

# Keep It Safe: Ways to help improve safety in your home environment

Do you have safety concerns about your home?

Don't Panic! Follow the tips below to help improve those conditions in your home.



## Dos and don'ts for healthy and safe homes:

### Do this

- Install carbon monoxide (CO) alarms outside bedrooms.
- Install smoke alarms in each bedroom.
- Remove unwanted clutter and throw rugs to prevent slips, trips and falls.
- Use surge protectors instead of 2-prong thin extension cords.
- Use safer cleaners like baking soda, lemon juice, and vinegar.
- Repair exposed wires, open junction boxes, and missing electrical outlet covers.

### Don't do this

- Don't heat your home with your stove.
- Don't use damaged extension cords or broken outlets.
- Don't keep clutter or electrical cords on the floor.
- Don't keep chemicals, medications or laundry supplies out in the open.
- Don't use harsh cleaning chemicals for routine everyday cleaning.
- Don't use unnecessary pesticides or bug bombs in and around the home.

## Safety resource list:



Get Alarmed  
Kansas Free Smoke  
Alarm Program



Healthy Homes Program  
at Children's Mercy  
Kansas City



Smoke Alarms  
City of Kansas City, MO



**MAPEHSU**  
Mid-America Pediatric  
Environmental Health  
Specialty Unit

# Home Safety Recommendations



Keep blind cords out of reach of children by using cord wind ups.



Use child-resistant locks on appliances and where chemicals and medications are stored.



Install furniture straps or supports on furniture that may easily tip over.



Keep beds away from windows and install window guards on easily accessible windows more than 6 feet off the ground to prevent falls.



Use safe sleep options like bassinets and pack-n-plays that have limited pillows and blankets.



Adjust hot water heater dial between low and medium (~120 degrees F) to prevent accidental scaldings.



Use outlet safety covers to protect or stay safe from possible electric shocks.



Store guns in secure location and away from ammunition. Keep safety locks on all guns.



Install properly fitting safety gates on stairways to help prevent falls.

If you have questions that are not answered here, please visit [Mid-America Pediatric Environmental Health Specialty Unit \(MAPEHSU\) Children's Mercy Kansas City webpage](https://www.cmkc.link/MAPEHSU) at [cmkc.link/MAPEHSU](https://www.cmkc.link/MAPEHSU) for further guidance. If you cannot find answers to your questions online, call our PEHSU hotline at **(800) 421-9916** (March 2022).

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