

Home safety checklist

for parents and caregivers of children 0-4 years of age

Kidsafe SA Inc. | October 2016

Most injuries suffered by children occur in and around the home. Young children are vulnerable to injuries as they begin to explore their environment because they are unable to recognise danger or take action to keep themselves safe. While it may not be possible to make your home completely safe at all times, you can take steps to reduce the risk of injury and make your home a safer place for children.

Every home is different. Some items in the following checklist may not apply in your home. For more information on how to make your home safer, please contact Kidsafe SA on (08) 8161 6318 or visit the Kidsafe Centre located in the Women's and Children's Hospital – Level 1, Gilbert Building (opposite the Playdeck).

To assist parents and carers Kidsafe SA has a series of information sheets available to download from the website - www.kidsafesa.com.au

General Safety	Yes	No
Is there an electrical safety switch (circuit breaker) to prevent electrocution?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have working smoke alarms fitted in the house?	<input type="checkbox"/>	<input type="checkbox"/>
Have you tested your smoke alarm within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
Are safety plugs (outlet plugs) fitted in unused power points?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use power boards instead of adaptors?	<input type="checkbox"/>	<input type="checkbox"/>
Are you careful not over overload power boards?	<input type="checkbox"/>	<input type="checkbox"/>
Are appliances and plugs in good condition? (No frayed cords or damaged plugs)	<input type="checkbox"/>	<input type="checkbox"/>
Are appliances switched off and unplugged when not in use and cords stored out of reach of children?	<input type="checkbox"/>	<input type="checkbox"/>
Have long cords been bound with twist ties? Is extra cord hidden?	<input type="checkbox"/>	<input type="checkbox"/>
Are there barrier gates on steps, stairs, and changes in floor levels to prevent falls?	<input type="checkbox"/>	<input type="checkbox"/>
Are all railings/barriers free of footholds so your young child cannot climb?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a home fire escape plan? Do you practice it with family members regularly?	<input type="checkbox"/>	<input type="checkbox"/>
Are all mouse and rat traps/baits inaccessible to your young child?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a dog? If so, do you always supervise your dog with your young child or if you can't supervise them together, separate them? Never leave a child alone with a dog, no matter how friendly it is.	<input type="checkbox"/>	<input type="checkbox"/>

General Safety	Yes	No
Are floor coverings free of trip hazards?	<input type="checkbox"/>	<input type="checkbox"/>
Are blind and curtain cords secured up high and out of reach to avoid strangulation?	<input type="checkbox"/>	<input type="checkbox"/>
Are heaters, open fires and candles screened with a secured guard or inaccessible to children?	<input type="checkbox"/>	<input type="checkbox"/>
Do you always supervise children around heaters, open fires and candles?	<input type="checkbox"/>	<input type="checkbox"/>
Do you store batteries, particularly lithium button batteries out of reach and dispose of them safely?	<input type="checkbox"/>	<input type="checkbox"/>
Have you checked that compartments on devices containing button batteries are secured and can't be accessed by children?	<input type="checkbox"/>	<input type="checkbox"/>
Have you put a list of emergency contact numbers next to each phone and saved in mobiles?	<input type="checkbox"/>	<input type="checkbox"/>
Have you established a clear set of rules for your child to follow and are you consistent in applying those rules?	<input type="checkbox"/>	<input type="checkbox"/>

Kitchen	Yes	No
Is access to the kitchen restricted by using a safety barrier?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have locks on cupboard doors and drawers where dangerous household goods (e.g. cleaning products) and items (e.g. knives) are kept, or do you store them out of reach?	<input type="checkbox"/>	<input type="checkbox"/>
Do your appliances have short cords that do not dangle over the bench?	<input type="checkbox"/>	<input type="checkbox"/>
Is the kettle/jug, including the cord, out of your child's reach?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use the back hot plates and turn pot handles around to prevent pots being pulled from the hot plate, or do you have a stove guard?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a child-resistant lock on your oven door?	<input type="checkbox"/>	<input type="checkbox"/>
Have you bolted the stove to the wall to prevent it from tipping?	<input type="checkbox"/>	<input type="checkbox"/>
Are matches, lighters, knives, scissors, and other dangerous objects stored in a place where your child cannot reach them?	<input type="checkbox"/>	<input type="checkbox"/>
Are plastic bags tied in the middle and kept out of reach?	<input type="checkbox"/>	<input type="checkbox"/>
Is the high chair stable and does it have a 5 point harness to restrain your child safely?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a fire blanket and a fire extinguisher located near an exit?	<input type="checkbox"/>	<input type="checkbox"/>
Are all medications stored safely i.e. do you have a locked medicine cupboard, a lock on the fridge door or a lockable storage box in the fridge?	<input type="checkbox"/>	<input type="checkbox"/>
Is the microwave positioned out of reach of your child?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use placemats, rather than tablecloths?	<input type="checkbox"/>	<input type="checkbox"/>
Are cups of hot tea/coffee kept out of reach of your child?	<input type="checkbox"/>	<input type="checkbox"/>
Are curtains kept away from the stove?	<input type="checkbox"/>	<input type="checkbox"/>



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Bathroom	Yes	No
Are medicines and razors kept in a locked cupboard, or out of reach?	<input type="checkbox"/>	<input type="checkbox"/>
Are the shampoos, soaps, and cosmetics kept out of reach?	<input type="checkbox"/>	<input type="checkbox"/>
Are hair dryers, straighteners/curlers and electric razors unplugged when not in use?	<input type="checkbox"/>	<input type="checkbox"/>
Is your child constantly supervised by an adult when in the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a child-resistant lock on the toilet or bathroom door?	<input type="checkbox"/>	<input type="checkbox"/>
Have you removed all chemicals from the toilet and bathroom floor?	<input type="checkbox"/>	<input type="checkbox"/>
Is the delivery temperature of hot water in your bathroom set at a maximum of 50°C, or do you have tap protectors fitted?	<input type="checkbox"/>	<input type="checkbox"/>
Does the bath have a non-slip surface or non-slip mats?	<input type="checkbox"/>	<input type="checkbox"/>
Is the bath water temperature always 'tested' before putting your child in (start with cold, then hot, then finish with cold)?	<input type="checkbox"/>	<input type="checkbox"/>
Is the bath always kept empty when not in use?	<input type="checkbox"/>	<input type="checkbox"/>
Are bath taps inaccessible to children?	<input type="checkbox"/>	<input type="checkbox"/>
Does the bathroom floor have a non-slip surface?	<input type="checkbox"/>	<input type="checkbox"/>
Is the heater out of the reach of children?	<input type="checkbox"/>	<input type="checkbox"/>

Laundry	Yes	No
Are cleaners, bleaches, and detergents stored out of reach, or in a lockable cupboard?	<input type="checkbox"/>	<input type="checkbox"/>
Are all buckets, the sink and washing machine kept empty when not in use?	<input type="checkbox"/>	<input type="checkbox"/>
Does the top loading washing machine switch off when the machine is opened?	<input type="checkbox"/>	<input type="checkbox"/>
Are front loading washing machines and dryer doors securely closed to prevent young child opening them and climbing in?	<input type="checkbox"/>	<input type="checkbox"/>
Are poisonous substances stored in their original container?	<input type="checkbox"/>	<input type="checkbox"/>
Does the nappy bucket have a firm fitting lid that is inaccessible to children?	<input type="checkbox"/>	<input type="checkbox"/>
Is the iron stored out of reach?	<input type="checkbox"/>	<input type="checkbox"/>
Is the lint filter in the dryer cleaned regularly?	<input type="checkbox"/>	<input type="checkbox"/>

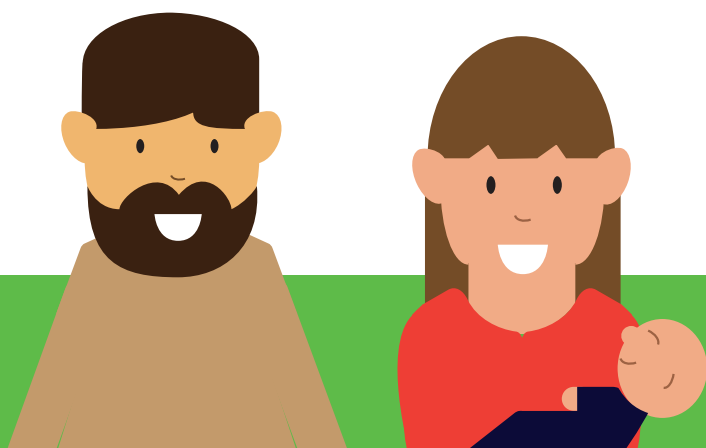
Bedrooms	Yes	No
Is your child's bed/cot safe? (children under 9 years should not sleep in bunk beds, and cots need to meet the Australian Standard (AS/NZS 2172). Check that cot rails are between 50mm and 95mm apart to avoid head entrapment)	<input type="checkbox"/>	<input type="checkbox"/>
Is the cot mattress firm, flat and does it fit snugly to avoid your child from becoming wedged?	<input type="checkbox"/>	<input type="checkbox"/>
Is the cot free of all soft items – toys, bumpers, and pillows?	<input type="checkbox"/>	<input type="checkbox"/>
Is the cot away from the window, any dangling curtain or blind cords and power points?	<input type="checkbox"/>	<input type="checkbox"/>

Make your home a safer place for children.

Bedrooms	Yes	No
Is everything you need kept close to the baby change table? It is important never to leave a baby unattended on a change table.	<input type="checkbox"/>	<input type="checkbox"/>
Are the toys suitable for your child's age? (e.g. no loose small parts that could pose a choking hazard)	<input type="checkbox"/>	<input type="checkbox"/>
Are toys kept where your child can reach them without climbing on furniture?	<input type="checkbox"/>	<input type="checkbox"/>
Is all top heavy furniture, such as bookcases and tall-boy drawers, secured to the wall to prevent them from tipping over if your child climbs on them?	<input type="checkbox"/>	<input type="checkbox"/>
Is the furniture arranged to avoid trip hazards and collisions?	<input type="checkbox"/>	<input type="checkbox"/>
Do bunk beds comply with the Australian Standard?	<input type="checkbox"/>	<input type="checkbox"/>
Is the change table secured?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use the five point safety harness on the change table?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child wear 'Low Fire Danger' nightware?	<input type="checkbox"/>	<input type="checkbox"/>

Living Areas	Yes	No
Are sharp edges on tables and furniture covered?	<input type="checkbox"/>	<input type="checkbox"/>
Are glass doors protected by safety film, colourful stickers, or made of safety glass?	<input type="checkbox"/>	<input type="checkbox"/>
Is alcohol stored in a lockable cupboard, or stored up high and out of reach?	<input type="checkbox"/>	<input type="checkbox"/>
Are cigarettes, ashtrays, matches, and lighters out of reach?	<input type="checkbox"/>	<input type="checkbox"/>
Are hot drinks placed well out of reach of your child?	<input type="checkbox"/>	<input type="checkbox"/>
Are heaters kept at least 1 metre away from curtains, furniture, or other flammable material?	<input type="checkbox"/>	<input type="checkbox"/>
Are large televisions, bookcases and entertainment units secured to prevent toppling over onto your child?	<input type="checkbox"/>	<input type="checkbox"/>
Are all breakable items removed, or moved so they are out of reach of your child?	<input type="checkbox"/>	<input type="checkbox"/>
Is furniture arranged to allow access and to avoid trip hazards and collisions?	<input type="checkbox"/>	<input type="checkbox"/>
Is furniture positioned away from windows?	<input type="checkbox"/>	<input type="checkbox"/>
Do you check toys regularly for damage or loose parts?	<input type="checkbox"/>	<input type="checkbox"/>

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Backyard	Yes	No
Is your child supervised at all times while playing outside?	<input type="checkbox"/>	<input type="checkbox"/>
Is your child's play area separated from the driveway?	<input type="checkbox"/>	<input type="checkbox"/>
Is access to the driveway and the street/road from your home restricted?	<input type="checkbox"/>	<input type="checkbox"/>
Are the ignition keys removed from all vehicles, and the vehicles locked?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have the correct child restraints fitted in your car?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use the child-proof locks on the car doors?	<input type="checkbox"/>	<input type="checkbox"/>
Is the swimming pool or spa fully enclosed by a safety fence with a functioning self-latching gate, and with nothing near the fence that could be used to climb on?	<input type="checkbox"/>	<input type="checkbox"/>
Is the backyard free of drowning hazards? e.g. uncovered ponds, pet's water containers, buckets, tanks, troughs, dams etc. (*note that young children can drown in as little as 5cm of water)	<input type="checkbox"/>	<input type="checkbox"/>
Is the play equipment stable, secured, and in good condition?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a soft surface under play equipment in the backyard to cushion falls? e.g. bark chips or well-watered lawn.	<input type="checkbox"/>	<input type="checkbox"/>
Does your child wear a helmet and protective gear when riding a bike or scooter, or when using inline skates, skateboards or rollerblades?	<input type="checkbox"/>	<input type="checkbox"/>
Can the shed/garage/workshop be locked?	<input type="checkbox"/>	<input type="checkbox"/>
Are all garden tools, mowers, chainsaws and other dangerous tools locked away?	<input type="checkbox"/>	<input type="checkbox"/>
Do you make sure that your child is well away from the lawn mower when mowing the lawns to prevent injury from flying stones and other objects?	<input type="checkbox"/>	<input type="checkbox"/>
Are pesticides, paints, chemicals and other poisons stored in tightly covered and labelled original containers, out of reach of your young child?	<input type="checkbox"/>	<input type="checkbox"/>
Are ladders stored safely so that your young child cannot climb them?	<input type="checkbox"/>	<input type="checkbox"/>
Are rain water tanks sealed securely and any ladders removed?	<input type="checkbox"/>	<input type="checkbox"/>
Are garden statues and birdbaths cemented in to prevent a crush injury?	<input type="checkbox"/>	<input type="checkbox"/>

Farmyard and Rural Safety	Yes	No
Do you know where your child is at all times?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a safe playing space outside which is visible from the house?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a fence around the house with a self-latching gate to keep your child close to the house, and away from machinery and livestock?	<input type="checkbox"/>	<input type="checkbox"/>
Do you check outside for snakes before letting your child into the yard?	<input type="checkbox"/>	<input type="checkbox"/>
Have you removed old machinery, junk, tractor tyres, and woodpiles from where your child plays?	<input type="checkbox"/>	<input type="checkbox"/>
Are firearms stored unloaded and locked away in the gun safe?	<input type="checkbox"/>	<input type="checkbox"/>
Are guns kept out of reach of your child, and unloaded, when being transported in a vehicle?	<input type="checkbox"/>	<input type="checkbox"/>

Farmyard and Rural Safety	Yes	No
Are fuel tanks locked, and other highly flammable substances stored safely?	<input type="checkbox"/>	<input type="checkbox"/>
Are agricultural chemicals stored in their original containers, correctly labelled and safely stored?	<input type="checkbox"/>	<input type="checkbox"/>
Are silo doors locked, with ladders removed?	<input type="checkbox"/>	<input type="checkbox"/>
Do you let workers know when your child is on the farm?	<input type="checkbox"/>	<input type="checkbox"/>
Do you check that your child is a safe distance away before starting a tractor or any other farm machinery or equipment?	<input type="checkbox"/>	<input type="checkbox"/>
Have you removed all keys from farm vehicles and machinery when not in use?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have the correct child restraints in your farm utility/car and use them on every trip, no matter how short?	<input type="checkbox"/>	<input type="checkbox"/>
Are you able to lock sheds and workshops?	<input type="checkbox"/>	<input type="checkbox"/>
Are water tanks sealed and ladders removed?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep your child away from Quad bikes and farm bikes? (Many burns and crush injuries result when these types of vehicles overturn – always supervise your child.)	<input type="checkbox"/>	<input type="checkbox"/>
Are animal pens and stockyards inaccessible to your child?	<input type="checkbox"/>	<input type="checkbox"/>
Are working dogs kept securely away from your child?	<input type="checkbox"/>	<input type="checkbox"/>
Do you always supervise your child around animals?	<input type="checkbox"/>	<input type="checkbox"/>
Do you ensure your child is supervised at a safe distance from where hay is being cut, baled and stacked?	<input type="checkbox"/>	<input type="checkbox"/>
Do you always supervise your child around water hazards?	<input type="checkbox"/>	<input type="checkbox"/>
Have you erected a sign at the entry to your property stating children are present and to reduce speed to 20 km/hour?	<input type="checkbox"/>	<input type="checkbox"/>

Further Information

- Kidsafe SA: www.kidsafesa.com.au
- The Royal Life Saving Society of Australia have developed a Home Pool Safety Checklist which is available to download at: www.royallifesaving.com.au
- Metropolitan Fire Service: www.mfs.sa.gov.au
- Keeping Baby Safe App – A guide to infant and nursery product information: www.accc.gov.au/about-us/toolsresources/keeping-baby-safe-app

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

For more information contact Kidsafe SA:
08 8161 6318 | sa@kidsafe.org.au | www.kidsafesa.com.au

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