

兒童安全檢查清單

Child Safety Checklist

Keep your home safe for babies and children. Share this checklist with anyone who cares for your child. **Keep emergency phone numbers, such as doctor, fire department, poison control (1-800-222-1222) and 911, close to the phone.** Teach your older children how and when to call 911 or other emergency phone numbers.

Watch Your Child Closely

- Never leave your baby or young child alone:
 - › at home
 - › in a bathtub
 - › in a car, even when your child is sleeping
 - › on a raised surface, such as a bed, changing table or sofa
- Do not leave your baby or young child alone with other children or uncaged pets.

Safety with Baby Care

- Do not let anyone drink hot liquids while holding your baby.
- Do not let anyone smoke around your baby.
- Place your baby on his or her back every time to sleep.
- Do not lay your baby on a waterbed, pillow or other soft surface that could suffocate him or her.
- Never prop a bottle during a feeding.

請確保嬰兒和兒童在您家中非常安全。請與所有照料您孩子的人分享這份檢查清單。請將所有急救電話號碼放於電話附近，比如醫師、消防部門、毒物控制中心（1-800-222-1222）以及911等號碼。教授您大一點的孩子如何以及何時撥打911或者所有其他急救電話號碼。

密切關注您的小孩

- 絕對不要讓您的寶寶或者年幼兒童獨自一人：
 - › 在家中
 - › 在浴缸中
 - › 在車里，即使您的孩子正在睡覺
 - › 在抬高的平面上，比如床、換尿布台或者沙發上
- 切勿讓您的寶寶或年幼兒童和其他孩子或無人照看的寵物在一起。

嬰兒護理的安全性

- 切勿允許任何人在抱您寶寶時飲用熱飲。
- 切勿允許任何人在您寶寶附近吸煙。
- 每次睡覺時，讓嬰兒處於仰臥姿勢。
- 切勿將您的寶寶置於容易導致其窒息的水床、枕頭或其他柔軟物表面之上。
- 餵奶時切勿用支架支撐奶瓶。

Clothing Safety

- Remove drawstrings in clothing.
- Use flame retardant sleep sacks and onesies.
- Do not put necklaces, rings or bracelets on babies.
- Never tie anything around your baby's neck, even to hold a pacifier.

Nursery and Equipment Safety

- Buy baby furniture with the Consumer Product Safety Commission (CPSC) or the Juvenile Products Manufacturers Association (JPMA) label.
 - ▶ Choose a crib with slats no more than 2 3/8 inches apart and railing that measure 26 inches high from the mattress frame. Do not use a crib with chipped paint or broken parts. Do not use side drop models.
 - ▶ Choose playpens that have mesh with less than 1/4 inch spaces. Make sure the material is securely attached to the top rail and bottom. Never leave the side of a playpen lowered.
- Use a crib mattress that fits snugly.
- Never place pillows, padding, bumpers, toys or other items in your baby's crib or playpen. Babies can suffocate on these items.
- Do not use baby walkers. Each year babies are seriously injured from falls while in walkers.

著裝安全

- 去除衣物上的繩子。
- 採用阻燃的睡袋和連體衣。
- 切勿給寶寶佩戴項鍊、戒指或手鐲。
- 切勿將任何物品係在寶寶脖子上，即使是安撫奶嘴也不行。

育兒室及設備安全

- 購買帶有消費品安全委員會(CPSC)或青少年產品製造商協會(JPMA)標籤的嬰兒家具。
 - ▶ 選擇的嬰兒床的板條間距不得超過2又3/8英吋，同時欄杆距床墊框架必須達到26英吋高。切勿使用油漆脫落或零件破損的嬰兒床。切勿使用側跌樣式。
 - ▶ 請選擇網格小於一英吋的幼兒護欄。請確保材料牢固附著于頂部欄杆和底部之上。切勿將幼兒護欄一側放低。
- 請選用嚴密貼合的嬰兒床床墊。
- 切勿將枕頭、護墊、床圍、玩具或其他物品置於您寶寶嬰兒床內或幼兒護欄內。此類物品可能會導致寶寶窒息。
- 切勿使用學步車。每年 都有寶寶因為在學步車中跌倒而受傷嚴重。

Safety in All Rooms of the House

- Put safety latches on all cabinets and drawers that contain sharp or breakable objects, chemicals or medicines.
- Put outlet covers on all electrical outlets.
- Put a baby gate at the top and bottom of all stairways.
- Cover corners and sharp edges of furniture with corner protectors.
- Keep items such as electrical cords and plants out of children's reach.
- Put screens around fire places, hot radiators, stoves, kerosene or space heaters.
- Lock or latch windows properly. Keep blind and drapery cords wrapped and out of reach to prevent accidental hanging.

Kitchen Safety

- Keep hot drinks and foods, knives, cleaning products, plastic bags, and electrical objects out of children's reach.
- Keep pot handles facing inward on the stove.
- Choose a high chair with a wide sturdy base and a tray table that securely attaches to both sides. The base should be wider than the top of the chair. Use the safety strap to hold your baby securely in the chair. Keep the chair away from the stove, windows and counters where unsafe items can be pulled off.
- Never hold or carry a child while using the stove.
- Do not heat baby food, formula or breastmilk in a microwave. It can create hot spots.

屋內所有房間的安全

- 所有存放尖銳或易碎物品、化工品或藥物的櫥櫃及抽屜均需安裝安全鎖。
- 請在所有電源插座上安裝插座蓋板。
- 請在所有樓梯頂部和底部設置一個嬰兒門。
- 請用角護套覆蓋家具的所有尖角和銳利邊緣。
- 請將電線或植物等物品放置於孩子夠不到的地方。
- 請在壁爐、散熱器、火爐、煤油或空間加熱器周圍放置保護性屏風。
- 請妥善鎖住或用插銷插上窗戶。請將窗簾和窗簾繩包好，放置於孩子夠不到的地方，防止發生意外懸吊事件。

廚房安全

- 請將熱飲、食物、刀具、清潔用品、塑料袋以及電器置於孩子夠不到的地方。
- 請將鍋的把手向內放置於爐灶上。
- 請選擇一個高腳椅，備有一個寬闊堅固的底座以及一個牢固連接于兩側的托盤桌。底座應當比椅子頂部更寬。請用安全帶將您的寶寶牢牢地固定在椅子上。請將椅子放置於遠離爐灶、窗戶和櫃檯的地方，防止嬰兒拖下不安全物品。
- 切勿抱著孩子使用爐灶。
- 請勿使用微波爐加熱嬰兒食品、配方奶或母乳。這樣可能造成局部高熱。

Water Safety

- Adjust the temperature on the water heater to 120 degrees Fahrenheit or less.
- Check that the bath water is warm, not hot, before putting your baby or young child in the water. The temperature of the water should be 100 degrees F or 37 degrees C. Use only a small amount of water in the bathtub.
- Use a baby tub for at least the first 5 months. Then use a tub seat when your baby is able to sit without help.
- Never leave your baby or young child alone in the bathtub**, hot tub or backyard pool – even for a second. If the telephone or doorbell rings, ignore it or take your child with you to answer it. Young children can drown very quickly in a small amount of water.
- Keep toilet lids down.
- Do not leave buckets or inflatable pools around with water in them.

Medicine Safety

- Store medicines and vitamins out of children's reach in a locked drawer or cabinet.
- Never give home remedies or medicine to your child without first checking with a doctor.
- Check with a doctor or pharmacist for the right medicine dose for your child's age or weight.

用水安全

- 請將熱水器溫度調至120華氏度及以下。
- 將嬰兒或兒童放入之前，請檢查洗澡水是否屬於溫熱而非滾燙狀態。水溫應保持在100華氏度或37攝氏度。浴缸中僅放少量水。
- 至少在前五個月請使用嬰兒浴缸。如果您的寶寶能夠在沒有幫助下坐著時，可以使用浴缸座椅。
- 切勿將您的寶寶單獨置於浴缸、熱水浴缸或者後院池子中**，哪怕是一秒。如果電話或門鈴響了，不要管它或者帶著您的小孩去處理。即使在少量水中，幼兒都會很快被淹死。
- 請放下馬桶蓋。
- 請勿將有水的水桶或充氣水池置於周圍。

藥物安全

- 請將藥物和維生素儲存於上鎖的抽屜或櫃子之中，防止孩子接觸。
- 未經醫師許可，切勿對您的孩子實施家庭治療或使用藥物。
- 根據孩子的年齡或體重，向醫師或藥劑師諮詢適當的藥物劑量。

Toy Safety

- Always buy flame resistant, washable, non-toxic toys.
- Check toys to be sure they are for the right age for your child.
- Keep small objects, balloons, and plastic bags away from your baby or young child. If objects can fit into a toilet paper roll, they are too small for your baby or young child.
- Teach your child to wear a bike helmet when using a bike, scooter, skateboard and other wheeled toys. Helmets reduce the risk of serious head injury.

Car Safety

- Always use approved child safety seats for your child's age and weight.
- Install safety seats in the back seat. Place babies in a rear-facing seat until 2 years old or until they reach the highest height and weight allowed by the manufacturer— usually about 35 pounds.
- Check with your local children's hospital, health department or fire department to have someone check that the seat is in the car the right way.
- Never hold a baby or child on your lap while riding in a car or truck.
- Everyone in the car should be wearing a seat belt, or be in a car seat or booster seat that is right for the child's age, weight and height.

玩具安全

- 一定購買耐燃、耐洗、無毒的玩具。
- 檢查玩具，確保適合您孩子的年齡段。
- 請將小物件、氣球以及塑料袋置於您寶寶或幼兒夠不到的地方。如果物件能夠塞入衛生紙卷之內，那麼它們對您的寶寶或者幼兒都顯得過於細小。
- 請告訴您的孩子在玩自行車、踏板車、滑板和其他帶輪子的玩具時務必佩戴自行車頭盔。頭盔能有效降低頭部嚴重受傷的危險。

汽車安全

- 根據您孩子的年齡和體重，使用經過認證的兒童安全座椅。
- 請在後座上安裝安全座椅。在兩歲之前或者沒有直到達到製造商允許的最高身高和體重前（通常約35磅），請務必將嬰兒置於面向後方的座位上。
- 請前往您當地的兒童醫院、衛生部門或消防部門進行諮詢，讓人檢查座椅是否正確安裝於汽車之內。
- 乘坐汽車或卡車時，切勿將嬰兒或小孩抱在膝蓋上。
- 車上的每個人都應係好安全帶，或者坐在適合孩子年齡、體重和身高的汽車座椅或加高座椅上。

Fire Prevention

- Keep matches, lighters and flammables (like gasoline) out of your child's reach.
- Install smoke alarms with working batteries on every floor of your home. Be sure to place alarms near rooms where you and your children sleep.
- Check smoke alarm batteries each month and change them every six months.
- Plan more than one escape route from each room in the house and pick a place for everyone to meet outside. Practice this plan with your children.
- Teach your child about fire safety.
- Do not leave candles lit unless an adult is in the room and blow them all out when you go to sleep.

Other Safety Measures

- Carbon monoxide (CO) is a colorless, odorless gas that can kill.
- Install a CO detector on each floor of your home. CO comes from unvented space heaters, blocked chimneys, leaking furnaces, gas water heaters, wood or gas stoves, gasoline powered equipment such as generators and car exhaust from attached garages.
- Contact your local health department to learn about lead poisoning dangers if you live in a home or use a daycare that was built before 1978. Painted toys or furniture that are older or come from another country may also have lead in them. Children under 6 years old are at the most risk for lead poisoning.

防火措施

- 請將火柴、打火機和易燃物（比如汽油）置於孩子無法觸及的地方。
- 請在您家每層都安裝好帶有工作電池的煙霧報警器。請務必在您和您小孩睡覺的房間附近安裝報警器。
- 請每月檢查煙霧報警器電池，每六個月更換一次。
- 為房子每個房間安排一條以上的逃生路線并選擇某個確定地點供大家集合。和孩子們操練這個逃生計劃。
- 教會孩子防火安全。
- 除非房間裡有大人，否則不要點著蠟燭，您去睡覺時請吹滅所有蠟燭。

其它安全措施

- 一氧化碳是一種無色、無味、可致人死亡的氣體。
- 請在您家每層安裝一個一氧化碳探測器。一氧化碳來源於未通風的空間加熱器、堵塞的煙囪、漏氣的火爐、燃氣熱水器、木材或煤氣灶和汽油驅動設備（比如發電機和留于車庫汽車尾氣）。
- 如果您住的房子或選擇的托兒所屬於1978年之前修建的，請聯繫您當地衛生部門了解鉛中毒危險。比較陳舊的或來自其他國家的油漆玩具或家具也可能含有鉛。六歲以下的孩子是鉛中毒的高危人群。

- ❑ Keep guns and other firearms out of your home. If they must be in the home, unload them and put them in a locked place. Keep the keys out of children's reach. Store the gun in a separate place from the bullets.
- ❑ Consider taking an infant/child CPR course and first aid class.
- ❑ Teach your child how to cross the street safely.
- ❑ Put sunscreen of SPF 15 or higher on your child. Put a hat on babies less than 6 months old. Try to keep children under age 1 out of the sun.
- ❑ 切勿將槍支或其他武器放置於家中。如果必須放置於家中，請將子彈卸下來并將其鎖好。切勿讓孩子們接觸到鑰匙。請將槍支和子彈分別存放。
- ❑ 請考慮參加嬰兒/兒童心肺復甦術課程和急救課程。
- ❑ 教會孩子安全過馬路。
- ❑ 請為孩子塗上防曬係數15及以上的防曬霜。請為六個月以下的寶寶戴上帽子。盡量不要讓一歲以下的兒童接受陽光直射。

Talk to your children's doctor or nurse if you have any questions or concerns about their safety.

如果您對孩子的安全存在任何疑問或憂慮，請諮詢您孩子的醫師或護士。