

**✓ Know How to Measure Your Single or Double Hung Windows for Window Guards:**  
**Guards are installed horizontally (bars go side to side)**  
 (Be sure children are not present when measuring window openings)



Measure window frame from inside jamb, right to left.



With window open: Measure from windowsill to top of window opening. (Usually screened area)



Close up of typical installation on inside of window frame.



You can also measure and install the guards on the outside of the window (casing) frame as shown.

Information provided by Jan Berichon, COTA/L, Health Educator [www.legacyhealth.org/safetycenter](http://www.legacyhealth.org/safetycenter)  
 The Safety Center at Randall Children's Hospital at Legacy Emanuel