Bed Safety Checklist

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# Tasks:

☐ **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.**