

# Home Safety Checklist



Most injuries suffered by children occur in and around the home. While it may not be possible to make your home completely safe at all times, you can take steps to lessen the risk of injury and make your home a safer place for children.

Childhood Injuries Include:	Some Causes:
Burns and Scalds	Cooking appliances such as the oven, stove, barbeque Heaters and Irons Hot Water and Steam Hot liquids such as tea, coffee, soup, noodles Cigarettes, fires, candles, matches, lighters Button batteries Sun
Poisoning	Medications Household cleaning products Pool chemicals Pesticides
Choking	Small items such as beads, toys, pieces of foam, coins, miniature batteries etc. Food items such as small pieces of raw carrot, apple pieces, popcorn, nuts and hard lollies.
Near-Drowning	Bath (if left unsupervised) Wading Pool Swimming pools or spas Garden ponds and water features Dams, lakes and water tanks
Entrapment	Between cot railings Balustrades Vertical railings Curtain and blind cords Playground equipment
Breaks, sprains, concussion and head injury	Falls Trips Collision

Kidsafe NSW has a suite of information sheets available to download from the website [kidsafensw.org](http://kidsafensw.org) to assist parents and carers to **"make a safer world for kids"**. Titles include:

- High Chair Safety
- Pram and Stroller Safety
- Safe Play for Backyards
- Change Table Safety
- Safety Glass
- Iron Safety
- Toy Safety
- Safety Gates and Locks

**Visit the Kidsafe Demonstration Safety House located in the grounds of the Children's Hospital at Westmead. Contact the office for more information 02 9845 0890**



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<b>LIVING ROOM</b>	<b>Yes</b>	<b>No</b>	<b>Change Environment by:</b>
Furniture is arranged to allow access and to avoid trip hazards and collisions			
Furniture is positioned away from windows			
Large items of furniture such as TV's, bookcases and entertainment units are secured to prevent them falling on children			
Protective covers are placed on sharp corners/edges of furniture			
Heaters are located at least 1 metre away from curtains or other flammable material			
Safety glass or safety film is installed to low level glass doors and windows			
Stickers or frosting is applied to glass sliding doors to prevent collisions			
Separate play space provided for children			
Toys are checked regularly for damage or loose parts			
<b>BEDROOMS</b>	<b>Yes</b>	<b>No</b>	<b>Change Environment by:</b>
Furniture is positioned away from windows, blind cords, electrical outlets and ceiling fans			
The furniture is arranged to avoid trip hazards and collisions			
The cot complies with the Australian Standard			
The cot mattress fits snugly			
The cot is free of soft toys, pillows, bumpers etc.			
The child's bed is of safe design (the top section of a bunk bed is not recommended for children under 9 years of age)			
The bunk bed complies with the Australian Standard			
Toys are stored where children can reach them without climbing			
Toys are in good condition and suitable for the child's age			
The change table is stable			
The change table mat is secure			
Items needed for changing baby are located at arm's reach of the change table			
Five point safety harness is used when changing baby on the change table			
'Low Fire Danger' nightwear is worn			
<b>BATHROOM</b>	<b>Yes</b>	<b>No</b>	<b>Change Environment by:</b>
Hot water from tap is no hotter than 50°C			
Bath taps are inaccessible to children			
Hazardous products such as shampoos, razors and medications are stored in a lockable cupboard or are inaccessible to children			
Electrical appliances are removed from the bathroom			
A non-slip bath mat or floor surface is provided			
Non-slip stickers or a non-slip suction mat is used in the base of the bath /shower			
Children are supervised at all times in the bathroom			
The room heater is out of reach of children and at a safe distance			



*Every home is different. Some items in the following checklist may not apply in your home.*

<b>THROUGHOUT THE HOME</b>	<b>Yes</b>	<b>No</b>	<b>Change Environment by:</b>
Floor coverings are free of trip hazards			
Safety barriers are provided at the top and bottom of stairs and steps to prevent falls			
Railings are designed to prevent children climbing			
An electrical safety switch has been installed and is operational			
Safety covers are fitted in unused power outlets			
Power boards are used instead of adaptors. Power boards are not overloaded			
Electrical appliances are in good working order			
Electrical appliances are switched off and unplugged when not in use and cords stored out of reach of children			
Blind and curtains cords are out of a child's reach to avoid strangulation			
Heaters, open fires, candles are screened with a secured guard or are inaccessible to children who should be supervised at all times when these are in use			
Matches and lighters are stored out of reach of children			
Smoke alarms are installed as per regulations, on each floor and near the kitchen			
Smoke alarms have been tested within the last month and are operational with batteries changed once per year			
Button/Lithium batteries out of reach; stored securely; and disposed of safely			
An emergency evacuation plan (including an agreed meeting spot) is in place and is practised regularly			
Emergency contact numbers are programmed into your mobile phone, and also placed on your fridge			
<b>KITCHEN</b>	<b>Yes</b>	<b>No</b>	<b>Change Environment by:</b>
Access to the kitchen when cooking is restricted by use of a secure safety barrier			
A fire blanket / fire extinguisher is located near the kitchen			
Cleaning and hazardous products such as medications, chemicals, plastic bags, batteries etc. are stored in a lockable cupboard inaccessible to children			
Safely dispose of hazardous products including medications, chemicals, batteries and cleaning products			
Rear burners are used on the stove whenever possible and pot handles are always turned away from the front of the stove			
The stove is bolted to the wall to prevent tipping forward			
The dishwasher is kept closed at all times			
The microwave is positioned out of reach of children			
Curtains are kept away from the stove or other appliances			
Knives or other sharp objects are stored in a lockable cupboard or out of reach of children			
Safety catches are installed on drawers and cupboards containing dangerous items			
The kettle and other appliance cords are kept out of reach of children			
Non-slip placemats are used instead of table cloths			
Hot drinks are kept out of reach of children			
The highchair is stable and fitted with a five point harness			
Five point safety harness is fastened whenever highchair is in use			

LAUNDRY	Yes	No	Change Environment by:
Hazardous substances such as cleaning products are stored in a lockable cupboard or are inaccessible to children			
Poisonous substances are stored in their original container			
The nappy bucket has a firm fitting lid and is inaccessible to children			
The iron is out of reach of children			
The lint filter in dryer is cleaned regularly			
GARAGE AND SHED	Yes	No	Change Environment by:
The garage and shed are lockable			
Poisonous and hazardous substances such as paint, pesticides and flammable liquids are stored in a lockable cupboard or are inaccessible to children			
Power tools and hardware etc. are inaccessible to children			
Children have restricted access to garage and shed			
OUTDOORS	Yes	No	Change Environment by:
Wading pool and other water containers are emptied immediately after use			
Play area is fenced securely, checked and maintained regularly			
Fence and gates are in good condition and in working order			
Sunscreen and hat worn when outside			
Play equipment checked regularly and in good condition			
Trampoline, swings and climbing items are positioned on a soft surface eg. well maintained grass or mulch			
Garden is free from poisonous or hazardous plants			
Branches and twigs are removed from children's eye level			
Children are supervised in the backyard at all times			
Children are restricted from accessing the driveway			
Helmets are worn when riding a tricycle, bike, scooter, inline skates or skateboard etc.			
Wrist, knee and elbow guards are worn when riding a scooter, inline skates or skateboard etc.			
Children are supervised around pets, especially dogs			
Pram or stroller complies with Australian Standard			
Five point safety harness on the pram or stroller is secured when in use.			

## FOR MORE INFORMATION

The Royal Life Saving Society Australia have developed a *Home Pool Safety Checklist* which is available to download at: [royallifesaving.com.au](http://royallifesaving.com.au)

Fire & Rescue NSW has a fact sheet and checklist available to assist parents and carers in keeping the home fire safe. [fire.nsw.gov.au](http://fire.nsw.gov.au)

**Learn to Stop Burns** The Burns Unit, Kids Health and Kidsafe NSW have been working together to produce an interactive burns prevention program, designed for use with school aged students and their parents. The game allows entry to a virtual home where individual rooms may be navigated to search for the potential burn dangers in everyday life. [schn.health.nsw.gov.au](http://schn.health.nsw.gov.au)

The Children's Hospital at Westmead  
[kidshealth.schn.health.nsw.gov.au](http://kidshealth.schn.health.nsw.gov.au)

Kidsafe WA Online Safety Demonstration House  
[kidsafewa.com.au/safetyhome.htm](http://kidsafewa.com.au/safetyhome.htm)

Kidsafe National  
[kidsafe.com.au](http://kidsafe.com.au)



Disclaimer: This checklist is for general information only. Please consult Kidsafe NSW or a health professional for specific information relating to your circumstances and your child.