



Oklahoma State  
Department of Health

# Child's Safety

## Three to Five Years

Increased coordination, physical control, communication  
Beginning to make choices, can't judge safety, tests limits  
Begin to establish and enforce rules for child's safe behavior

### Safety in Home

- Keep doors to balconies and fire escapes locked.
- Keep sharp objects (scissors, pens, knives) in a safe place out of reach.
- Teach child not to play with matches, lighters and keep out of reach.
- Do not allow playing with buttons, coins, marbles, plastic bags, or balloons.
- Keep stairs and play area free of clutter.
- If there are guns in home, they should be kept unloaded and locked up.
- Remove poisons and toxic products from home or keep in locked cabinets out of reach.
- Keep telephone, electrical, blind or drapery cords outside of child's reach.
- Learn first aid and CPR, teach safety skills to the child.
- Remember that a child with a disability needs more attention to avoid falls and other injuries.

### Traffic Safety

- Use forward-facing car seat properly installed in back seat.
  - If child is over 40 lbs, switch to booster seat.
- Begin teaching pedestrian skills.
  - Stop at curb or edge of road, look, listen.
  - Never cross street without grown-up.
  - No crossing or darting into street.
- Bicycle should be correct size and in good condition and child should never ride in street.
- Always wear approved, well-fitting helmet.

### Fire and Burn Prevention

- Test smoke alarms each month, conduct fire drills.
  - Make fire/escape plans.
- Keep hot liquids, grease, foods and hot pans on stove out of reach.
- Teach child safety around kitchen appliances, and hot surfaces (iron, oven, outdoor grill).
- Have heating systems and fireplace chimneys inspected yearly.



### Safety Outside Home and in Public

- Keep child away from lawn mowers, overhead garage doors and electric tools.
- Supervise all play near street, driveway, yard
  - Know where child is at all times.
- Don't have young siblings supervise child.
- Avoid use of trampolines until child has good balance and strength.
- Check that playground is safe and maintained.
- Teach child not to talk to or go with strangers.
- Teach child their phone number and address.

### Stings and Bites

- Remove stinger, apply cold compress
  - If child has trouble breathing or extreme swelling, call 911.
- Spider bite – call doctor and describe spider.
- Snake bite – keep child at rest with injured part at or slightly below heart and take to emergency department.
- Ticks – Keep child away from woods, tall grass and brush. If bitten, remove tick quickly and carefully.



### Water Safety

- Never let child swim alone.
- Do not allow child to play around any water (lake, ditch, pool, ocean) unless adult watching.
- Never let child swim in canals, rivers, or ponds.
- Pools must have four-sided fences, self-closing and self-latching gates.
  - Maintain rescue equipment by poolside.
- Have child use life jackets or personal floatation devices (PFDs) with water activities.
- **Know CPR and how to get emergency help. Keep emergency phone numbers handy for:**

Doctor: \_\_\_\_\_

Ambulance: \_\_\_\_\_

Emergency room: \_\_\_\_\_

Hospital: \_\_\_\_\_

Fire station: \_\_\_\_\_

Poison Control: \_\_\_\_\_

Nearest relative: \_\_\_\_\_