

Home Safety Checklist



Safety Centre

The following list is a general guide only. Every home is different, so some issues will not apply.

For further information please see the Home Safety fact sheet on our website at www.rch.org.au/safetycentre

By law every home must have at least one working smoke alarm installed on each level of the house. Clean and check your alarms regularly and make sure they are working. Do not deadlock yourself inside the house. Keep keys in the back of the lock or close by.

Please contact the Safety Centre on (03) 9345 5085 for advice on action plans and safety products.

| Kitchen | Check | Action |
|---|-------|--------|
| Oven bolted to the wall and floor to prevent it tipping over and a stove guard in place | | |
| Back burners used on the stove and pot handles always turned away from the front of the stove to avoid scalds | | |
| Never leave cooking, heaters, open fires or candles unattended | | |
| Power point covers fitted to avoid electrocution | | |
| Do not overload power boards | | |
| Electrical appliances unplugged after use | | |
| Keep electrical appliances in good working order. Have repairs done by a registered electrician | | |
| Have a fire extinguisher and fire blanket in the kitchen and know how to use them | | |
| Create a family home fire escape plan and practise it. Have an agreed-upon designated meeting place where family members will meet once they are safely outside | | |
| Hot drinks, saucepans and hot water kettles should always be out of reach of children to prevent scalds | | |
| Store all matches and lighters out of reach of children | | |
| Placemats used instead of tablecloths to avoid scalds from hot drinks | | |
| Highchair is stable and fitted with a five point harness to prevent serious fall injuries | | |
| Safety gate at the entry to the kitchen while cooking | | |
| Dishwasher closed at all times to prevent poisoning from powder or tablets | | |
| All cleaning products kept in a locked cupboard to avoid poisoning | | |
| Plastic bags kept out of reach of children and tied in a knot to avoid suffocation | | |
| Microwave positioned out of children's reach | | |

| Bathroom and laundry | Check | Action |
|---|-------|--------|
| All medications and cleaning products stored in locked cupboards | | |
| All poisonous substances kept in their original containers | | |
| Electrical appliances removed from the bathroom | | |
| Nappy bucket has a firm fitting lid and placed off the floor to prevent drowning | | |
| Non-slip surface on bath or non-slip bath mat | | |
| Power point covers installed to avoid electrocution | | |
| Children actively supervised and within arms reach of an adult in the bathroom at all times | | |
| Hot water delivered to the bathroom at a maximum 50°C to prevent serious scalds. The maximum bathing temperature recommended for young children is 37-38°C | | |
| Bath taps inaccessible to young children and turned off tightly | | |
| Clean lint filters on clothes dryers regularly and always let dryers complete the cool-down cycle | | |

| Living areas | Check | Action |
|---|-------|--------|
| Corner covers on sharp edges of furniture | | |
| All blind cords out of reach to avoid strangulation | | |
| Fire and heater guards securely attached | | |
| Matches and lighters kept out of reach of children at all times | | |
| Heater at least one metre away from curtains or other flammable materials | | |
| Toys in good condition and stored within children's reach | | |
| Buy a toybox either without a lid, or with a removable lid to prevent injury or entrapment inside the box. Make sure the box has ventilation holes to stop suffocation if a child climbs inside. A lightweight plastic crate is safer than a box with a heavy lid | | |
| A safe and separate play space provided | | |
| Warning labels on toys checked before buying | | |
| Furniture kept away from windows | | |
| Safety glass or shatter-resistant film fitted to low-level windows or glass doors | | |
| Power point covers fitted to avoid electrocution | | |
| Safety barriers on steps and stairs | | |
| Layout and placement of furniture in each room allows a clear pathway to avoid tripping and collisions | | |
| Power boards used instead of double adaptors | | |
| All large or heavy items must be fixed to avoid tipping over | | |

| Bedroom | Check | Action |
|---|-------|--------|
| Cots are Australian Standards approved for safer design to avoid serious injury | | |
| Cot mattress fits snugly to avoid entrapment | | |
| No mobiles, bumpers or pillows in cot to avoid suffocation | | |
| Cot away from windows and blinds to avoid strangulation from cords | | |
| Change table fitted with body harness, or baby changed on the floor to prevent serious fall injuries | | |
| No electric blankets on children's beds to avoid fire and electrocution | | |
| 'Low Fire Danger' children's nightwear worn to reduce fire risk | | |
| Keep clothes at least a metre from heaters when drying, especially electric bar heaters | | |
| Ensure cigarette ash and butts are extinguished. Never smoke in bed | | |
| Smoke alarms fitted outside each bedroom with batteries checked regularly and replaced annually. It is advisable that smoke alarms should also be installed in bedrooms where people sleep with their door closed | | |
| Only children over the age of 9 years permitted on the top of an Australian Standards approved bunk bed to avoid serious fall injuries | | |

| Garage and sheds | Check | Action |
|--|-------|--------|
| Locks on garage and shed doors to prevent access | | |
| Poisonous substances kept in original containers | | |
| Paints, flammable liquids and poisonous substances in locked cupboards | | |
| All power tools stored in locked cupboard | | |
| Small objects (e.g. nails, screws etc.) stored up high | | |
| Children not permitted to play around machinery | | |

| Outdoors | Check | Action |
|--|-------|--------|
| Pram or stroller fitted with a five point harness | | |
| Wading pool always emptied immediately after use to avoid drowning | | |
| Children always actively supervised by a responsible adult in and around water. Drowning happens quickly and silently in just a few centimetres of water | | |
| Any large container that holds water can be a drowning risk | | |
| A safe fenced area provided for children to play | | |
| Fence checked regularly and in good condition | | |
| Children encouraged to play in shade, wear hats and protective clothing to avoid sunburn | | |
| Small amounts of SPF30+ sunscreen used on hands, feet and face | | |
| Play equipment checked regularly and in good condition | | |
| Soft surface under playground equipment maintained at a depth of 300mm | | |
| Children always supervised near dogs | | |
| Garden checked for poisonous plants | | |
| No tree branches at child's eye level to avoid injury | | |

| Balconies | Check | Action |
|--|-------|--------|
| Balcony entry points are kept locked to avoid balconies being used as a play area | | |
| Children are supervised on balconies at all times | | |
| Choose heavy furniture, rather than light plastic furniture, and ensure it is positioned away from railings to avoid children moving furniture and using it to climb on railings | | |
| Height of railing at least 1000mm (1 metre), but if balcony is higher than 3 metres off the ground, railing to be at least 1200mm high | | |
| Railing is vertical so children cannot climb railing like a ladder, with gaps between railing no wider than 100mm | | |
| Balcony surface is non-slip to prevent falls, and all tripping hazards removed | | |

| On the road | Check | Action |
|---|-------|--------|
| First aid kit and fire extinguisher checked and kept in car | | |
| Children always travel in the back seat in an Australian Standards approved child restraint | | |
| Child restraints properly fitted and used at all times | | |
| Child safety locks on car doors | | |
| Children always get in and out of the car on the kerb side | | |
| Gate to the road kept closed | | |
| Driveway separated from play areas. In driveways, never reverse until you know where the children are | | |
| Toddler's hand always held when near a road or driveway | | |
| Traffic lights or pedestrian crossings used when available | | |
| Children taught to 'Stop, Look, Listen and Think' before crossing roads | | |
| Helmets always worn when riding bicycles | | |
| Wrist guards, knee and elbow pads, closed-toe shoes and helmets worn when riding skateboards, scooters and in-line skates | | |

First aid kits

We recommend that all parents and carers are trained in first aid and update their qualifications in cardio-pulmonary resuscitation (CPR) each year. First aid kits are essential in the home, in the car and when on holidays. Keep a list of contents in the kit to check and restock regularly.

Ideas for contents to include in a first aid kit

The contents of the first aid kit will vary depending on a number of issues. Consider the following:

- The extent of your first aid training and qualifications
- Your confidence and experience in using the contents
- The individual needs of your family
- How far away you may be from emergency services
- The type of activities all family members will be participating in

Suggested first aid kit contents

The following are suggested items to include in a first aid kit. You can buy a first aid kit or compile your own. For further advice refer to a first aid book or your first aid training provider. Your local doctor or pharmacist should advise on items such as anti-irritant creams, analgesics and antiseptics. Medicines and creams should be stored separately in a medicine cabinet with a child resistant lock.

| Item | Check |
|---|-------|
| First aid reference book and emergency phone numbers/CPR chart | |
| Pencil and note pad | |
| Disposable protective gloves | |
| Resuscitation pocket mask or face shield | |
| Small hand towels | |
| Individually wrapped sterile adhesive dressings (assorted widths) | |
| Individually wrapped sterile non-adhesive dressings (100mm x 100mm) | |
| Sterile cotton gauze swabs (75mm x 75mm) | |
| Hypoallergenic adhesive strips and tape (25mm x 2.5 metre roll) | |
| Small, medium and large size wound dressings | |
| 3 stretch bandages (50, 75 and 100mm x 1.5 metres) | |
| Triangular calico bandages | |
| Safety pins | |
| Rust resistant scissors with one blunt tip (approx. 100mm in length) | |
| Rust resistant tweezers with a protective guard to prevent tip damage | |
| Plastic bags (150mm x 200mm) resealable | |

| Item | Check |
|---|-------|
| Sterile combine dressing (90mm x 200mm) | |
| Sterile normal saline solution – single use (100ml container) for eyewash | |
| Thermometer | |
| Instant cold compress | |
| Hot/cold reusable compress | |
| Butterfly wound closures | |
| Disposable splinter probes | |
| Physician's diagnostic pen light / torch | |
| Emergency blanket | |
| Packet of tissues | |
| Disposable drinking cup | |
| Plastic kidney dish | |
| Eye pads | |
| Plastic kitchen film or clean cotton pillowcase to cover burns | |
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