

# Bedroom Safety



## True Story

*An 18-month-old boy was playing with his sister in a spare bedroom at their grandmother's home. His mother and aunt were cleaning the master bedroom of the home. A short time later, the women entered the spare bedroom to find the boy unresponsive and lying on a mattress with the pull cord of a horizontal mini blind around his neck. The boy died of anoxic brain injury (the absence of oxygen) due to strangulation.*

-From the files of MECAP  
(Medical Examiners and Coroners Alert Project)

## The Facts

- More than 2,000 children younger than age 15 die each year as a result of an unintentional home injury.
- Three leading causes of death in the home for this age group are fire/burns, choking/suffocation and falls.
- Among non-fatal unintentional home injuries, falls account for 41 percent.

## What You Can Do

- Keep matches and lighters locked up and away from children. Check under beds and in closets for burnt matches, evidence your child may be playing with matches.
- Do not trap electric cords against walls where heat can build up.
- Do not place a child's bed underneath a window – this places the child at risk for both falls out of the window and strangulation from long cords on window blinds.
- Where possible, do not use throw rugs in the bedroom, because they can create a trip hazard.
- Keep older children's toys away from children younger than age 3 to eliminate choking hazards from small parts.

*Source: KidRapt (UK Child Safety),  
United States Fire Administration*



Led By  
**BLANK CHILDREN'S  
HOSPITAL**  
IOWA HEALTH SYSTEM

Safe Kids Greater Des Moines, led by Blank Children's Hospital, is a grassroots organization dedicated to preventing unintentional injury in children ages 0-14.

For more information call (515) 241-6293 or visit [www.dsmsafekids.org](http://www.dsmsafekids.org).

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