

# Fact Sheet

## Home safety checklist



### Home environment

- Do you have a safety switch to prevent electrocution?  Yes  No
- Do you have a smoke detector located outside each bedroom area?  Yes  No
- Are safety plugs fitted in spare power points?  Yes  No
- Are safety gates installed at the top and bottom of stairs to prevent children from falling?  Yes  No
- Do you have a fence that restricts access to your driveway and the street?  Yes  No

### Kitchen

- Do your appliances have short cords that do not dangle over the kitchen bench?  Yes  No
- Do you use the back hot plates and turn pot handles around to prevent pots being pulled from the hot plates?  Yes  No
- Are knives 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 within reach of your stove?  Yes  No
- Can you restrict access to the kitchen?  Yes  No

### Bathroom

- Have you regulated the hot water delivered to your bathroom to 50 degrees Celsius 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 out of reach of children?  Yes  No
- Are any electricals (i.e. Hair dryers, electric shavers) stored safely and away from water when not in use?  Yes  No
- Is the bath water temperature always "tested" before putting the child in the bath?  Yes  No
- Are hot water taps unable to be operated by small children?  Yes  No

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### Laundry

Are cleaning products, bleaches and detergents stored out of reach, in a child resistant cupboard?  Yes  No

Is the nappy bucket used with a lid on and kept out of reach of children?  Yes  No

Can you restrict access to the laundry?  Yes  No

### Living areas

Is the furniture located safely? (e.g. away from windows)  Yes  No

Are sharp edges on tables and furniture covered?  Yes  No

Are blind and curtain cords out of reach?  Yes  No

Are glass doors protected by safety film, colourful stickers or made of safety glass?  Yes  No

Is alcohol stored in a child resistant cupboard?  Yes  No

Are toys kept away from the main walkway?  Yes  No

Are rugs and mats secure to prevent a fall?  Yes  No

Are there any low level tables that dangerous items could be placed on? (e.g. watch batteries, tea and coffee, peanuts)  Yes  No

Are large objects like TVs, entertainment units or wall units secure (i.e., so they can't fall down on children)?  Yes  No

### Child's bedroom

Is the space between vertical cot railings between 50mm and 85mm wide?  Yes  No

Are toys suitable for the child's age?  Yes  No

Is the furniture located safely? (i.e. not near electrical switches, windows or ceiling fans)  Yes  No

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### Garden shed/outdoors

- Can your garden shed be locked at all times?  Yes  No
- Are pesticides, paints, car products and other poisons stored in tightly covered, labelled, original containers out of reach of children?  Yes  No
- Is the outdoor play equipment damaged or potentially dangerous?  Yes  No
- Do you have softfall (eg; woodchips) around play equipment outside  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?  Yes  No

### In the case of an emergency

- Do you have a first aid kit in your home?  Yes  No
- Do you know basic first aid procedures?  Yes  No
- Do your children know the 000 emergency number?  Yes  No
- Do you know the location of water, gas and electricity shutoffs?  Yes  No
- Do your children know a fire escape plan?  Yes  No
- Do you have the phone number for the poisons information centre 13 11 26 by the telephone?  Yes  No

If you answer no to any of these questions then your children are at risk.  
List some important changes that you can make to your home to make it safe:

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### Remember

- Check your home for hazards.
- It's very easy to make your home safe.
- Make sure friends and relatives houses are safe.

This fact sheet is for education purposes only.  
Please consult with your doctor or other health professional  
to make sure this information is right for your child.

*This document was reviewed on Wednesday, 4 June 2003.*

the  
children's  
hospital at Westmead

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