

Stead Family Children’s Hospital

# Home Safety and Room Sweep

Our goal is to help you get started. Use these checklists to check your home.

## Home safety sweep

Do a home safety sweep by going room by room and checking for items your child could use to hurt themselves or others.

- Get rid of items your child could use to hurt themselves or others.
- If you cannot get rid of an item, make sure it is locked up or hidden.
  - Make sure your child does not know where items are hidden.

Home sweep done	Items in your home
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	All medicines, such as: <ul style="list-style-type: none"> <li>• Prescription medicines</li> <li>• Over-the-counter medicines</li> <li>• Vitamins, herbals, and supplements</li> </ul>
<input type="checkbox"/>	Drugs
<input type="checkbox"/>	Alcohol
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Toxic chemicals, such as: <ul style="list-style-type: none"> <li>• Bleach</li> <li>• Cleaning products like drain cleaner or glass cleaner</li> <li>• Yard and garden products like fertilizer to make grass grow or kill weeds</li> <li>• Pest poisons (chemicals used to kill pests like insects or mice)</li> </ul>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Sharps, such as: <ul style="list-style-type: none"> <li>• Knives</li> <li>• Scissors</li> <li>• Razors like for shaving</li> <li>• Craft supplies</li> <li>• Metal hangers</li> <li>• Tools</li> </ul>

The contents of this education are for information purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Users should not rely on the information provided for medical decision making and should direct all questions regarding medical matters to their physician or other health care provider. Use of this information does not create an express or implied physician-patient relationship.

Home sweep done	Items in your home
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Strangulation or suffocation items, such as: <ul style="list-style-type: none"> <li>• Belts</li> <li>• Cords like TV or lamp cords</li> <li>• Plastic bags like garbage bag</li> <li>• Ropes</li> <li>• Scarves</li> <li>• Sheets like bedsheets</li> </ul>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Guns and ammunition, such as: <ul style="list-style-type: none"> <li>• Shotgun or rifle</li> <li>• Handgun</li> <li>• Bullets and shells</li> </ul> Guns should be unloaded <b>and</b> locked. Ammunition should be locked in a <b>different spot</b> than the gun(s).
<input type="checkbox"/> <input type="checkbox"/>	Fire items, such as: <ul style="list-style-type: none"> <li>• Lighters</li> <li>• Matches</li> </ul>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Electronics, check: <ul style="list-style-type: none"> <li>• Can they use the internet?</li> <li>• Do they have social media like TikTok or Instagram?</li> <li>• Do they have a phone?</li> <li>• Cyberbullying (when technology is used to bully)</li> </ul>
<input type="checkbox"/>	Items that can be broken easily and used as a weapon.

## Where should I look for these items?

Room or space	Common items in this room or space	Room or space checked
Kitchen	<ul style="list-style-type: none"> <li>• Knives</li> <li>• Garbage bags</li> <li>• Cleaning supplies</li> </ul>	<input type="checkbox"/>
Living room or family room	<ul style="list-style-type: none"> <li>• TV cords</li> <li>• Lamp cords</li> </ul>	<input type="checkbox"/>
Bathroom(s)	<ul style="list-style-type: none"> <li>• Razors</li> <li>• Cleaning supplies</li> <li>• Medicines (prescription and over-the-counter)</li> </ul>	<input type="checkbox"/>
Bedroom(s)	<ul style="list-style-type: none"> <li>• Belts</li> <li>• Bedsheets</li> <li>• Metal hangers</li> </ul>	<input type="checkbox"/>
Other living spaces, such as: <ul style="list-style-type: none"> <li>• Home office</li> <li>• Basement</li> </ul>	<ul style="list-style-type: none"> <li>• Scissors</li> <li>• Storage (like tubs and bins)</li> </ul>	<input type="checkbox"/>
Outdoors, such as: <ul style="list-style-type: none"> <li>• Garage</li> <li>• Tool shed</li> </ul>	<ul style="list-style-type: none"> <li>• Ropes</li> <li>• Yard and garden chemicals</li> <li>• Tools</li> </ul>	<input type="checkbox"/>

This is **not** a full list. Our goal is to get you started thinking about the risks in your home.

**Take care of a friend, a loved one, or yourself.**

**Call, text, or chat with a 988 Lifeline Counselor for help during difficult moments anytime, day or night.**

