

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.