

Home Safety
High 5
a safety checklist



- Install smoke alarms and carbon monoxide alarms on every level of your home and in every sleeping area.
- Put all medicines up and away and out of sight including your own.
- Remove stuffed animals, bumpers and accessories from a baby's crib. A firm mattress covered with a tight-fitting crib sheet is all you need to make your baby sleep like a baby.
- Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible.
- Mount flat-panel TVs to the wall to prevent them from toppling off stands. If you have a heavier, box-style TV, place it on a low, stable piece of furniture. Use brackets, braces or wall straps to secure unstable or top-heavy furniture to the wall.

Use #myhigh5 to let us know when you've finished!