

# Bed Safety Checklist

By Nicole Nichols-West

## ☐ Your Bed

- ☐ Unwrap the mattress from plastic and lean it against a wall in a well-ventilated room for a few days before sleeping on it.
- ☐ Encase mattresses, comforters and pillows in impermeable covers.
- ☐ Look for mattresses made of natural materials, such as cotton and wool.
- ☐ Don't allow your mattress to get damp.
- ☐ Avoid linens which have been treated.
- ☐ Air new linens outside on a warm day.
- ☐ Launder bedding every two weeks in hot water.
- ☐ Avoid down and feathers in pillows and comforters.

## ☐ Bed Safety

- ☐ Make certain that your fitted sheets stay secure and cannot be pulled loose.
- ☐ Use a large mattress to provide ample room and comfort for everyone.
- ☐ Do not wear nightclothes with strings or long ribbons.
- ☐ Don't wear jewelry to bed, and if your hair is long, pin it up.
- ☐ Do not allow pets to sleep in bed with your baby.
- ☐ Never leave your baby alone in an adult bed.
- ☐ Do not sleep with your baby if you are a large person.
- ☐ Do not ever sleep with your baby if you have been drinking alcohol.
- ☐ If your bed is placed against a wall or other furniture, check every night to be sure there is no space between the mattress and wall or furniture.
- ☐ If your bed is raised off the floor, use mesh guardrails to prevent baby from rolling off the bed.