



## Safety for Your Child - 3 to 4 Years Old

Children learn fast at this age and are at special risk for injuries from falls, firearms, burns and poisonings. Your child also may not understand dangers or remember what to avoid while playing and exploring. Here are a few tips to ensure that your child remains safe in the home and outdoors.

### Falls:

- Be sure the surface under play equipment is soft enough to absorb a fall. Use a rubber mat, 12 inches of sand, saw dust, or wood chips underneath play equipment.
- Use gates on stairways and install window guards above the first floor.
- Lock doors to any dangerous areas.

### Firearm Hazards:

- It is best to keep all guns out of the home. Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than injured by an intruder.
- If you must keep a gun, keep it unloaded and in a locked place separate from the ammunition.

### Burns:

- Do not let your child stand too close by you while you are cooking. Also, turn pot handles toward the back of the stove. Hot liquids, grease and hot foods can spill on him and cause serious burns.
- Remember that kitchen appliances and other hot surfaces such as irons can burn your child long after you have finished using them.
- If your child gets burned, immediately put cold water on the burned area then cover it loosely with a bandage or clean cloth. Also, call your doctor.
- To protect your child from scalds, reduce the temperature of your hot water heater to 120 degrees Fahrenheit.
- Test the batteries on your smoke detector every month and change the battery every year.

### Poisonings:

- Potential poisons should be kept in their original packages and locked up in cabinets. Medicines should not be left on tables or dresser tops.
- Remember to child proof your home and have the **Poison Control Center** phone number posted in your home: **800-222-1222**.
- If your child does put something potentially poisonous into his mouth or eyes, call your poison center *immediately*.