

FACTSHEET



This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

Home safety checklist

In Australia, injuries are a leading cause of death and disability for children. Many injuries occur in the child's own home. This home safety checklist is a tool to help parents and carers set up a safer home for children. For more information on preventing specific types of injuries to children, please view our safety factsheet listing.

Home environment

- Do you have a safety switch to prevent electrocution? Yes No
- Do you have interconnected hard wired smoke alarms located on every level in your home? They should be located outside bedrooms. Yes No
- Do you replace the batteries in your smoke alarm every year? A good way to remember is to change your batteries when you change your clock for daylight savings. Yes No
- Are safety plugs fitted in spare power points to prevent children pushing objects into power points? Yes No
- Do you use power boards with built in safety switches/circuit breakers and ensure they are never overloaded? Yes No
- Do you make sure irons are never left unattended and keep them out of reach of children when they are being used and after use? (It can take up to 90 minutes for an iron to cool down to a safe temperature) Yes No
- Have you made sure that your windows, above ground level, do not open more than 12.5cm (either using window guards or stoppers)? This is important for windows where the lowest part of the window is less than 1.7m above the floor. (When choosing locks or guards, make sure that they meet the American Standard for Window Fall Prevention Devices ASTM F2090-08 which calls for a 333 N test load for opening control devices and a 440 N test load for fall prevention screens). Yes No
- Are safety gates installed at the top and bottom of stairs to prevent children from falling? Yes No
- Are finger-jam protectors used on doors in your home to prevent finger injuries to children? Yes No

Home environment continued...

Is alcohol and other poisonous products stored in a child resistant locked cupboard, 1.5m above ground level, out of reach of children?

Yes No

Are all devices containing button batteries (e.g.; toys, remote controls) kept 1.5m above ground level, out of reach of young children, to prevent severe burns if swallowed? Only use toys and devices where the button battery is secured inside

Yes No

Are loose and spare batteries (e.g.: button, coin and lithium) kept 1.5m above ground level, out of reach of young children?

Yes No

Have you ensured that there are no baby walkers in your home?

Yes No

Are balustrades on balconies and decks at least 1m in height, non-climbable, with no gaps wider than 12.5cm?

Yes No

Are stair railings at least 1m in height, non-climbable, with no gaps wider than 12.5cm?

Yes No

Do you have a fence that restricts access to your driveway and the street? (Avoid gates and fences with horizontal rails as they are easier for children to climb over).

Yes No

When driving in the car, do children aged less than 7 years, always travel in the back seat in a properly fitted Australian Standards approved child restraint? *The Hospital also recommends that children aged 12 years and under ride in the back seat of a vehicle, as it is safer than the front seat.*

Yes No

Child's bedroom

Is the space between vertical cot railings between 5cm and 9.5cm wide?

Yes No

Are hot water bottles or electric blankets not in use in a child's cot or bed?

Yes No

Are all toys suitable for the child's age? Make sure none of these are kept in the cot.

Yes No

Is the furniture (including child's bed) located safely? (i.e. not near electrical switches, windows, blind cords or ceiling fans)

Yes No

Have you made sure that your windows above ground level do not open more than 12.5cm (either using window guards or stoppers)? This is important for windows where the lowest part of the window is less than 1.7m above the floor. (When choosing locks or guards, make sure that they meet the American Standard for Window Fall Prevention Devices ASTM F2090-08 which calls for a 333 N test load for opening control devices and a 440 N test load for fall prevention screens).

Yes No

Have you made sure that blind cords can't form a loop 22cm or longer, at a height lower than 1.6m above the ground level?

Yes No

Are all blind and curtain cords fixed to the wall at least 1.6m above ground level, and out of reach of young children?

Yes No

Are nappy sacks stored safely, out of reach of young children to prevent suffocation?

Yes No

Are bunk beds not in use in households with children under 9 years of age?

Yes No

Kitchen

- Do you push the kettle and other appliances to the rear of the bench? Yes No
- Do you use a hook to hang up loose cords, wind up excess cords or use cordless equipment so children can't accidentally pull the equipment on top of themselves? Yes No
- Do you empty unused boiled water from the kettle after use? Yes No
- Do you use the back stovetop burners rather than the front ones and turn pot handles so they are out of reach of young children? Yes No
- Are knives, scissors and other sharp objects stored out of reach of children? Yes No
- Are all cleaning products, chemicals and medications properly labelled and stored in a locked cupboard at least 1.5 metres above the ground? Yes No
- Do you have a fire blanket or fire extinguisher within reach of your stove? Yes No
- Do you use a barrier, such as a safety gate, to keep young children out of the kitchen when cooking? Yes No
- Do you use a barrier such as a stove guard to stop children reaching pans and hotplates? Yes No
- Do you make sure that upright stoves are stable and fixed properly to the wall? Yes No
- Do you enclose cooking areas, separate them from living areas and keep them off the ground so they are out of reach of young children? Yes No
- Do you keep hot drinks and hot food out of reach of children? Yes No
- Do you use non-slip place mats and coasters instead of table cloths so young children can't pull hot food and drinks onto themselves? Yes No
- Are matches, cigarette and stove lighters kept out of reach of children? Yes No
- Are plastic bags stored safely, out of reach of young children to prevent suffocation? Yes No
- Do you use an oven-door guard to stop children from touching a hot oven door? Yes No
- Do you stay in the kitchen when cooking and supervise children at all times? Yes No

Laundry

- Are cleaning products, bleaches and detergents stored out of reach, in a child resistant cupboard, 1.5 metres above ground level? Yes No
- Is the nappy bucket used with a lid on and kept out of reach of children? (emptying water when not in use) Yes No

Bathroom

- Has your plumber regulated the hot water delivered from your hot water system to your bathroom to 50°C, to prevent serious burns? Yes No
- Does the bath have non-slip mats or hand rails? Yes No
- Are medicines and sharp objects kept in a locked cupboard, 1.5 metres above ground level, out of reach of children? Yes No
- Are any electricals (i.e. hair dryers, hair straighteners, electric shavers) stored safely, and away from water and children at all times? Yes No
- Is the bath water temperature always "tested" with your elbow or a bath thermometer before putting a child in the bath? Yes No
- Are hot water taps child resistant and unable to be operated by small children? Yes No
- Are young children supervised at all times by an adult when in the bath? Yes No
- Do you keep the bathroom door closed when the bathroom is not in use? Yes No

Living areas

- Is furniture located safely? (e.g. away from windows, blind cords, ceiling fans and balcony railings) Yes No
- Are sharp edges on tables and furniture covered? Yes No
- Are safety guards placed around all heaters and fireplaces? Yes No
- Are all electric fires unplugged when not in use Yes No
- Are children always supervised when heaters and fireplaces are being used? Yes No
- Do you make sure outdoor heaters are never used indoors or in an enclosed space? Yes No
- Are large objects like bookshelves, TVs, entertainment units or wall units secured to the wall (i.e., so they can't fall down on children, especially when climbed)? Yes No
- Are glass doors made of safety glass or protected by safety film or colourful stickers? Yes No
- Is alcohol and other poisonous products stored in a child resistant cupboard, 1.5 metres above ground level? Yes No
- Are handbags containing poisons such as medicines, batteries and hand sanitisers, kept out of reach of children? Yes No
- Are toys kept away from the main walkway and off stairs? Yes No
- Are rugs and mats secure to prevent a fall? Yes No

Are all blind and curtain cords fixed to the wall at least 1.6m above ground level, and out of reach of young children? Yes No

Garden shed/ outdoors

Can your garden shed or garage be locked at all times? Yes No

Are pesticides, paints, car products and other poisons stored in tightly covered, original containers, 1.5 metres above ground level, out of reach of children? Yes No

Are snail pellets, insect baits and repellents used in areas where children are unable to gain access to them? (these can look attractive to young children) Yes No

Are children always supervised around dogs and other pets? Yes No

Is the outdoor barbeque unable to be turned on by children? Yes No

Has rubbish, with the potential to conceal poisonous spiders/snakes, been cleared out of the yard? Yes No

Have poisonous plants been removed from the garden? (see poisonous plants factsheet) Yes No

Is the outdoor play equipment in good condition and not potentially dangerous??see playground factsheet? Yes No

Do you have softfall (e.g.; woodchips or mulch) around play equipment that is 50cm or higher off the ground? (sand and grass are not appropriate soft fall material if the equipment is higher than 50cm) Yes No

Are children familiar with the road rules when riding bicycles, scooters, and roller skates? Yes No

Do children always wear helmets when riding bicycles, scooters, skateboards etc.? Yes No

Do you make sure children under the age of 16 are never drivers or passengers on quad bikes? Yes No

If you allow your children to ride off-road vehicles such as quad bikes and off road motorcycles, do they always wear protective gear and helmets? Yes No

Are outdoor containers, which have collected water after rain or watering, drained? Yes No

Are fish ponds or water features covered with strong wire mesh so your child cannot fall in? (children can drown in as little as a few centimetres of water) Yes No

Does your pool have a fence at least 1.2m high around all four sides of the pool, that cannot be climbed by children and has a self-closing, self-latching gate? This includes inflatable and portable pools that can be filled with more than 30cm of water. See the swimming pool safety factsheet for more information. Yes No

Do you empty and store away your small portable pool after each use? Yes No

Are children aged 0-4 years always supervised within arm's reach, when they are in or around the swimming pool? Yes No

In the case of an emergency

- Do you have a first aid kit in your home? Yes No
- Do you know first aid for burns? Yes No
- Do you know first aid for poisoning? Yes No
- Do you know first aid for choking? Yes No
- Do you know how to provide Cardio Pulmonary Resuscitation (CPR)? Yes No
- Do your children know the 000 emergency phone number? Yes No
- Do you know the location of water, gas and electricity shutoffs? Yes No
- Do your children have a fire escape plan and have you practiced it? Yes No
- Do you have the phone number for the Poisons Information Centre 13 11 26 by the home telephone and saved in your mobile phone? Yes No