in crib when baby is sleeping.
- Keep drop side of crib up and locked when you're not in the room.

Pacifiers/Dummies/bottles *Warning! Accidents can occur when a baby sucks on a piece of dummy or teat!!!*

- Check dummies regularly for tears or holes
- Dummies & teethers should not be hung around a baby's neck on a cord or string because of the risk of strangulation
- Use a safe strong dummy that won't come apart

Doors

- Use doorstops and door holders to protect baby's fingers. See Baby Proof Order Form/Dream Baby/ Door Foam Stopper OR visit our website www.babyproof.co.za for more info
- Don't let children play around doors it can lead to harmful injuries & unnecessary tears.
- Use safety glass or mark glass panes of doors with decals to prevent injury

Electrical outlets, cords, and appliances

- Put safety plugs or outlet covers over unused outlets. See Baby Proof Order Form/Safety First/ Outlet Plug protectors OR visit our website: www.babyproof.co.za for more info
- Hide electrical cords behind furniture or use hide-a-cord device.
- Get wired up. Electrical wires running underneath carpets that carry heavy traffic can get frayed easily and live wires can become exposed. The next person stepping on it could be in for a huge shock. Extension cords running over doorways or passageways have also caused many a serious fall. Make alternative plans, or if not possible, tape extension cords securely to the floor with tape or tacks.
- Keep little fingers away from TV's & other electrical equipment.
- Keep blow dryers, toasters, and other appliances unplugged and out of reach.
- Keep electrical cords short & out of reach.
- Ensure that no cords are left dangling of counter tops
- Never leave an unused extension cord lying around
- Turn stove/oven off at the main switch when not in use
- Replace frayed, damaged electrical cords.
- Entertainment Centre's (Hi Fi's, DVD Players, etc.) should ideally be encased in a TV cabinet, otherwise ensure that all knobs are tightly affixed as this is a choking hazard.

Preventing falls

- Never leave baby alone on beds or sofas, in bouncy chair or in a highchair, on changing table, or in any other spot from which he could fall.

- Use window guards, window stops, and safety netting on windows, decks, and landings.
- Install gates to block stairways at bottom and top. furniture See Baby Proof Order Form/Safety First/ Perfect Fit Gate OR visit our website: www.babyproof.co.za for more info
- If railings have openings wider than 8cm, block with plastic garden fencing, plexi glass, or other material.
- Remove loose rugs, or tape them down with double sided carpet tape
- At the shops, use safety belt on shopping cart (or bring one of your own).
- While carrying a baby, take extra care not to fall. Wear comfortable, low, non-slip shoes.

Baby Walkers -WARNING!! Baby walkers are not always safe & can cause more accidents than joy

- Baby Walkers let babies move very fast, making them difficult to supervise.
- There is no evidence that babies will gain anything from using a baby walker.
- Uneven terrain & baby walkers are a complete No-No!
- These are not recommended as babies are injured by falling & reaching stairs, stoves faster than you can imagine.
- Collisions happen more frequently & quickly, leaving more room for disaster to happen.

Bouncing Cradles WARNING!! Accidents happen when a cradle falls off a raised surface or the baby falls out.

- Never put a cradle on a work surface or table, even a small baby can bounce & the cradle might fall off.
- Always fasten safety straps securely.
- Stop using cradle when baby can sit up, moves vigorously or reaches 7kg's.

Fireplace

- Install a fireplace grill that covers the entire fireplace and keep it in place when a fire is burning. Consult with your Baby Proof Professional
- Move gas fireplace keys out of reach.
- Stow logs, matches, fire lighters and fireplace tools out of reach.

Fire prevention

- Check batteries in smoke detectors monthly.
- Buy a fire extinguisher. There are small fire extinguishers on the market that are no larger than normal aerosol cans. Keep one in the kitchen, one in the garage and one in the car. You will be very grateful for this when you suddenly need it. And keep all matches and lighters away from children. These are not toys.
- Chuck out flammable substances. Garages are often used as storage spaces for a thousand different things – including half cans of petrol or paraffin or gas bottles. It is never a good idea to keep this kind of thing lying around. Even if they don't cause the fire, they will add many flames to it if something else should ignite.
- Have a first aid kit that has available aids for burn wounds.
- Review your fire escape route. Always have an exit route. Should your home suddenly

catch fire, will your family be trapped inside it? Make sure that there are keys to security doors in fixed places inside the house other than on your car keys, which you may not be able to find in an emergency.

First aid & Medical

- Be aware that prepaid (pay-as-you-go) phones can be a huge hazard in an emergency. Running out of airtime can be fatal.
- Unfortunately the response times of all EMS providers in South Africa, both private and government, are dismal! Ideally the response time from collapse (when the victim loses consciousness) to providing Advance Life Support measures should be less than 10 minutes. There are very few places in the world that come close to this time but nevertheless this is the goal. This is why this time frame has been nicknamed the "Platinum 10" as opposed to the now outdated "Golden Hour".
There are many telephone numbers that could be utilised throughout South Africa. But, instead of being helpful, it unfortunately simply confuses the public and results in additional delays which ultimately decrease the chances of survival for a critically sick or injured victim.
- Keep all important numbers (EMS – emergency medical services) by the phone in the house: Ambulance; Fire; Doctor; nearest hospital emergency room; nearest poison control centre; the police; etc.
 - Netcare 911: Dial **082 911** (standard cell phone call charges apply)
 - ER24 Call Centre: **084 124** (standard cell phone call charges apply)
 - Telkom Emergency: **10177** (South African Police flying squad) FREE call service
 - Ambulance Cellphone: **112** (from a cell phone) FREE call service

NB NB NB! Do NOT take for granted that these numbers are always in use. Update these numbers regularly by phoning & check that they exist; however trying not to hold up the lines in case of a real emergency incoming call.

- If possible, Try calling different EMS numbers from more than one phone; this will increase the chances of getting a prompt response during an emergency situation. Also add the number of your nearest police station & phone 112 to get the number of your latest & closest "Poison control centre." Unfortunately this number has changed too often to add it as a permanent number on this list.

In case of Emergency:	
Person 1:	112
Person 2:	10177
Person 3:	10111
Person 4:	082911
Person 5:	084124

- It is important to learn First Aid. Resuscitation should be known by every parent or child minder**
Numbers for the Resuscitation Council of SA
 - **112 (from a cell phone) FREE call service**
 - **10177 (from a landline) FREE call service**

The training institution and their representatives must:

- have very high standards

- value integrity and ethics
- be appropriately registered with the necessary legislative bodies of South Africa
- only use instructors that are registered with the American Heart Association and the Resuscitation Council of Southern Africa
- use instructors that will only teach the latest up-to-date medical guidelines
- use instructors that will not teach potentially harmful or illegal actions of their students (e.g. the use of seatbelts; the administration of medication etc.)
- have appropriate quality assurance measures in place

- Take an infant CPR class in your home.
- Always have a First Aid Kit available **& take stock regularly replacing used items.** See Baby Proof Order Form/4 A Kid/ Medi Bag 4 Kids OR visit our website: www.babyproof.co.za for more info
- Keep appropriate medical supplies in the House; & make sure everyone knows where they are & how to use them See Baby Proof Order Form/Calora/ Medi Guard OR visit our website: www.babyproof.co.za for more info
- Don't take medicine in front of children, these may look like sweets-Monkey see monkey do!
- Read instructions & side effects, dosage & directions, warnings on enclosed leaflet before giving a child medicine
- Don't self diagnose - rather Consult with a professional.
- Discard medicine's & vitamins that have exceeded the expiry date stated on the package

Forbidden territory

- Never leave children unattended near: swimming pools; fish ponds; bath tubs; nappy buckets; dustbins or toilets.
- Lock away fire arms & ammunition in a child proof safe.** Trigger unhappy. Lock away any guns that you might have. If you keep one in your bedside table, make sure it is locked away when you are not in your bed. Many fatal shooting accidents have occurred when children play with guns they have found in bedside tables, cupboards or handbags.
- Get behind bars. Whether you live in a security block or not, get a security gate for your front door. Never open the door unless this gate is locked. This will deter opportunistic criminals from getting a foot in the door – literally.
- Buy decent tools. Many people get injured while trying to unscrew something using a kitchen knife, or knocking something into a wall using something other than a hammer. Using the right tools to do things around the house is essential.
- Keep knives, breakables, heavy pots, and other dangerous items locked up or out of reach. See Baby Proof Order Form/Dream Baby/ Locks & Latches OR visit our website www.babyproof.co.za for more info
- Control access to unsafe areas with safety gates, door locks, and knob covers. See Baby Proof Order Form/Safety First/ Perfect Fit Gate OR visit our website: www.babyproof.co.za for more info
- Put locks or latches on accessible cabinets and drawers that contain unsafe items. See

Baby Proof Order Form/Dream Baby/ Locks & Latches OR visit our website www.babyproof.co.za for more info

- Wedge Books, CD's, records & tapes tightly in their shelves, these objects have sharp corners & can be very harmful.
- Never leave a used ashtray or cigarettes lying around.
- Liquor Cabinets are a definite NO ENTRY zone & should be kept locked at all times; don't leave alcohol or cigarettes lying around.
- Items, such as toothpaste, perfumes, soaps, lotions, deodorant & mouthwash must also be kept in out of reach places.
- Keep trash cans in inaccessible cupboards or use cans with child-resistant covers.
- Cover or block access to radiators and floor heaters.
- Secure refrigerator with appliance latch. See Baby Proof Order Form/Dream Baby/Appliance Latch OR visit our website www.babyproof.co.za for more info
- Keep small fingers out of VCRs with a VCR lock Or even better keep out of reach in a cabinet with cabinet lock. See Baby Proof Order Form/Dream Baby/ Glass Cabinet Latch OR visit our website www.babyproof.co.za for more info
- Don't use tablecloths or placemats — baby will pull them and what's on them down.
- Distract baby from forbidden places by keeping one cupboard unlocked and filled with lightweight, baby-safe items.
- Plastic Bags are hazardous as they may cause suffocation or choking
- Certain foods may also pose a choking hazard to babies
- Be extra cautious when vacuuming or picking up objects of the floor, things like pins, bottle caps, toothpaste caps, small pieces of food(peas, popcorn, cookie bets), buttons, pet food, earrings, dust balls or fur balls can be very dangerous
- Pad sharp corners with Foam Corner Cushions. See Baby Proof Order Form/Dream Baby/ Foam Corner Cushions OR visit our website www.babyproof.co.za for more info
- Try keep coffee tables clear of all harmful objects, including magazines. Little ones may be fascinated by what's on top of the table attracting unnecessary attention.
- Loose Rugs should also be removed as this may cause your new little explorer to trip & fall or for that matter yourself.
- Wrap used razor Blades or sharp objects well before disposing of them.
- Empty all ashtrays immediately after use.
- Keep Breakable treasures out of reach.
- Keep the doors of Studies, Bathrooms, Hobby Areas, Laundries, Store rooms & garages closed to prevent entry into these dangerous NO Entry Zones.
- Create a Family room that's Child Proof, uncluttered & has a suitable play area. Consult with your Baby Proof Professional

Furniture

- Attach corner cushions. See Baby Proof Order Form/Dream Baby/ Foam Corner Cushions OR visit our website www.babyproof.co.za for more info

- Secure furniture that can topple (bookcases, chests of drawers) to the walls. Consult with your Baby Proof Professional
- Keep televisions and other heavy items on low, sturdy furniture, pushed back as far as possible.
- Avoid furniture with wheels as these may be used as support when first learning to stand or walk.
- Replace furniture that is unstable or broken, especially small tables that are unsteady.
- Secure tall, unstable lamps behind furniture.
- Keep rooms as uncluttered possible with all unnecessary furniture & breakables stored away.

Highchairs, hook-on chairs & prams *Warning! Baby can fall out if not properly secured*

- Use a sturdy, stable, wide-based highchair with a safety strap.
- Clamp hook-on chair securely to a table that cannot tip over.
- Use safety straps.
- Don't leave baby unattended.
- Make sure your pram has breaks that work.

Poison-proofing & Safe Storage *Warning! Toddlers cannot read warning labels!!*

- Survey your house and move cleaning agents, medicines, vitamins, toiletries, mothballs, and other potentially toxic items out of reach or lock them up. See Baby Proof Order Form/Dream Baby/ Locks & Latches OR visit our website www.babyproof.co.za for more info. When it says "Store out of the reach of children & animals" they really mean it!
- Remember that your purse or a visitor's purse can hold medicines, toiletries, and other toxic substances — move handbags out of reach.
- Learn to identify poisonous plants. Go to:
http://en.wikipedia.org/wiki/List_of_poisonous_plants

Common poisonous plants in South Africa

- Syringa
 - Erythrina (lucky bean)
 - Castor oil plant
 - Chinchinchee
 - Foxglove
 - Stinkblaar/Jimson weed
 - Larkspur (Delphinium)
 - Oleander
 - Acokanthera
 - Fungi (don't handle any fungi, especially mushroom and toadstools, unless you have knowledge about fungi)
- Get rid of toxic houseplants such as philodendron or move them out of reach. Learn more about which plants (both indoor & outdoor) are hazardous & which can be lethal

when ingested.

- Pool chlorine should be stored away from other products to prevent contamination.
- Do not reuse or refill empty containers. This is extremely dangerous.
- Read the storage instructions on product packs & keep incompatible products separate.
- Store garden & outdoor home products like turps, paint, fertilizers, gas cylinders & pool chemicals separately away from your living area & locked up in a safe place
- A number of these products are hazardous in that they may emit toxic fumes, be poisonous if ingested or result in a fire if contaminated.
- Make sure that storage areas are dry, cool, dark & well ventilated
- Ensure that lids are tightly secured after use.
- Buy products that have re-sealable child safe closures
- Educate yourselves & your children. Go onto website's & learn all there is to learn about treating different emergency situations, print these out & keep in an emergency file. You could save a life.
- Always have the emergency number of your closest poison control centre available.
 - Please phone 112 for your latest up to date Poison Control centre in your area, this number has changed too often in order for me to feel safe listing it here.
 - Poisons Information Centre, Department of Paediatrics, Red Cross War Memorial Children's Hospital 021 689 5227.
- Make sure your first Aid kit has an anti histamine available for insect bites. Both for external use and intake.

Food Safety Warning! Foodborne illnesses cause by bacteria & viruses can be prevented by safe food handling

- Wash your hands regularly, especially before handling food & after visiting the toilet
- Avoid raw & cracked eggs
- Avoid raw & uncooked shellfish
- Cook food thoroughly, especially foods containing meat, fish & poultry
- Do not store meat, fish or poultry above ready to eat foods such as salads in the refrigerator
- Wash hands, utensils, cutting boards & surfaces with anti bacterial soap immediately after handling or preparing fresh meat, fish or poultry.
- Discard swollen or bulging cans of tinned food.
- Check the "Best by"/BB date on foods, rather than the "sell by" date
- PURITY PRODUCTS
 - Check the "Best by"/BB date on Products, do not feed a child expired products
 - Check that the safety button on the jar lid is flat. If the safety button is raised, do not use product
 - Once opened, jars can be kept in the refrigerator for 2-3days.

Sleep

- Put baby to sleep on his back.
- Don't let baby sleep or nap on pillows or fluffy bedding such as comforters or sheepskins.
- Don't put baby to sleep on water beds or other soft surfaces.

Sun

- Keep baby out of the sun as much as possible.
- When baby is outside, protect skin with hats, light-coloured clothing with long sleeves, and **sunscreen**.

Toilet

- Install a toilet-seat lock to prevent drowning. See Baby Proof Order Form/Dream Baby/ Toilet Lock OR visit our website www.babyproof.co.za for more info
- Never leave a child unattended in the bathroom.

Toys *Warning! Baby can choke on small/broken toys*

- Always read safety measures on packaging, e.g recommended age.

The safest toys:

- Are securely put together and in good condition.
- Have no buttons, eyes, beads, ribbons, or other pieces baby could pull off and choke on.
- Are not too heavy (if a toy would harm baby if it fell on him, it's too heavy).
- Have no strings or cords longer than 10cm.
- Are appropriate for baby's age and physical skills.
- Can't be hung (or anything else) around baby's neck.
- Make sure toys are Lead & BPA Free
- Make sure toys are not broken, to prevent cuts & even choking! Throw broken toys away, don't try to fix them.
- Keep toys for older children away from younger ones.
- Always remove & discard plastic coverings.
- Pack away toys. Invest in descent storage containers.

Water & drowning *Warning! Never leave a child unattended in or near water*

- Teach a child to respect water
- Don't leave baby unattended even for a moment in or near a pool or other water.
- If you have a pool, erect fencing at least 1.2m high with a self-closing, self-latching gate. Consult with your Baby Proof Professional
- Pool Covers are also available. Please contact us so that we can arrange a consultation
- Empty water containers like buckets, when not in use.
- Empty wading (Baby) pools and store upright after each use.
- Devices such as "Safety Turtle" , this is a Base Station(Alarm System) with wrist band available at our online shop-this system is portable & can be used anywhere at anytime

See Baby Proof Order Form/Safety Turtle/ Safety turtle set OR visit our website www.babyproof.co.za for more info

- Don't leave even small amounts of water, cleaning solutions, or other liquids in buckets or other containers.

Windows

- Cut off or tie up dangling cords on drapes and blinds.
- Cut looped window-blind cords; use safety tassels and cord stops/cleats.
- Mark sliding doors and other expanses of glass with colourful stickers.
- Keep children away from low, unbarred windows & balconies.
- Keep baby away from open windows.
- Place decals on windows, at child's eye-level, to make them more "obvious" to a child.
- Try not to put furniture or anything else a child can climb onto close to windows.
- Never place a crib close to an unbarred window, bars must be no more than 5cm gap in-between
- You should be able to lock all windows & keep locked if no safety devices are in place.

Detergents & other Hazardous Chemicals e.g. Medicines, including Vitamins

- Most contents of kitchen cupboards & drawers may be harmful to children eg cleaning detergents are toxic & may be lethal when ingested, therefore these items must be locked away in a child proof container, or cupboards containing these contents must be adequately locked with a child proof lock. See Baby Proof Order Form/Dream Baby/ Locks & Latches OR visit our website www.babyproof.co.za for more info

Study & Hobby Areas

- These should be off limits to children, keep doors closed when not in use

AWAY from Home

- Our defences are usually down when we relax away from home. But your child is even more curious & vulnerable in unfamiliar places. Be His/Her eyes. Be aware of the unguarded stair cases; open liquor cabinets; interesting purses, etc. One you become accustomed to staying one step ahead, your child will be at a distinct advantage.

Lighting

- Always light a room before entering to avoid injury. See Baby Proof Order Form/Dream Baby/ Fluoro night light with automatic sensor OR visit our website www.babyproof.co.za for more info
- Keep stairs adequately lit
- Keep all work areas adequately lit; insufficient lighting increases the potential hazards of many tasks

Stairs

- Hand Rails should be provided on both sides
- Hand Rails should not exceed 65mm in cross section, so they may be easily grasped by children

- Openings which allow a child to slip below the hand rail, or with footholds that might encourage climbing, are dangerous to a child. Avoid horizontal banisters, which can give a child a "leg up" over the railing, and cause a fall. Board these up to remove the "ladder" potential.
- Make sure there's not enough room for a child to crawl under the banisters (some types of staircases have banisters that do not reach to the floor, but are attached to another lower rail).
- Banisters should be no more than 8cm apart, so that a child can't push his or her head through. If your banisters are wider apart, fill them with solid panels.
- Runner carpets should be well secured and checked regularly for signs of loosening.
- Block stairs at the top and bottom with a sufficiently high, child-proof rail.
- Pressure-mounted gates are not recommended for the top of the stairwells as they may pop off with force. Do not use accordion-style models, which can trap fingers.
- Cover stairs in non-slip treads, not carpet, which is slippery.
- The time to teach your child to use the stairs is when he or she is walking well.
- Teach your child to negotiate stairs properly.
- Children should be taught from an early age not to run up/down stairs & that this is not a play area

Useful Links & Websites focusing on Child Safety & Accident Prevention:

- <http://www.babyproof.co.za/home.aspx>
- <http://www.rescueroxy.co.za/>
- <http://www.childsafe.org.za/>
- <http://www.nationalautoguardian.com/>
- <http://www.layersofsafety.co.za/>
- <http://www.rapcan.org.za/>
- <http://www.childline.org.za/>
- <http://www.childrensrightscentre.co.za/>
- <http://www.saspcan.org.za/>
- <http://www.schoolsecurity.co.za/>
- <http://www.gca.org.za/>
- <http://www.childrenfirst.org.za/>
- http://en.wikipedia.org/wiki/List_of_poisonous_plants

Important Notice: Under no circumstances does any child proofing or environmental modification made by Babyproof provide a substitution for an informed care giver. Adult supervision is always a prerequisite to any safety products.

We'd like to Thank-you for getting on board with child safety by taking this important first step in your child's future. We welcome you into our safety net!



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