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Childproofing Your Home

12 SAFETY DEVICES TO PROTECT YOUR CHILDREN

Each year, children are injured by hazards in and around the home. The good news is that the risk of injury can be reduced or prevented by using child-safety devices and reminding older children in the house to re-secure safety devices after disabling them.

Most of these safety devices are easy to find and are relatively inexpensive. You can buy them at hardware stores, baby equipment shops, supermarkets, drug stores, home improvement stores, on the Internet and through mail order catalogs. Safety devices should be sturdy enough to hinder access and yet easy for you to use.

To be effective, they must be properly installed. Follow installation instructions carefully. Remember, too, that no device is completely childproof; determined youngsters have been known to overcome or disable them.

Here are some child safety devices that can help reduce injuries to young children. The red numbers correspond to those on the image following the text.

Use **Safety Latches and Locks 1** for cabinets and drawers in kitchens, bathrooms, and other areas to help prevent poisonings and other injuries. Safety latches and locks on cabinets and drawers can help prevent children from gaining access to medicines, household cleaners, matches, or cigarette lighters, as well as knives and other sharp objects.

Even products with child-resistant packaging should be locked away and kept out of reach. This packaging is not childproof. Look for safety latches and locks that adults can easily install and use, but are sturdy enough to withstand pulls and tugs from children.

Use **Safety Gates 2** to help prevent falls down stairs and to keep children from entering rooms and other areas with possible dangers.

Look for safety gates that children cannot dislodge easily, but that adults can open and close without difficulty. For the top of stairs, only use gates that screw to the wall.

Use safety gates that meet current safety standards. Replace older safety gates that have "V" shapes that are large enough to entrap a child's head and neck.

Use **Door Knob Covers and Door Locks 3** to help prevent children from entering rooms and other areas with possible dangers. Door knob covers and door locks can help keep children away from places with hazards.

Be sure the door knob cover is sturdy, and allows a door to be opened quickly by an adult in case of emergency.

Use **Anti-Scald Devices 4** for faucets and shower heads and set your water heater temperature to 120 degrees Fahrenheit to help prevent burns from hot water. Anti-scald devices for regulating water temperature can help reduce the likelihood of burns.

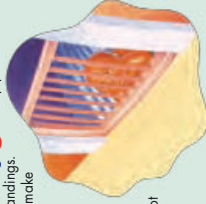
Use **Smoke Alarms 5** on every level of your home, inside each bedroom, and outside sleeping areas to alert you to fires. Smoke alarms are essential safety devices for protection against fire deaths and injuries.



Check smoke alarms once a month to make sure they're working. Change batteries at least once a year or consider using 10-year batteries for alarms.

Use **Window Guards and Safety Netting 6** to help prevent falls from windows, balconies, decks, and landings.

Check these safety devices frequently to make sure they are secure and properly installed and maintained. Limit window openings to four inches or less, including the space between the window guard bars. If you have window guards, be sure at least one window in each room can be easily used for escape in a fire. Window screens are not effective for preventing children from falling out of windows.



Use **Corner and Edge Bumpers 7** to help prevent injuries from falls against sharp edges of furniture and fireplaces. Be sure to look for bumpers that stay securely on furniture or hearth edges.

Use **Outlet Covers and Outlet Plates 8** to help prevent electrocution. Outlet covers and outlet plates can help protect children from electrical shock and possible electrocution.

Be sure outlet protectors cannot be easily removed by children and are large enough so that children cannot choke on them. If you are replacing receptacles, use a tamper-resistant type.

Use a **Carbon Monoxide (CO) Alarm 9** to help prevent CO poisoning. All consumers should install CO alarms near sleeping areas in their homes. Change batteries at least once a year.

Use a **Tassel on Each Separate Window Blind Cord 10** to help prevent strangulation.

For older mini blinds, cut the cord loop, remove the buckle, put tassels on each cord and put inner cord stops on the cords two inches from the headrail. Be sure that older vertical blinds and drapery cords have tension or tie-down devices to hold the cords tight. When buying new mini blinds, verticals, and draperies, ask for safety features to prevent child strangulation, and consider buying cordless products.

You can get window blind cord safety information and free tassels by calling 800-506-4636 or visiting www.windowcoverings.org.

Use **Anchor to Avoid Furniture and Appliance Tip-Overs 11**. Furniture, TVs and ranges can tip over and crush young children.

Deaths and injuries occur when children climb onto, fall against or pull themselves up on television stands, shelves, bookcases, dressers, desks, chests and ranges. For added security, anchor these products to the floor or attach them to a wall. Free standing ranges and stoves should be installed with anti-tip brackets.

Use **Layers of Protection with Pools and Spas 12**. A barrier completely surrounding the pool or spa including a 4-foot tall fence with self-closing, self-latching gates is essential. If the house serves as a side of the barrier, doors heading to the pool should have an alarm or the pool should have a power safety cover. Pool alarms can serve as an additional layer of protection.

Sliding glass doors, with locks that must be re-secured after each use, are not an effective barrier to pools.

Childproofing Your Home

12 SAFETY DEVICES TO PROTECT YOUR CHILDREN

Child safety devices are an important aid to parental supervision. Here are 12 child safety devices that will help keep your home—and children—safer.

Use **SAFETY LATCHES and LOCKS 1** for cabinets and drawers in kitchens, bathrooms, and other areas to help prevent poisonings and other injuries.

Use **SAFETY GATES 2** to help prevent falls down stairs and to keep children from entering rooms and other areas with possible dangers.

Use **DOOR KNOB COVERS and DOOR LOCKS 3** to help prevent children from entering rooms and other areas with possible dangers.

Use **ANTI-SCALD DEVICES FOR FAUCETS and SHOWER HEADS 4** and set your water heater temperature to 120 degrees Fahrenheit to help prevent burns from hot water.

Use **SMOKE ALARMS 5** on every level of your home, inside each bedroom and outside sleeping areas to alert you to fires.

Use **WINDOW GUARDS and SAFETY NETTING 6** to help prevent falls from windows, balconies, decks, and landings.

Use **CORNER and EDGE BUMPERS 7** to help prevent injuries from falls against sharp edges of furniture and fireplaces.

Use **OUTLET COVERS and OUTLET PLATES 8** to help prevent electrocution.

Use a **CARBON MONOXIDE (CO) ALARM 9** near sleeping areas to help prevent CO poisoning.

Use a **TASSEL ON EACH SEPARATE WINDOW BLIND CORD AND INNER CORD STOPS ON MINI BLINDS 10** to help prevent strangulation.

Use **ANCHORS TO AVOID FURNITURE AND APPLIANCE TIP-OVERS 11**.

Use **LAYERS OF PROTECTION WITH POOLS AND SPAS 12**.

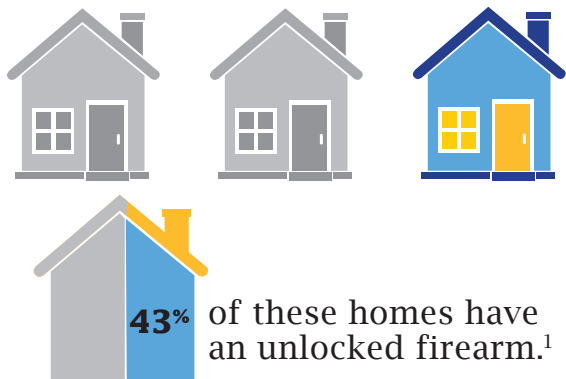


Parents' Guide to Home Firearm Safety

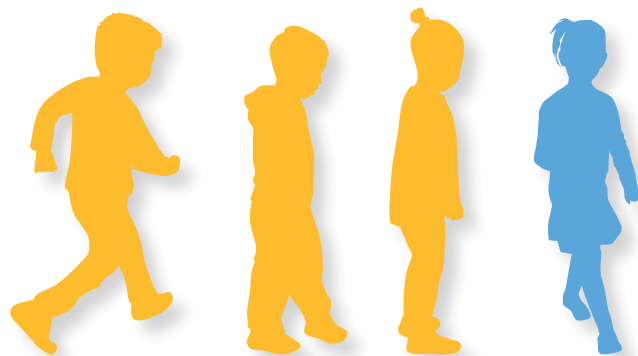


Children have **easy** access to firearms.

1 in 3 U.S. homes with children under 18 has a firearm.¹



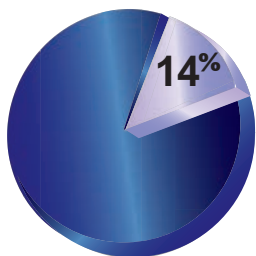
3 in 4 children age 5 to 14 know where firearms are kept in their home.²



Easy access to firearms can lead to **tragic** consequences.

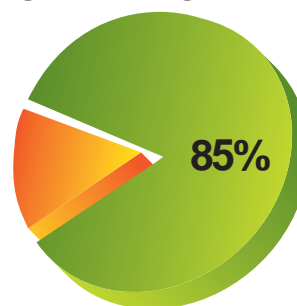
Over **41,000** children and youth* are injured or killed by firearms each year. That equals **113** children or youth a day.³

Unintentional shootings account for **14%** of all firearm deaths in children under 15.³



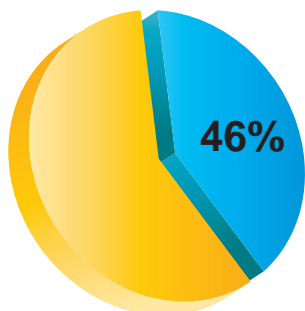
Children as young as **3 years old** are strong enough to fire a handgun.⁴

Homicide is the **2nd leading cause** of death among young people aged 1 to 24 in the U.S.³



85% of all youth **homicides** involved a firearm in 2012.³

In 2012, **46%** of all youth **suicides** involved a firearm.³



In **2 out of 3** cases when a child or youth used a family member's firearm to commit **suicide**, the firearm was kept unlocked.⁵

What's the **solution?**

If the answer is

“No”

that's one less thing you have to worry about.

Ask:
Is there a gun where my child plays?



If there are any doubts about the safety of another home, invite the kids to your house instead.

If the answer is

“Yes”

make sure all guns are stored, unloaded, and locked with no access to keys, ideally in a gun safe, with ammunition locked separately.



What are the **safe** storage options?

What's it called?

What does it look like? Where can I buy it?

Cable Lock

Do not install around the trigger.



amazon.com (\$7-\$20)

May be available free from local police.

Trigger Lock

Do not use on a loaded gun.



amazon.com (\$6-\$35)

Lock Box

Store ammunition separately.
Only adults should have access to keys.



Dick's Sporting Goods (\$30-\$100+)

Gun Safe

Store ammunition separately.



Cabela's (\$150+)

Home Depot (\$70+)

Take Apart Firearm



Driveway Safety Tips

Everything you need to know to keep your kids safe around driveways.

Kids love cars, and when they see a parked car, they don't even think about the possibility of getting hurt or seriously injured. That's why parents have to. Many preventable injuries and deaths occur in driveways or parking lots when drivers are unaware that children are near vehicles. Tragically, these drivers are often family members or friends of the injured child. But these injuries are easily prevented by following a few simple tips.

Check Your Car and Driveway for Kids

- We know you're often in a hurry, but before you drive away, take a few seconds to walk all the way around your parked car to check for children.
- When checking for kids around your vehicle, see if anything that could attract a child such as a pet, bike or toy, is under or behind your vehicle before getting in and starting the engine.
- Designate an adult to supervise and find a safe spot for children to wait when nearby vehicles are about to move and make sure the drivers can see them.



Lend a Hand to Younger Kids

- Accompany little kids when they get in and out of a vehicle. Hold their hands while walking near moving vehicles or in driveways and parking lots or on sidewalks.



Each year, more than 9,000 children are treated in emergency rooms for injuries that occurred while they were unattended in or around motor vehicles.

Limit Play in the Driveway

- Work with your kids to pick up toys, bikes, chalk or any type of equipment around the driveway so that these items don't entice kids to play.
- Identify and use safe play areas for children, away from parked or moving vehicles. Teach kids to play in these areas instead of in, around or behind a car. Consider making your driveway a toy-free zone.
- Don't allow children to play unattended in parking lots when cars are present.



Playground Safety Tips

Everything you need to know to keep your kids safe at the playground.

With active supervision and some basic safety tips, every day at the playground can be a walk in the park.

Supervise Kids Using Playground Equipment

- Actively supervise children on playgrounds. It won't be hard – they'll probably be calling for you to watch them climb, jump and swing.
- Check playgrounds where your children play. Look for hazards, such as rusted or broken equipment and dangerous surfaces. Report any hazards to the school or appropriate local office.
- Teach children that pushing, shoving or crowding while on the playground can be dangerous.
- Dress appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Even helmets can be dangerous on a playground, so save those for bikes.
- Little kids can play differently than big kids. It is important to have a separate play area for children under 5.



Choose the Right Play Area Based on Your Child's Age

- Ensure that children use age-appropriate playground equipment. Separate play areas for children under 5 should be available and maintained.
- For babies who are learning to walk, the play area should have a smooth and easy surface to walk on.
- If your baby has fairly good head control and can sit up with support (usually around 9 months old), give the baby (bucket-shaped) swings a try.

Ensure Safe Surfacing Beneath and Surrounding Playground Equipment

- Avoid playgrounds with non-impact absorbing surfaces, such as asphalt, concrete, grass, dirt or gravel.
- Recommended surface materials include: sand, pea gravel, wood chips, mulch and shredded rubber. Rubber mats, synthetic turf and other artificial materials are also safe surfaces and require less maintenance.
- Surfacing should be at least 12 inches deep and extend at least 6 feet in all directions around stationary equipment. Depending on the height of the equipment, surfacing may need to extend farther than 6 feet.
- For swings, make sure that the surfacing extends, in the back and front, twice the height of the suspending bar. So if the top of the swing set is 10 feet high, the surfacing should extend 20 feet.



Falls are the most common type of playground injury, accounting for more than 75 percent of all playground-related injuries. Lack of or improper supervision is associated with approximately 45 percent of playground-related injuries.



Check That Playgrounds Are Inspected and Maintained by Qualified Personnel

- Double check with your school and child care center to make sure they have age-appropriate, well-maintained playground equipment.
- If there are any hazards in a public or backyard playground, report them immediately and do not allow children to use the equipment until it is safe.
- Report any playground safety hazards to the organization responsible for the site (e.g., school, park authority or city council).



Understand the Weather



Wind-Chill

- 30° is **chilly** and generally uncomfortable
- 15° to 30° is **cold**
- 0° to 15° is **very cold**
- -20° to 0° is **bitter cold** with significant risk of **frostbite**
- -20° to -60° is **extreme cold** and **frostbite** is likely
- -60° is **frigid** and exposed **skin will freeze** in 1 minute

Heat Index



- 80° or below is considered **comfortable**
- 90° beginning to feel **uncomfortable**
- 100° **uncomfortable** and may be **hazardous**
- 110° considered **dangerous**

All temperatures are in degrees Fahrenheit Weather Guidelines for Children

Weather Guidelines for Children

Wind-Chill Factor Chart (in Fahrenheit)											
Air Temperature		Wind Speed in mph									
		Calm	5	10	15	20	25	30	35	40	
40		40	36	34	32	30	29	28	28	27	
30		30	25	21	19	17	16	15	14	13	
20		20	13	9	6	4	3	1	0	-1	
10		10	1	-4	-7	-9	-11	-12	-14	-15	
0		0	-11	-16	-19	-22	-24	-26	-27	-29	
-10		-10	-22	-28	-32	-35	-37	-39	-41	-43	



Comfortable for out door play



Caution




Danger

Heat Index Chart (in Fahrenheit %)															
Air Temperature (°F)		Relative Humidity (Percent)													
		40	45	50	55	60	65	70	75	80	85	90	95	100	
80		80	80	81	81	82	82	83	84	84	85	86	86	87	
84		83	84	85	86	88	89	90	92	94	96	98	100	103	
90		91	93	95	97	100	103	105	109	113	117	122	127	132	
94		97	100	103	106	110	114	119	124	129	135				
100		109	114	118	124	129	130								
104		119	124	131	137										

Weather Guidelines for Children

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.



Condition **GREEN** - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups.

INFANTS AND TODDLERS are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors.

YOUNG CHILDREN remind children to stop playing, drink a beverage, and apply more sunscreen. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.



Condition **YELLOW** - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

INFANTS AND TODDLERS use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.

YOUNG CHILDREN may insist they are not too hot or cold because they are enjoying playtime.

Child care providers need to structure the length of time for outdoor play for the young child. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.



Condition **RED** - most children should not play outdoors due to the health risk.

INFANTS/TODDLERS should play indoors and have ample space for large motor play.

YOUNG CHILDREN may ask to play outside and do not understand the potential danger of weather conditions.

OLDER CHILDREN may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words.

Blizzard Warning: There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

Heat Index Warning: How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

Relative Humidity: The percent of moisture in the air.

Temperature: The temperature of the air in degrees Fahrenheit.

Wind: The speed of the wind in miles per hour.

Wind Chill Warning: There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

Winter Weather Advisory: Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

Winter Storm Warning: Severe winter conditions have begun in your area.

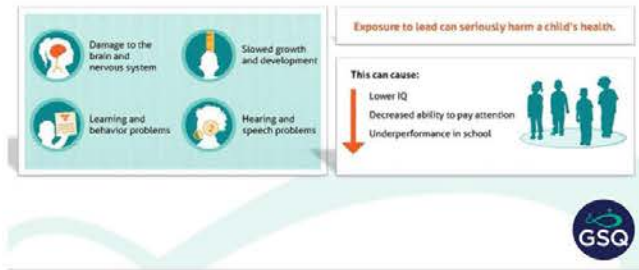
Winter Storm Watch: Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Building and Physical Premises Safety: Lead



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Building and Physical Premises Safety: Lead Exposure



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Prevention and Control of Infectious Diseases (Including Immunizations)



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IS YOUR CHILD SAFE FROM LEAD POISONING?

LEARN HOW TO PROTECT YOUR FAMILY: CREATE A LEAD SAFE HOME

What causes lead poisoning?

There are many places in a home that can put babies and children in danger of lead poisoning.



Lead paint is the #1 cause of lead poisoning in Michigan and is often found in homes built before 1978. The older the home, the more likely that painted surfaces like windows, cupboards, doors and porches will contain lead paint.

Lead poisoning occurs most often when children come in contact with lead in the air, in dust and in lead paint. Lead can also be found in soil, drinking water if supplied by lead pipes, certain home remedies and is used in some hobbies and occupations.

How can I tell if my child has lead poisoning?

Talk to your doctor about testing your child's blood for lead poisoning.

When should my child be tested for lead poisoning?

Children should be tested at one and two years of age or if you think your child has been exposed to a lead hazard.

For more information, visit www.michigan.gov/lead or call the Childhood Lead Poisoning Prevention Program at 517-335-8885.

Symptoms of lead poisoning can be silent—and hard to recognize. Preventing lead poisoning before it happens is the best way to keep your family safe. Take this quiz to see if your child may be at risk:

Does the child live in or regularly visit a home built before 1978? (Note: recent or planned renovations can greatly increase risk of lead exposure in homes built before 1978.)

Yes No Don't Know

Does the child live in or regularly visit a home that had a water test with high lead levels?

Yes No Don't Know

Does the child have a brother, sister, or friend that has an elevated blood lead level?

Yes No Don't Know

Does the child come in contact with an adult whose job or hobby involves exposure to lead (e.g., smelting, indoor shooting/firing ranges, pottery, stained glass, refinishing old furniture)?

Yes No Don't Know

Does the child's caregiver use home remedies that may contain lead (e.g. ba-baw-san, daw tway, greta, azarcon, balguti kesaria, ghasard)?

Yes No Don't Know

Is the child in a special population group such as foreign adoptee, refugee, migrant, immigrant, or foster child?

Yes No Don't Know

Does the child's caregiver have reason to believe the child is at risk for lead exposure (e.g. exhibiting pica behavior, developmental delays)?

Yes No Don't Know

If you answered YES or DON'T KNOW to any of these questions, talk to your doctor about testing your child for lead poisoning.

MAKE EVERY DAY LEAD SAFE

Safe Cleaning Use these steps to help keep your home clean and reduce your child's risk of lead exposure. Use these tips to clean your windows, doors, floors, porches, stairs and child play areas.



Put on rubber gloves. If you do not have rubber gloves, wash your hands well after cleaning.

Use the right cleaners and supplies you can throw away. Use soapy cleaners or products made to remove lead dust.

Remove paint chips first. Window areas and porches often have peeling paint and lead dust. Pick up paint chips you can see and throw them away in a plastic bag.



Always wet-mop floors and window sills. Do not broom lead dust. Throw away cloths after wiping each area. Replace mop water frequently.

Don't use a vacuum unless it is a HEPA vacuum. A regular vacuum will spread lead dust into the air you breathe. Some health departments have HEPA vacuums available to borrow.



Rinse after cleaning. Use clean water and a new mop head or fresh paper towels to wipe away suds.

Always empty wash water down a toilet.

Repeat these steps weekly, or when dirt and dust appear on floors, porches, window wells, window sills, stairs and children's play areas.

For Homes with Lead Pipes



If you use a water filter, be sure it meets NSF/ANSI 53 standards for lead reduction.

Keep your water moving by taking a shower, running a load of laundry, flushing the toilet, and washing dishes. Run your water until it is cold before using it for drinking, cooking, and making baby formula.

Test. Consider contacting your local water authority to have your water tested.

Daily Lead Safe Practices

- Wash hands, bottles, pacifiers and toys often.
- Always take off shoes before going into the house.
- Watch your child's diet. Foods high in calcium and iron help keep lead from being absorbed by a child's body.
- Avoid using power sanders, open-flame torches, heat guns, dry scrapers and dry sandpaper or heat guns on painted surfaces.
- Paint over peeling or chipping paint.
- Hire a certified lead professional when making updates to your home.
- Always use the safe cleaning methods listed above.

Thinking about remodeling your home? Need advice about identifying and removing lead paint?

Call the Healthy Homes Section:

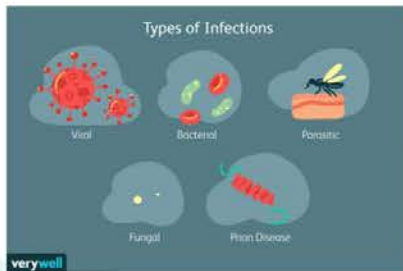
866-691-LEAD



Childhood Lead
Poisoning Prevention

Michigan.gov/Lead

Prevention and Control of Infectious Diseases: Types of Infections



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Prevention and Control of Infectious Diseases: The Spread of Germs



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Prevention and Control of Infectious Diseases: Hand-washing technique with soap and water

- Research shows that bacteria that survive on hands for up to 30 minutes can be removed by washing with soap and water for 20 seconds.
- The sink drain is a common source of germs, followed by the kitchen faucet.
- Regular hand washing helps to remove germs and prevent the spread of infectious diseases.



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Prevention and Control of Infectious Diseases: The Spread of Germs

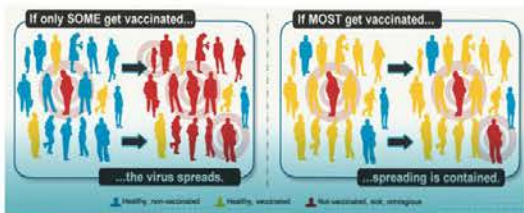


Diagram by The Centers for Disease Control and Prevention (CDC)



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Administration of Medication

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Administration of Medication

- Providers are required to have written permission to administer prescription medication to each child in care
- Discuss the dosing schedule with the family and follow the manufacturer's directions or the prescription label for any medications
- All medications must be stored in their original container
- Wash hands before administering medication
- Do not call medication candy; explain what the medication is and why the child is taking it
- Tell children to only take medication with a trusted adult



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Administration of Medication

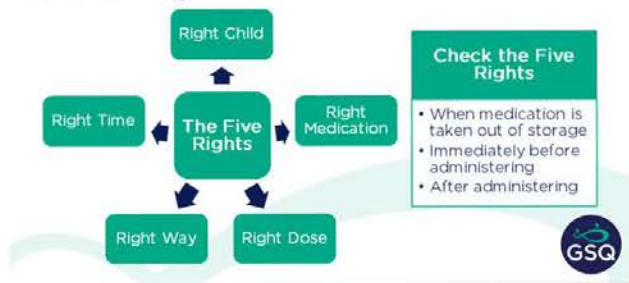


- ✓ Cold/Flu Medications
- ✓ Powders
- ✓ Aspirin/Acetaminophen
- ✓ Sunscreen
- ✓ Diaper Rash Products
- ✓ Mosquito Repellant



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Administration of Medication: The Five Rights



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Administration of Medication

- You provide care for Libby, a 3-year-old who weighs 40 pounds. Libby feels warm, so you take her temperature and see that she has a fever. You have written permission from the parent for Libby to have some Tylenol as needed.
- How much Tylenol would you give Libby?




Weight	Age	Dose
25-35 lbs	2-3 years	3 mL
35-47 lbs	4-5 years	7.5 mL
48-59 lbs	6-7 years	10 mL
60-71 lbs	8-9 years	12.5 mL
72-83 lbs	10-11 years	15 mL



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Administration of Medication

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- How much Tylenol would you give Libby?

Activity

Children's TYLENOL® Oral Suspension

200mg (4mg/5mL) suspension (see package insert for complete prescribing information)

Weight	Age	Dose
24-35 lbs	2-3 years	5 mL
36-47 lbs	4-5 years	7.5 mL
48-59 lbs	6-7 years	10 mL
60-71 lbs	8-9 years	12.5 mL
72-83 lbs	10-11 years	15 mL
84-95 lbs	12 years	17.5 mL

GSQ

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Administration of Medication

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48-59 lbs	6-7 years	10 mL
60-71 lbs	8-9 years	12.5 mL
72-83 lbs	10-11 years	15 mL
84-95 lbs	12 years	17.5 mL

GSQ

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Staying Healthy Illness and Ap Contaminants

Recipe for Bleach Disinfecting Solution
(for use in bathrooms, diaper areas, etc.)

1/8 cup of bleach
1 gallon of cool water

OR
1 tablespoon of bleach
1 quart of cool water

Add the household bleach
(5.25% sodium hypochlorite)
to the water.

Recipe for Weaker Bleach Disinfecting Solution
(for use on toys, eating utensils, etc.)

1 tablespoon of bleach
1 gallon of cool water

Add the bleach to the water.

1. Add 1/8 cup of bleach to 1 gallon of cool water.

2. Add 1 tablespoon of bleach to 1 quart of cool water.

3. Add the bleach to the water.

4. Add the bleach to the water.

5. Add the bleach to the water.

6. Add the bleach to the water.

7. Add the bleach to the water.

8. Add the bleach to the water.

9. Add the bleach to the water.

10. Add the bleach to the water.

11. Add the bleach to the water.

12. Add the bleach to the water.

the Spread of Bio- posal of Bio-

1. Add 1/8 cup of bleach to 1 gallon of cool water.

2. Add 1 tablespoon of bleach to 1 quart of cool water.

3. Add the household bleach (5.25% sodium hypochlorite) to the water.

4. Add the bleach to the water.

5. Add the bleach to the water.

6. Add the bleach to the water.

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11. Add the bleach to the water.

12. Add the bleach to the water.

13. Add the bleach to the water.

14. Add the bleach to the water.

15. Add the bleach to the water.

16. Add the bleach to the water.

17. Add the bleach to the water.

18. Add the bleach to the water.

55

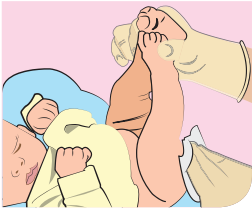
Safe and Healthy Diapering to reduce the spread of germs

Keep a hand on the child for safety at all times!



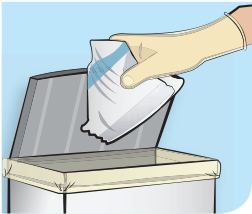
1. PREPARE

- Cover the diaper changing surface with disposable liner.
- If you will use diaper cream, dispense it onto a tissue now.
- Bring your supplies (e.g., clean diaper, wipes, diaper cream, gloves, plastic or waterproof bag for soiled clothing, extra clothes) to the diapering area.



2. CLEAN CHILD

- Place the child on diapering surface and unfasten diaper.
- Clean the child's diaper area with disposable wipes. Always wipe front to back!
- Keep soiled diaper/clothing away from any surfaces that cannot be easily cleaned. Securely bag soiled clothing.



3. REMOVE TRASH

- Place used wipes in the soiled diaper.
- Discard the soiled diaper and wipes in the trash can.
- Remove and discard gloves, if used.



4. REPLACE DIAPER

- Slide a fresh diaper under the child.
- Apply diaper cream, if needed, with a tissue or a freshly gloved finger.
- Fasten the diaper and dress the child.



5. WASH CHILD'S HANDS

- Use soap and water to wash the child's hands thoroughly.
- Return the child to a supervised area.



6. CLEAN UP

- Remove liner from the changing surface and discard in the trash can.
- Wipe up any visible soil with damp paper towels or a baby wipe.
- Wet the **entire surface** with disinfectant; make sure you read and follow the directions on the disinfecting spray, fluid or wipe. Choose disinfectant appropriate for the surface material.



7. WASH YOUR HANDS

- Wash your hands thoroughly with soap and water.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases



Cleaning and Disinfecting

It is inevitable that germs will spread to surfaces and objects after being soiled with blood or bodily fluids such as stool, urine, vomit, mucus, saliva, human milk, etc. To prevent the spread of germs and create a sanitary and hygienic environment for children, you need to regularly clean and disinfect those surfaces and objects.

Are Cleaning and Disinfecting the Same?

Cleaning and disinfecting are not the same. You need to do both to keep germs from spreading .

Cleaning gets rid of the dirt you can see. Routine cleaning with soap and water is the most useful method for removing germs from surfaces in the child care setting. Good cleaning (scrubbing with soap and water) physically reduces the number of germs from the surface, just as hand washing reduces the number of germs from the hands. However, some items and surfaces should receive an additional step, *disinfection*, to kill germs after cleaning with soap and rinsing with clear water.

Disinfecting or sanitizing means cleaning with a bleach solution (or other approved disinfectant) to kill and get rid of most of the germs you cannot see but which remain on surfaces after cleaning.

The disinfection process uses chemicals that are stronger than soap and water, and will destroy and reduce the number of germs. It usually requires soaking or wetting the item for several minutes to give the chemical time to kill the remaining germs.

Items that can be washed in a *dishwasher* or *hot cycle of a washing machine* do not have to be disinfected because these machines use water that is hot enough for a long enough period of time to kill most germs.

Surfaces considered most likely to be contaminated are those with which children are most likely to have close contact. These include toys that children put in their mouths, crib rails, food preparation areas, and surfaces likely to become very contaminated with germs, such as diaper-changing areas. Sinks and sponges are the worst.

What Disinfectants Should Be Used?

A disinfectant is a chemical used to destroy harmful germs. One of the most commonly used chemicals for disinfection in child care settings is a *homemade solution of household bleach and water*. Bleach is cheap and easy to get. The solution of bleach and water is easy to mix, nontoxic, safe if handled properly, and kills most germs.

Other commercial products that meet the Environmental Protection Agency's (EPA's) standards for hospitals may be used for the purpose of disinfection.



Cleaning and Disinfecting

Common Disinfectants Used at Home

Chemical Name	Examples of Trade Products Using These Chemicals	Uses*/Advantages/Disadvantages
Orthophenyl phenolics Phenyl phenol Benzyl-p-chlorophenol	Lysol Pheno-Cen Ves-Phene Staphene	<ul style="list-style-type: none"> May be used on floors and walls, but do not use in kitchens, on toys, or on objects that people put in their mouths. May be used with detergents. Inadequately diluted solutions are associated with hyperbilirubinemia in infants. Can be irritating to skin and other body tissues.
Chlorine bleach Sodium hypochlorite	Clorox Purex Household bleach	<ul style="list-style-type: none"> May be used on all surfaces, providing that the correct dilution is used. Are corrosive to metal and damaging to plastics and rubber. Bleach solutions should be made fresh daily. Work best when surface dirt or other extraneous material has been removed. Less effective when mixed with soap, detergents or alkaline chemicals. Do not mix with ammonia, vinegar, or rust removers. Leaves no residue. Are the least expensive.
Quaternary Ammonias Benzalkonium chloride Dimethylbenzyl ammonium chloride	San-O-Six Clean-N-San D/S/O Tri-Quat Mytar Sage	<ul style="list-style-type: none"> Are made less effective when a residue of soap is present on surface. May be used on kitchen floors. Are relatively nontoxic. Are not as effective at destroying some types of bacteria such as bleach, phenols, or alcohol.
Alcohol (70% - 90%)	Ethyl Alcohol Isopropyl Alcohol	<ul style="list-style-type: none"> Leaves no residue. May be used on skin as well as hard surfaces. Dries skin. Over the long term may harden rubber and plastic. Requires 10 to 15 minutes of exposure.
Pine oil cleaners	Pinesol Murphy's Oil Soap	<ul style="list-style-type: none"> Pleasant odor may mask housekeeping problems. Are ineffective against staph infections. Are less effective at killing some bacteria than phenols, chlorine bleach and alcohols.

**Follow the manufacturer's guidelines to determine the correct application techniques and dilution.
(From Child Care Infection Control Guide, Seattle-Kings County Department of Public Health, Child Care Health Program, 1994)*



Cleaning and Disinfecting

Schedule for Cleaning and Disinfecting

AREA	CLEAN	DISINFECT	FREQUENCY
Classrooms/Child Care/Food Areas			
Countertops/ tabletops	X	X	Daily and when soiled.
Food preparation and service surfaces	X	X	Before and after contact with food activity; between preparation of raw and cooked foods.
Floors	X	X	Daily and when soiled.
Door and cabinet handles	X	X	Daily and when soiled.
Carpets and large area rugs Clean with a carpet cleaning	X		Vacuum daily when children are not present. Method approved by the local health authority. Clean carpets only when children are not present until the carpet is dry. Clean carpets at least monthly in infant areas, at least every 3 months in other areas and when soiled.
Small rugs	X		Shake outdoors or vacuum daily. Launder weekly.
Utensils, surfaces and toys that go into mouth or have been in contact with saliva or other body fluids	X	X	After each child's use, or use disposable, the one-use utensils or toys.
Toys that are not contaminated with body fluids	X		Weekly.
Dress and clothes not worn on the head	X		Weekly.
Sheets and pillowcases, individual cloth towels (if used), combs and hairbrushes, washcloths and machine-washable cloth toys (none of these items should be shared among children)	X		Weekly and when visibly soiled.
Blankets, sleeping bags	X		Monthly and when soiled.
Hats	X		After each child's use.
Cubbies	X		Weekly.
Cribs	X		Weekly.
Toilet areas			
Hand-washing sinks, faucets, surrounding counters	X	X	Daily and when soiled.
Soap dispensers	X	X	When being refilled and when soiled.
Toilet seats, toilet handles, door knobs or cubicle handles, floors	X	X	Daily, or immediately if visibly soiled.
Toilet bowls	X	X	Daily.
Door knobs	X	X	Daily.
Changing tables	X	X	After each child's use.
Potty chairs (Use of potty chairs in child care is discouraged because of high risk of contamination)	X	X	After each child's use.
Any surface contaminated with body fluids: saliva, mucus, vomit, urine, stool or blood	X	X	Immediately.



Cleaning and Disinfecting

Preparing Bleach Solution

The standard recommended bleach solution is 1/4 cup bleach to one gallon water, or mix 1 tablespoon bleach in 1 quart water. *Use this solution for routine, everyday cleaning and disinfecting of items and surfaces, table tops, toys, eating utensils and plates.*

For certain types of heavily contaminated or very high-risk body fluids, **a strong bleach solution of one part bleach to ten parts water is necessary (e.g., one cup bleach in ten cups of water).** Use this stronger solution, which might gradually eat away some surfaces or cause excessive wear if used routinely, in the following situations:

- To clean and disinfect all *blood spills* or blood-contaminated items.
- To clean and disinfect *gross contamination with body fluids*, such as large amounts of vomit or feces. (This is not necessary for removing traces of feces or urine from a changing table or small amounts of “spit-up” from a high-chair tray.)

You must use your judgment to decide which strength is needed. The use of rubber gloves is recommended whenever you must clean areas contaminated with body fluids.

You do not need to buy commercially sold disinfectants, since either of these recommended bleach solutions can be made easily at very little cost. **However, you do need to make any bleach solution each day** because bleach loses its strength (and thus its effectiveness) as it is exposed to air. It is best to store it in a carefully labelled spray bottle.

Recipe for Bleach Disinfecting Solution (for use in bathrooms, diapering areas, etc.)

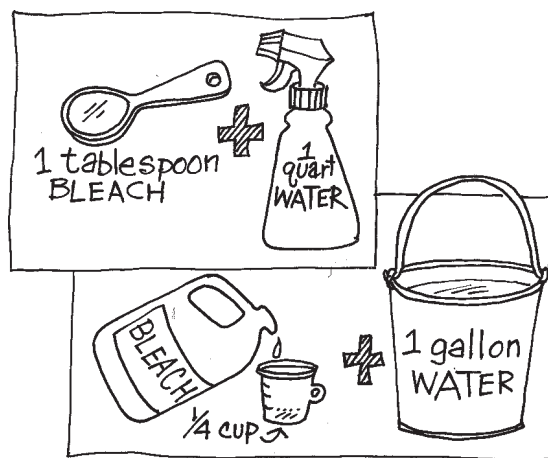
1/4 cup of bleach
1 gallon of cool water
OR
1 tablespoon of bleach
1 quart of cool water

Add the household bleach
(5.25 % sodium hypochlorite)
to the water.

Recipe for Weaker Bleach Disinfecting Solution (for use on toys, eating utensils, etc.)

1 tablespoon of bleach
1 gallon of cool water

Add the bleach to the water.



The National Health and Safety Performance Standards: Guidelines for Out-of-Home Care programs recommends using household bleach with water. It is effective, economical, convenient and readily available. However, it should be used with caution on metal and metallic surfaces. If you use a commercial (brand-name) disinfectant, read the label and always follow the manufacturer’s instructions exactly.



Cleaning and Disinfecting

GENERAL RECOMMENDATIONS FOR CLEANING AND DISINFECTING

1. Items which get daily use should be washed and disinfected daily. Heavily soiled areas need longer contact time with the disinfecting solution.
2. After cleaning and disinfecting, air dry all items before returning them to the setting.
3. Paper towels are the cleaning tools with the least risk for spreading infections, but only use them once. Sponges and handy wipes give germs the two things they need most to grow: moisture and food sources.
4. Include children whenever possible in hand washing and the cleaning of table tops and chairs.
5. Pour or dump all liquids or solutions used for cleaning and disinfecting into a closed disposal system, i.e. flush them down the toilet.
6. Wash and disinfect mops and other cleaning materials daily.

All surfaces, furnishings and equipment that are not in good repair or require cleaning and disinfecting need to be taken out of service until they can be cleaned and disinfected effectively.

Washing and Disinfecting Diaper Changing Areas

Diaper changing areas should:

- Only be used for changing diapers
- Be smooth and nonporous, such as formica (NOT wood) or a plastic-covered pad
- Have a raised edge or low "fence" around the area to prevent a child from falling off
- Be next to a sink with running water
- Be easily accessible to providers
- Be out of reach of children
- Not be used to prepare food, mix formula, or rinse pacifiers

Diaper changing areas should be cleaned and disinfected after each diaper change as follows:

1. Clean the surface with soap and water, and rinse with clear water to reduce the number of germs on the surface.
2. Dry the surface with a paper towel.
3. Thoroughly wet the surface with the recommended bleach solution.
4. Air dry. Do not wipe. This will give the chemicals time to kill the remaining germs.

Washing and Disinfecting Toilets, Seats, Hand Washing Sinks, Faucets, Doorknobs

Bathroom surfaces, such as faucet handles and toilet seats, should be washed and disinfected several times a day if possible, but at least once a day or when soiled.

The bleach and water solution, chlorine-containing scouring powders or other commercial, bathroom surface cleaners/disinfectants can be used in these areas. Surfaces that infants and young toddlers are likely to touch or mouth, such as crib rails, should be washed with soap and water and disinfected with a nontoxic disinfectant, such as bleach solution, at least once every day and more often if visibly soiled.



After the surface has been drenched or soaked with the disinfectant for at least 10 minutes, surfaces likely to be mouthed should be thoroughly wiped with a fresh towel moistened with tap water. Be sure not to use a toxic cleaner on surfaces likely to be mouthed. Floors, low shelves, door knobs and other surfaces often touched by children wearing diapers, should be washed and disinfected at least once a day and whenever soiled.

Washing and Disinfecting Toys

- Whenever possible, infants and toddlers should not share toys. Toys that children (particularly infants and toddlers) put in their mouths should be washed and disinfected between uses by individual children. Toys for infants and toddlers should be chosen with this in mind. If you can't wash a toy, it probably is not appropriate for an infant or toddler.
- When an infant or toddler finishes playing with a toy, you should retrieve it from the play area and put it in a bin reserved for dirty toys. This bin should be out of reach of the children. Toys can be washed at a later, more convenient time, and then transferred to a bin for clean toys and safely reused by other children.

To wash and disinfect a hard plastic toy:

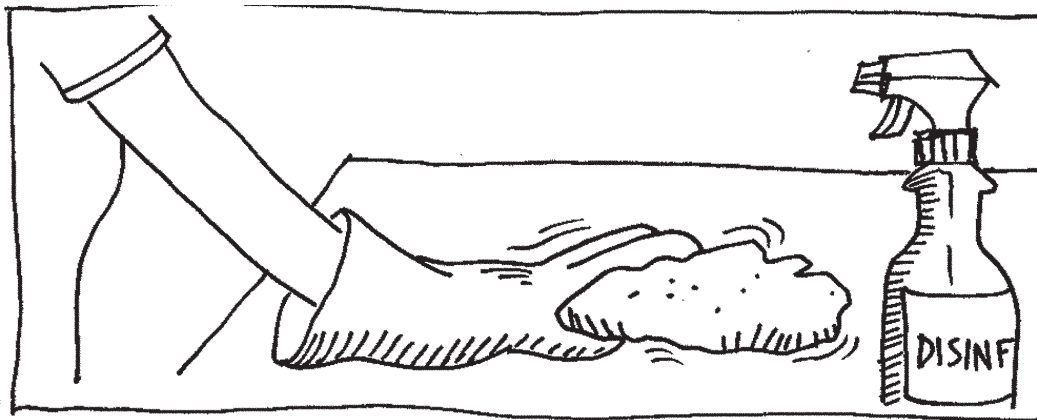
- Scrub the toy in warm, soapy water. Use a brush to reach into the crevices.
 - Rinse the toy in clean water.
 - Put the toy in bleach solution (see above) and allow it to soak in the solution for 10-20 minutes.
 - Remove the toy from the bleach solution and rinse well in cool water.
 - Air dry.
-
- Hard plastic toys that are washed in a dishwasher, or cloth toys washed in the hot water cycle of a washing machine, do not need to be additionally disinfected.
 - Children in diapers should only have washable toys. Each group of children should have its own toys. Toys should not be shared with other groups.
 - Stuffed toys used only by a single child should be cleaned in a washing machine every week, or more frequently if heavily soiled.
 - Toys and equipment used by older children and not put into their mouths should be cleaned at least weekly and when obviously soiled. A soap and water wash followed by clear water rinsing and air drying should be adequate. No disinfection is required. (These types of toys and equipment include blocks, dolls, tricycles, trucks and other similar toys.)
 - Clean and disinfect brushes used to clean toys.
 - Do not use wading pools, especially for children in diapers.

Handout #5.5

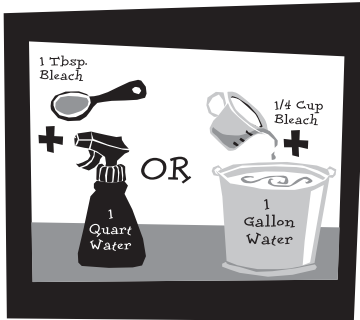
Cleaning up Body Fluid Spills

Spills of body fluids, including blood, feces, nasal and eye discharges, saliva, urine and vomit should be cleaned up immediately.

- Wear gloves unless the fluid can be easily contained by the material (e.g., paper tissue or cloth) being used to clean it up. Be careful not to get any of the fluid you are cleaning up in your eyes, nose, mouth or any open sores you may have.
- Clean and disinfect any surfaces, such as countertops and floors, on which body fluids have been spilled.
- Discard fluid-contaminated material in a plastic bag that has been securely sealed.
- Mops used to clean up body fluids should be:
 - (1) cleaned
 - (2) rinsed with a disinfecting solution
 - (3) wrung as dry as possible
 - (4) hung to dry completely
- Be sure to wash your hands after cleaning up any spill even if you wore gloves.



Cleaning and Disinfecting



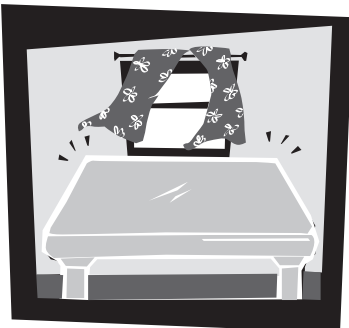
- Make a fresh bleach solution every day using:
 - 1 tablespoon bleach in 1 quart water
 - OR-
 - 1/4 cup bleach in 1 gallon water.



- Clean off any visible soil with soap and water.



- Disinfect by spraying with bleach solution. Wipe disinfectant over the surface with a paper towel. Leave glistening wet—do not dry off.



- Allow to air dry for 2 minutes.

Staying Healthy Illness and Ap Contaminants



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Recipe for Bleach Disinfecting Solution
(the use on toilets, draining pipes, etc.)

- 1 1/2 cup of bleach
- 1 gallon of cool water
- 1 teaspoon of bleach
- 1 quart of cool water

Add the household bleach
(2.5% sodium hypochlorite)
to the water

Recipe for Windex Bleach Disinfecting Solution
(the use on toys, eating utensils, etc.)

- 1 teaspoon of bleach
- 1 gallon of cool water

Add the bleach to the water



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Staying Healthy Illness and Allergy Contaminants

Recipe for Bleach Disinfecting Solution
(Use one in bathrooms, sleeping areas, etc.)

- 1 1/2 cup of bleach
- 1 gallon of cool water
- 1 tablespoon of bleach
- 1 quart of cool water

Add the bleach to bleach
(1/20 % sodium hypochlorite)
to the water

Recipe for Weaker Bleach Disinfecting Solution
(Use one on toys, eating utensils, etc.)

- 1 tablespoon of bleach
- 1 gallon of cool water

Add the bleach to the water

Wash with soap and water

The Spread of Bio-Contaminants

Wash with soap and water

Wash with soap and water

Wash with soap and water

Staying Healthy Illness and Allergy Contaminants

Recipe for Bleach Disinfecting Solution
(Use one in bathrooms, sleeping areas, etc.)

- 1 1/2 cup of bleach
- 1 gallon of cool water
- 1 tablespoon of bleach
- 1 quart of cool water

Add the bleach to bleach
(1/20 % sodium hypochlorite)
to the water

Recipe for Weaker Bleach Disinfecting Solution
(Use one on toys, eating utensils, etc.)

- 1 tablespoon of bleach
- 1 gallon of cool water

Add the bleach to the water

Wash with soap and water

The Spread of Bio-Contaminants

Wash with soap and water

Wash with soap and water

Wash with soap and water

Staying Healthy Illness and Allergy Contaminants

Recipe for Bleach Disinfecting Solution
(Use one in bathrooms, sleeping areas, etc.)

- 1 1/2 cup of bleach
- 1 gallon of cool water
- 1 tablespoon of bleach
- 1 quart of cool water

Add the bleach to bleach
(1/20 % sodium hypochlorite)
to the water

Recipe for Weaker Bleach Disinfecting Solution
(Use one on toys, eating utensils, etc.)

- 1 tablespoon of bleach
- 1 gallon of cool water

Add the bleach to the water

Wash with soap and water

The Spread of Bio-Contaminants

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Staying Healthy Illness and Allergy Contaminants

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Add the bleach to the water

Wash with soap and water

The Spread of Bio-Contaminants

Wash with soap and water

Wash with soap and water

Wash with soap and water

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Handling and Storage of Hazardous Materials: Mistaken Identity Items



A collection of various consumer products arranged in a grid-like fashion. The items include:

- Top row: A white spray bottle, a white bottle of Clorox bleach, a box of 54-11, a box of 54-11, and a box of 54-11.
- Second row: A box of 54-11, a box of 54-11, a box of 54-11, a box of 54-11, and a box of 54-11.
- Third row: A box of 54-11, a box of 54-11, a box of 54-11, a box of 54-11, and a box of 54-11.
- Fourth row: A box of 54-11, a box of 54-11, a box of 54-11, a box of 54-11, and a box of 54-11.
- Fifth row: A box of 54-11, a box of 54-11, a box of 54-11, a box of 54-11, and a box of 54-11.
- Sixth row: A box of 54-11, a box of 54-11, a box of 54-11, a box of 54-11, and a box of 54-11.
- Seventh row: A box of 54-11, a box of 54-11, a box of 54-11, a box of 54-11, and a box of 54-11.
- Eighth row: A box of 54-11, a box of 54-11, a box of 54-11, a box of 54-11, and a box of 54-11.
- Ninth row: A box of 54-11, a box of 54-11, a box of 54-11, a box of 54-11, and a box of 54-11.
- Tenth row: A box of 54-11, a box of 54-11, a box of 54-11, a box of 54-11, and a box of 54-11.

Below the products, there is a red banner with the text:

1-800-222-1222
www.gsa.com

In the bottom right corner, there is a circular logo with the text "GSQ" and a stylized "G" and "S" inside.

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Handling and Storage of Hazardous Materials: Mistaken Identity Items



59

Handling and Storage of Hazardous Materials: Mistaken Identity Items



60

Handling and Storage of Hazardous Materials: Mistaken Identity Items



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Handling and Storage of Hazardous Materials: Mistaken Identity Items



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Handling and Storage of Hazardous Materials: Poison Control

- If you think a child may have been poisoned call Poison Control: 1-800-222-1222



Important Information:

- Child's Weight
- Child's Height
- What they ate or touched
- How much was consumed
- Where it touched their body
- When it was consumed or touched

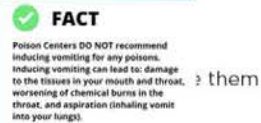


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Handling and Storage of Hazardous Materials: Missouri Poison Center

MYTH VS FACT

Myth or
If a child
throw up



If you suspect a poisoning, contact the Missouri Poison Center at 1-800-222-1222. Trained nurses and pharmacists are available 24/7 to answer your questions.



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WHAT TO KNOW ABOUT STORING MEDICINE

JUST ONE MINUTE

In ER visits for medicine poisonings, parents often say that they only turned their back for a minute.



CURIOUS CLIMBERS

Research indicates in about half of over-the-counter poisoning cases, the child climbed on a chair, toy or other object to reach medicine.



CHILD-RESISTANT ≠ CHILDPROOF

Research suggests about half of accidental poisonings involved child-resistant packaging.



EVERY 9 MINUTES,

a young child (under age 6) goes to the ER because he/she got into medicine, and



EVERY HOUR,

a young child is hospitalized, and



EVERY 12 DAYS

a young child dies.



THE RISK IS REAL: HOW FAMILIES CAN HELP PROTECT KIDS

- Put all medicine up and away, out of children's reach and sight. Remember to keep visitors' purses, bags and coats out of reach, as they may contain medicine.
- Remember child-resistant packaging is not childproof. So put medicine away immediately after every use, even if you need to give another dose in a few hours.
- Save the Poison Help number – 1-800-222-1222 – in your phone and post it visibly at home so other caregivers can find it in an emergency.

SAFE
KIDS
WORLDWIDE™

Support provided by Johnson & Johnson Consumer Inc.