

# 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.

# Home Safety Checklist

Check through your home one room at a time. Tick if the item requires further attention and note any changes you need to do to make your home safer. Plan when to make these changes.

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

## Emergency and evacuation plan

Yes No

Is an emergency evacuation plan (including an agreed meeting spot) in place and is practised regularly?  Yes  No

Has a list of emergency contact numbers been created and placed near each phone?  Yes  No

## Throughout the home

Yes No

Are the floor coverings sound and free of trip hazards?  Yes  No

Are safety barriers installed at the top and bottom of stairs and steps to prevent falls?  Yes  No

Are the railings designed to prevent children climbing?  Yes  No

Has an electrical safety switch been installed and is it operational?  Yes  No

Have safety covers been fitted in unused power outlets?  Yes  No

Are power boards used instead of adaptors?  Yes  No

Make sure power boards are not overloaded!  Yes  No

Are electrical appliances in good working order?  Yes  No

Are all electrical appliances switched off and unplugged when not in use and cords stored out of reach?  Yes  No

Are blind and curtains cords out of children's reach to avoid strangulation?  Yes  No

Are heaters, open fires and candles screened with a secured guard or inaccessible? Children should be supervised at all times when these are in use.  Yes  No

Are matches, cigarettes and lighters stored out of reach of children?  Yes  No

Are smoke alarms installed as per regulations on each floor and near the kitchen?  Yes  No

Have the smoke alarms have been tested within the last month, are operational, and batteries changed once per year?  Yes  No

Are button/lithium batteries and products containing button/lithium batteries out of reach of children, stored securely and always disposed of safely?  Yes  No

## Kitchen, dining and alcohol

Yes No

Is access to the kitchen when cooking restricted by use of a secure safety barrier?  Yes  No

Is a fire blanket/fire extinguisher located in the kitchen?  Yes  No

Are cleaning and hazardous products such as medications, chemicals, plastic bags, matches and lighters, batteries, etc. stored in a lockable cupboard or are inaccessible to children?  Yes  No

Do you use rear burners on the stove whenever possible and ensure pot handles are always turned away from the front of the stove?  Yes  No

Is the stove bolted to the wall to prevent tipping forward?  Yes  No

Is the dishwasher kept closed at all times?  Yes  No

Is the microwave positioned out of reach of children?  Yes  No

Are curtains kept away from stove or other appliances?  Yes  No

Are knives and other sharp objects stored in a lockable cupboard or out of reach of children?  Yes  No

Are safety catches installed on drawers and cupboards containing dangerous items?  Yes  No

Are kettles, toasters and appliance cords kept out of reach of children?  Yes  No

Are non-slip placemats are used instead of table cloths?  Yes  No

Are hot drinks and alcohol placed out of reach of children?  Yes  No

Is the highchair stable and fitted with a five point safety harness? A five point safety harness should be fastened whenever highchair is in use.  Yes  No

Is alcohol stored in a child resistant cupboard?  Yes  No

## Laundry

Yes No

Are hazardous substances such as cleaning products stored in a lockable cupboard or inaccessible to children?  Yes  No

Are poisonous substances stored in their original container?  Yes  No

Is the soaking bucket inaccessible to children and have a firm fitting lid?  Yes  No

Is the iron out of reach of children?  Yes  No

Is the lint filter in dryer cleaned regularly?  Yes  No

## Living room

	Yes	No
Is furniture arranged to allow access and to avoid trip hazards and collisions?	<input type="checkbox"/>	<input type="checkbox"/>
Is the furniture positioned away from windows?	<input type="checkbox"/>	<input type="checkbox"/>
Are large items of furniture, such as televisions, bookcases and entertainment units, secured to prevent them falling on children?	<input type="checkbox"/>	<input type="checkbox"/>
Are protective covers placed on sharp corners/edges of furniture?	<input type="checkbox"/>	<input type="checkbox"/>
Are heaters located at least one (1) metre away from any curtains or other flammable materials?	<input type="checkbox"/>	<input type="checkbox"/>
Is safety glass or safety film installed to low level glass doors and windows?	<input type="checkbox"/>	<input type="checkbox"/>
Are stickers or frosting applied to glass sliding doors to prevent collisions?	<input type="checkbox"/>	<input type="checkbox"/>
Is a separate play space provided for children?	<input type="checkbox"/>	<input type="checkbox"/>
Are toys checked regularly for damage or loose parts?	<input type="checkbox"/>	<input type="checkbox"/>

## Bathroom

	Yes	No
Is a hot water temperature device installed so tap water is no hotter than 50°C?	<input type="checkbox"/>	<input type="checkbox"/>
Are bath taps inaccessible to children?	<input type="checkbox"/>	<input type="checkbox"/>
Are hazardous products such as shampoos, razors and medications stored in a lockable cupboard or inaccessible to children?	<input type="checkbox"/>	<input type="checkbox"/>
Are electrical appliances removed from the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>
Is a non-slip bath mat or floor surface provided?	<input type="checkbox"/>	<input type="checkbox"/>
Are non-slip stickers or a non-slip suction mat used in the base of the bath or shower?	<input type="checkbox"/>	<input type="checkbox"/>
Are children supervised at all times in the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>
Is the room heater out of reach of children (avoid radiating heaters)?	<input type="checkbox"/>	<input type="checkbox"/>
Is the bath water temperature always tested before putting the child in? Starting with cold, then hot, then finishing with cold water?	<input type="checkbox"/>	<input type="checkbox"/>

## Bedroom

	Yes	No
Is furniture (including cots and beds) positioned away from windows, blind cords, electrical outlets and ceiling fans?	<input type="checkbox"/>	<input type="checkbox"/>
Is furniture arranged to avoid trip hazards and collisions?	<input type="checkbox"/>	<input type="checkbox"/>
Does the cot comply with Australian Standards with cot rails?	<input type="checkbox"/>	<input type="checkbox"/>
Is the cot mattress firm and does it fit snugly? 50mm apart?	<input type="checkbox"/>	<input type="checkbox"/>
Is the cot free of soft toys, pillows, bumpers etc.?	<input type="checkbox"/>	<input type="checkbox"/>
Is the child's bed of safe design? The top section of a bunk bed is NOT recommended for a child of under twelve (12) years of age.	<input type="checkbox"/>	<input type="checkbox"/>
Does the bunk bed comply with Australian Standards and not in a room with a ceiling fan?	<input type="checkbox"/>	<input type="checkbox"/>
Are toys stored where children can reach them without climbing?	<input type="checkbox"/>	<input type="checkbox"/>
Are toys in good condition and suitable for the child's age?	<input type="checkbox"/>	<input type="checkbox"/>
Is the change table stable?	<input type="checkbox"/>	<input type="checkbox"/>
Is the change table mat secure?	<input type="checkbox"/>	<input type="checkbox"/>
Are items needed for changing baby located at an arm's reach of the change table?	<input type="checkbox"/>	<input type="checkbox"/>
Is a five point safety harness used when changing baby on the change table?	<input type="checkbox"/>	<input type="checkbox"/>
Is 'low fire danger' nightwear worn?	<input type="checkbox"/>	<input type="checkbox"/>
Are electric blankets checked prior to fitting them to an older child's bed?	<input type="checkbox"/>	<input type="checkbox"/>

## Garage and shed

	Yes	No
Is the garage and shed lockable?	<input type="checkbox"/>	<input type="checkbox"/>
Are poisonous and hazardous substances, such as paint, pesticides and flammable liquids, stored in a lockable cupboard or are inaccessible to children?	<input type="checkbox"/>	<input type="checkbox"/>
Are power tools and hardware etc. inaccessible to children?	<input type="checkbox"/>	<input type="checkbox"/>
Do children have restricted access to the garage and shed?	<input type="checkbox"/>	<input type="checkbox"/>

## Outdoors

Yes No

Are the wading pools and other water containers emptied immediately after use?	<input type="checkbox"/>	<input type="checkbox"/>
Are play areas fenced securely, checked and maintained regularly and not located near a driveway?	<input type="checkbox"/>	<input type="checkbox"/>
Are fence and gates in good condition and in working order?	<input type="checkbox"/>	<input type="checkbox"/>
Is sunscreen and hat worn when outside?	<input type="checkbox"/>	<input type="checkbox"/>
Is play equipment checked regularly and in good condition?	<input type="checkbox"/>	<input type="checkbox"/>
Are trampoline, swings and climbing items positioned on a soft surface, eg. well maintained grass or mulch?	<input type="checkbox"/>	<input type="checkbox"/>
Is garden free from poisonous or hazardous plants?	<input type="checkbox"/>	<input type="checkbox"/>
Are branches and twigs removed from children's eye level?	<input type="checkbox"/>	<input type="checkbox"/>
Are children supervised in the backyard at all times?	<input type="checkbox"/>	<input type="checkbox"/>
Are children restricted from accessing the driveway?	<input type="checkbox"/>	<input type="checkbox"/>
Are helmets worn when riding a tricycle, bike, scooter, inline skates or skateboard etc.?	<input type="checkbox"/>	<input type="checkbox"/>
Are wrist, knee and elbow guards worn when riding a scooter, inline skates or skateboard etc.?	<input type="checkbox"/>	<input type="checkbox"/>
Are children supervised around pets, especially dogs?	<input type="checkbox"/>	<input type="checkbox"/>
Does pram or stroller comply with Australian Standards?	<input type="checkbox"/>	<input type="checkbox"/>
Is five point safety harness on the pram or stroller secured when in use?	<input type="checkbox"/>	<input type="checkbox"/>
Are garden statues and birdbaths cemented in to prevent a crushing hazard?	<input type="checkbox"/>	<input type="checkbox"/>
Is the pool or spa isolated on all 4 sides with a fence and a self-closing gate?	<input type="checkbox"/>	<input type="checkbox"/>

## Childhood injuries include

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, 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 and collisions

**Consider making changes to items that were ticked NO for a safer home!**

**If you are still unsure, crawl around on your hands and knees to view your home as your child would, or visit [www.kidsafeqld.com.au](http://www.kidsafeqld.com.au) for more information.**



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