



# Babysitting Safety

**Having a babysitter** can give you peace of mind. It allows you to leave your child with someone you trust. Be sure your babysitter knows about fire safety. Be sure your babysitter knows what to do if there is a fire.

Show the babysitter your home escape plan and make sure the babysitter understands:

- » two ways out of every room.
- » where the outdoor meeting place is located.
- » the fire department or emergency phone number.
- » how to unlock all doors and windows.

If you allow your babysitter to cook, make sure the babysitter:

- » keeps your child at least 3 feet away from the stove.
- » keeps your child at least 3 feet away from the microwave oven.
- » never leaves the room while cooking.
- » keeps anything that can catch fire away from the stovetop.
- » keeps pets off surfaces and countertops.

If the smoke alarm sounds make sure your babysitter knows to:

- » get out of the home quickly with your child to safety.
- » use the second way out if smoke is in the way.
- » get low and go under the smoke to the exit if an escape must be made through smoke.

Store matches and lighters out of your child's reach. Candles should not be used by your babysitter.

Make sure your babysitter keeps a 3-foot "kid-free zone" around space heaters.

## REMEMBER

Always leave the phone number where you can be reached. Cell phones make this easy. Be sure the babysitter knows the address of the home.



## Babysitter Training

Many places offer babysitter classes. These are online and in the classroom. Some schools and hospitals give training. Classes teach how to care for children. They also teach first aid. They teach CPR. What to do in an emergency is also taught.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

## Sitter's Checklist

Parents' or guardians' first and last names	
House address	
Nearest cross streets or intersection	
House phone number	
Where are the telephones located?	
Where will parents or guardians be?	
When will parents or guardians return?	
Phone number to contact parents or guardians	
You should ask the parents or guardians about a prearranged safe meeting place	
Neighbors' names and phone numbers if parents or guardians cannot be reached	First neighbor: Second neighbor:
Emergency phone number	9-1-1 (if not, it is _____)
Poison Control Center phone	1-800-222-1222
Name and phone number of doctor	
Name and phone number of dentist	
Where are first aid supplies?	
Where is a flashlight?	
How do I lock the door, windows, and security system?	
Where are the best routes out of the house in case of a fire?	
Nightlight on? Yes or No	
Pets' names and care	