

Is this safe?

A step-by-step guide to assessing the safety of infant sleep products

Workshop presented by:





Danny was the crib's 5th victim.

In total, **19 children** died in cribs of this design



One of many products designed for sleep that may prove to be dangerous

Safe from the Start



SAFE FROM THE START

**SUID and accidental
suffocation**

Is the **leading cause of
preventable death** among
infants (1 and under)



16 infants die yearly in
infant sleep product
incidents

9,000 are treated in hospital
emergency rooms for sleep
product related incidents

***Awareness and action can help change these
numbers***





IMPROVING
CHILDREN'S
PRODUCT
SAFETY

Statement of safe sleep

A baby sleeps safest in a crib, play yard or bassinet that hasn't been **recalled** and meets the **federal standard**. The only product in a crib should be a **tight fitting mattress** with a **fitted sheet**. Baby should be placed **on their back** and wear **footed pajamas or wearable blankets**

There are so many sleep products marketed to new parents



How do you know what is safe?

Follow along with KID's "Is It Safe?" checklist to learn more.



#1: Has the product been recalled?

- 1-2 children's products recalled a week, but not widely publicized
- Check products for recalls at CPSC.gov or at KidsInDanger.org from a smartphone



The life of a recall



- Injuries vary
- No deadlines for consumers
- Only 10% of recalled products are corrected

Source: 2014 report "After the Recall: Dangerous Products Remain in Homes"

Some recent recalls

1



2



3



4



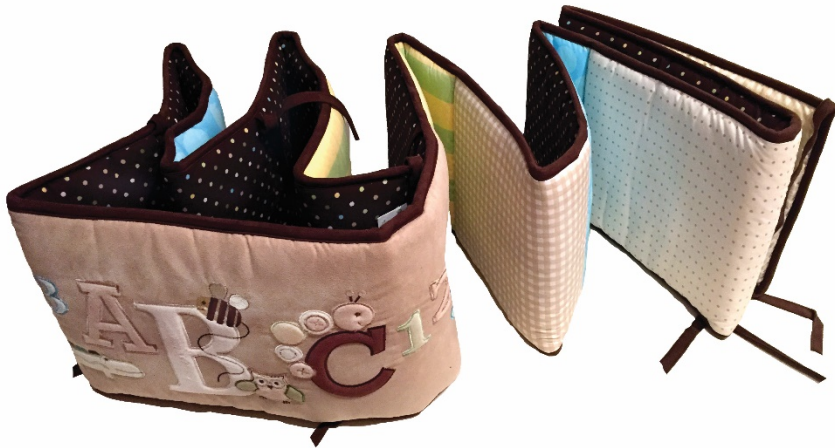
#2: Has it been tested to meet mandatory safety standards?

- **Cribs**: Manufactured on or after June 28, 2011
- **Play Yards** - Manufactured on or after February 28, 2013
- **Bassinets** – Manufactured on or after April 14, 2014

#3: Does it have extra padding, soft surfaces or heavy covering?



- Non-breathable sides reduce air flow to babies
- Don't surround baby with soft, non-breathable material.
- This includes soft padding under baby as well.



Contain heavy material?

- Wrapping babies in layers is a natural instinct
- Babies can't regulate body temperature like adults; it can lead to overheating



- **Verdict:** Dress baby as you dress yourself, then add a layer

#4: Does the marking imply that sleeping on the tummy is alright?

- Potential for baby to fall asleep in product
- Tummy time ≠ sleep time
 - Products that advise tummy sleeping should be avoided
- **Verdict:** Any product that advises safe tummy sleeping should be avoided, as baby sleeps safest on their backs on a flat, firm surface.
 - Using these tips will help avoid Sudden Infant Death Syndrome (SIDS)



Promote the ability to “*safely co-sleep*”? Claim to reduce SIDS or other health issues?

- No mandatory, independent testing required
- Room sharing vs. bed sharing
- **Verdict:** Since these products aren't tested, there is no way to know if they even introduce additional hazards into a co-sleeping environment.
- No product is proven to reduce SIDS
- Only the ABC's of safe sleep can reduce risk
- **Verdict:** Though it might sound great to parents and caregivers, this is a false claim that is misleading at best, potentially fatal at worst.



Recommend not to leave baby unattended even when sleeping?

- Any product a baby sleeps in should be tested to a strict federal safety standard and be perfectly safe for parent(s) to leave baby unattended in.



#5: Does it go against the **ABC's** of safe sleep?

Alone: Baby has their own, separate sleep space

On the Back: Baby is placed to sleep on their back

In a Crib: Baby should be in a crib, play yard, or bassinet that meets the federal safety standard



#6: Does it have cords?

- Cords pose an entanglement hazard for infants and older children



- **Verdict:** To be safe, go cordless.

#6 (cont.): Have restraints and is it intended for sleep?

- Babies should not be restrained while sleeping.
- Product, not restraints, should contain baby.
- Restraints = strangulation risk.
 - Babies can wiggle out of restraints and become trapped in an unsafe position.
- **Verdict:** The product's sides should be high enough to contain the baby safely without restraints.

#7: Does it monitor baby vital signs?

- Only use under doctor's advice and care.



- **Verdict:** Overall effectiveness is questionable. Parents put additional products into crib that may not work. This added bulk isn't worth this risk.

#8: Add additional products to a sleep environment?

- Think of ABC's of safe sleep
- Examples: supplemental mattresses, soft padding, Nap Nanny, etc.
- Bottom line: no other products should be in crib besides tight fitting mattress and mattress sheet



Additional Resources

- www.CPSC.gov
- www.SaferProducts.gov
- [Product Registration](#)
- [AAP Safe Sleep Guidelines](#)

Continue the safe sleep conversation



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