

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

What is the Home Safety Checklist?

The Home safety checklist is a tool designed to help parents and carers make their home a safer place for children. Use this checklist to see if your home is the safest it can be. If you answer no to any of these questions, consider how you could make changes to make your home safer and reduce injuries to children.

In Australia, injuries are the single leading cause of death for children aged 1–18 years (AIHW, 2013 analysis of AIHW National Mortality Database). Many of these injuries occur in the child's own home.

Home environment

Do you have a safety switch to prevent electrocution?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you have a smoke detector located outside each bedroom?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are safety plugs fitted in spare power points to prevent children pushing objects into power points?	Yes <input type="checkbox"/> No <input type="checkbox"/>
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.	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are safety gates installed at the top and bottom of stairs to prevent children from falling?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are finger-jam protectors used on doors in your home to prevent finger injuries to children?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is alcohol and other poisonous products stored in a child resistant locked cupboard, 1.5m above ground level?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are all devices containing button batteries(eg: toys, remote controls) kept out of reach of young children to prevent severe burns if swallowed?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are loose and spare batteries (e.g: button, coin and lithium) kept out of reach of young children?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Has your plumber regulated the hot water delivered from your hot water system to your house to 50 degrees Celsius, to prevent serious burns?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Have you ensured that there are no baby walkers in your home?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are balustrades on balconies and decks 120cm or more in height, non-climbable, with no gaps wider than 12.5cm?	Yes <input type="checkbox"/> No <input type="checkbox"/>

the
children's
hospital at Westmead



Are stair railings no less than 105cm in height, non-climbable, with no gaps wider than 12.5cm?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you have a fence that restricts access to your driveway and the street? (Gates and fences with horizontal rails are easier for children to climb over).	Yes <input type="checkbox"/> No <input type="checkbox"/>

Kitchen

Are appliances with cords kept out of reach of children, with no cords able to hang over the kitchen bench?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you use the back hot plates and turn pot handles around to prevent pots being pulled down?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are knives, scissors and other sharp objects stored out of reach of children?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are all cleaning products, chemicals and medications properly labelled and stored in a locked cupboard at least 1.5 metres above the ground?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you have a fire blanket or fire extinguisher within reach of your stove?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Can you restrict access to the kitchen by fitting a gate across your kitchen doorway?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you use a stove/hot plate guard?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you keep hot drinks and hot food out of reach of children?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you use non-slip place mats rather than table cloths so that young children cannot pull hot food or drinks onto themselves?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are matches, cigarette and stove lighters kept out of reach of children?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are plastic bags stored safely, out of reach of young children to prevent suffocation?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you use an oven-door guard to prevent children directly touching a hot oven door?	Yes <input type="checkbox"/> No <input type="checkbox"/>

Bathroom

Has your plumber regulated the hot water delivered from your hot water system to your bathroom to 50 degrees Celsius, to prevent serious burns?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Does the bath have non-slip mats or hand rails?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are medicines and sharp objects kept in a locked cupboard, 1.5 metres above ground level, out of reach of children?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are any electricals (i.e. hair dryers, hair straighteners, electric shavers) stored safely, and away from water at all times?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is the bath water temperature always "tested" with your wrist before putting a child in the bath?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are hot water taps child resistant and unable to be operated by small children?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are young children supervised at all times when in the bath?	Yes <input type="checkbox"/> No <input type="checkbox"/>

Laundry

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

Living areas

Is the furniture located safely? (e.g. away from windows, blind cords, ceiling fans and balcony railings)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are sharp edges on tables and furniture covered?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are safety guards placed around all heaters, open fires, etc.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are all electric fires unplugged when not in use	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are glass doors protected by safety film, colourful stickers or made of safety glass?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is alcohol and other poisonous products stored in a child resistant cupboard, 1.5 metres above ground level?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are handbags containing poisons such as medicines, batteries and hand sanitisers, kept out of reach of children?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are toys kept away from the main walkway and off stairs?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are rugs and mats secure to prevent a fall?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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 <input type="checkbox"/>	No <input type="checkbox"/>

Child's bedroom

Is the space between vertical cot railings between 5cm and 9.5cm wide?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are hot water bottles or electric blankets not in use in a child's cot or bed?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are toys suitable for the child's age and not in the cot?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is the furniture (including child's bed) located safely? (i.e. not near electrical switches, windows, blind cords or ceiling fans)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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 <input type="checkbox"/>	No <input type="checkbox"/>
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 <input type="checkbox"/>	No <input type="checkbox"/>
Are nappy sacks stored safely, out of reach of young children to prevent suffocation?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are bunk beds not in use in households with children under 9 years?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Garden and Outdoor

Can your garden shed or garage be locked at all times?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are pesticides, paints, car products and other poisons stored in tightly covered, labelled, original containers, 1.5 metres above ground level, out of reach of children?	Yes <input type="checkbox"/> No <input type="checkbox"/>
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 <input type="checkbox"/> No <input type="checkbox"/>
Are children always supervised around dogs and other pets?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is the outdoor barbeque unable to be turned on by children?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Has rubbish, with the potential to conceal poisonous spiders/snakes, been cleared out of the yard?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Have poisonous plants been removed from the garden?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is the outdoor play equipment in good condition and not potentially dangerous?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you have softfall (eg: woodchips or mulch) around play equipment that is 50cm or higher? (sand and grass are not appropriate soft fall material if the equipment is higher than 50cm)	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are children familiar with the road rules when riding bicycles, scooters, and rollerskates?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do children always wear helmets when riding bicycles, scooters, skateboards etc?	Yes <input type="checkbox"/> No <input type="checkbox"/>
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 <input type="checkbox"/> No <input type="checkbox"/>
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.	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you empty and store away your small portable pool after each use?	Yes <input type="checkbox"/> No <input type="checkbox"/>

In case of Emergency

Do you have a first aid kit in your home?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you know basic first aid procedures?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do your children know the 000 emergency number?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you know the location of water, gas and electricity shutoffs?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do your children have a fire escape plan and have you practiced it?	Yes <input type="checkbox"/> No <input type="checkbox"/>
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 <input type="checkbox"/> No <input type="checkbox"/>
If you answer no to any of these questions then your children are at risk	



Remember

- Check your home for hazards.
- Check that safety of homes that your children visit