



CHILD ACCIDENT PREVENTION FOUNDATION OF AUSTRALIA

A Parent's Guide to



Homes



child safety is no accident

A Parent's Guide to Kidsafe Homes

is a publication of the Child Accident Prevention Foundation of Australia
(Kidsafe).



The information contained in this booklet is derived from child injury data and consultation with Kidsafe professional advisers.

The information is a guide only and does not override State, Territory or National regulations, standards or policies.

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Why make your home Kidsafe?

Homes are very special places. At home we feel comfortable and safe. But sometimes our homes may not be safe enough for children.



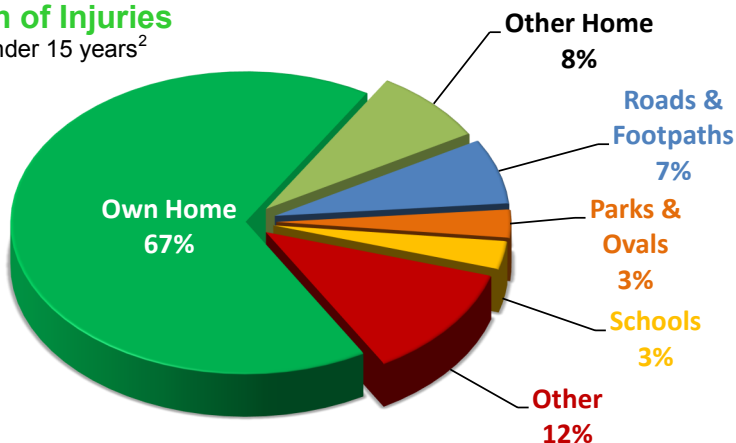
Each year in Australia approximately 280 children die as the result of injury¹. Many thousands more suffer serious injuries.

Injuries are the biggest health problem our children face. For every one child who dies, 160 are admitted to hospital and 5000 children need medical attention - all as a result of injuries¹.

It is our youngest children who are most at risk. Half the children injured are younger than five years old. More than half of these injuries happen at home (see chart).

Location of Injuries

Children Under 15 years²



The good news is that you can help protect children from injury. There are some simple steps you can take to make your home a safer place for children.

¹ Australian Institute of Health and Welfare 2009. A picture of Australia's children 2009. Cat. no. PHE 112. Canberra: AIHW.

² Henley G, Kreisfeld K & Harrison JE 2007. Injury deaths, Australia 2003-04. Injury Research and statistics series no 31. AHW cat no INJCAT89. Adelaide. AIHW (Table A2.1).

Steps to prevent injuries

Injuries don't just happen out of the blue, they are caused by hazards. A hazard can be anything that has the potential to cause an injury.

So how do you make your home Kidsafe?

Step 1 - Spot the Hazards

The first step in preventing accidents is to be able to spot the hazards. **Kidsafe** recommends getting down on your hands and knees and looking at your house from a child's perspective.



This booklet will help you identify the hazards in your home.

Step 2 - Decide How to Deal with the Hazard

This step depends on the hazard you are treating. You will have to make a decision about what is the best way to separate the hazard from the children. Each section of this booklet has hints about different ways of dealing with hazards to help you decide what to do.

- ★ Try to **remove the hazard**.
- ★ If you cannot remove the hazard then **guard against the hazard**.
- ★ Always **supervise children closely** and keep them within reach.

Ensure you combine any barriers you put in place with appropriate **Supervision** and **Education**.

Step 3 - Make the Changes

Act Immediately - Children are not protected until they are separated from the hazard. You will feel more relaxed when the children are safe and the hazards have been isolated or removed.

Falls

Falls are the most common cause of injuries to children¹.
The most common injuries from falls are head injuries and fractures.

Safety Steps to Prevent Falls:

Nursery Equipment

- ★ Always use the harness provided in strollers and high chairs.
- ★ Purchase equipment that has the Australian Standards tick of approval.
- ★ Babies can roll off changing tables (and other raised surfaces). Have everything you need to use close by when changing the baby. Always keep one hand on the baby.
- ★ **Kidsafe** advises against the use of baby walkers. These are especially dangerous around hazards such as fire places and stairs.



Bunk Beds

- ★ Make sure bunk beds have guard rails, a fixed ladder and the Australian Standards tick of approval.
- ★ Children under nine should not sleep in the top bunk bed.
- ★ Consider using single beds or a trundle bed instead of bunk beds.



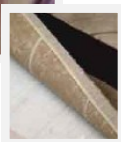
Steps and Stairs

- ★ Use gates or barriers at the top and bottom of stairs to keep young children from falling.
- ★ Steps and stairs should be well lit.
- ★ Children should be able to reach light switches - otherwise use nightlights (without cords).



Slips and Trips

- ★ Use corner protectors on benches, coffee tables and other sharp cornered furniture.
- ★ Make sure floor coverings are in good condition.
- ★ Use rug grips to avoid slipping and trip hazards.
- ★ Avoid slippery, highly polished floors.
- ★ Falls and trips can be potentially serious near glass. Install safety glass or security film over glass if this is not already in place in high risk areas like doors and low windows.



Windows

- ★ Ensure windows cannot be opened more than 9-10cm, except by an adult.
- ★ Alternatively install a secure window guard over the window opening with spacing less than 9-10cm.
- ★ Keep objects and furniture that children can use to stand or climb on away from windows.
- ★ Be aware of hazardous windows when visiting other homes and closely supervise your child.

Balconies

- ★ Ensure balcony railings are at least 1m high (preferably 1.3m high).
- ★ Eliminate gaps that can be used as a foothold to climb or that a child can fit through.
- ★ Ensure windows and doors that open to the balcony are locked when the balcony is not in use.
- ★ Keep objects and furniture that children can use to stand or climb on away from balconies.

Drowning

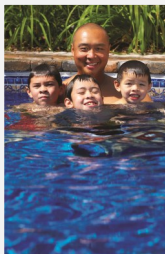
Drowning is the leading cause of death for children under 5 years of age. On average 33 children less than 5 years of age drown in Australia each year³. Most toddlers drown in pools in their own home or a pool owned by friends.

If you have a swimming pool or inflatable pool, you need a barrier that isolates the pool from the house and the rest of the backyard.

The law across most states and territories requires four sided fencing which is well maintained and has a self-closing, self-latching gate. Barriers should meet Australian Standards AS1926 Guide to Swimming Pool Safety. For further information on what is required contact your local council or local government authority.

Safety Steps to Prevent Drowning:

- ★ **Always supervise children near water.**
- ★ Floatation devices are not lifesaving devices.
- ★ Familiarise children with water and teach them to swim.
- ★ Learn resuscitation or take a refresher course. Affix a resuscitation chart in the pool area.
- ★ Never leave items against the fence which children can use to climb up or prop gates open.
- ★ Regularly check and maintain pool fences and self-closing, self-latching gates to pools.
- ★ When visiting check that children cannot access pools, spas, ponds or dams.



Indoors

- ★ Never leave children alone in the bath, ALWAYS take babies and young children with you if you must leave the room.
- ★ Ensure nappy buckets have a tight fitting lid and are stored out of reach.
- ★ Ensure indoor spas have a lockable door and are emptied immediately after use.



Outdoors

- ★ Ensure outdoor spas, portable and inflatable pools are inaccessible to children. Check your local laws for more information.
- ★ Empty paddling & inflatable pools immediately after use and store upright.
- ★ Cover post holes or trenches during building.
- ★ After heavy rain, check your yard and empty any water that collects in containers.
- ★ Cover ponds with a fixed grill.



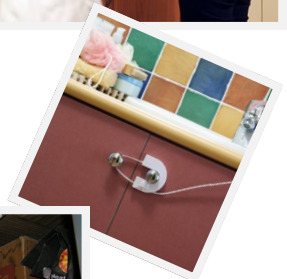
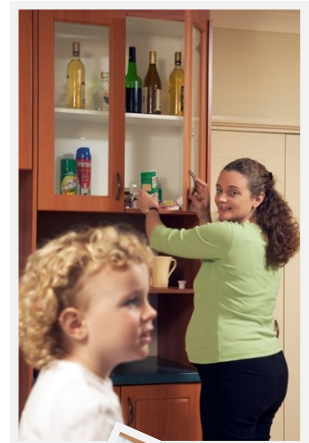
Poisoning

Many chemicals used in our homes are potentially harmful to children. Poisoning is one of the leading causes of injury to children less than five years of age with about 40 children a week being admitted to hospital in Australia because of poisoning².

Poisons Information Centres (**13 11 26**) around Australia deal with hundreds of calls each day. Most of these calls are for children aged three and under.

Safety Steps to Prevent Poisoning:

- ★ Store poisons in a locked cupboard preferably 1.5m above the ground.
- ★ Use child-resistant locks on cupboards and cabinets. These can be installed quite simply and won't interfere with normal use of the cupboards.
- ★ If you cannot install locks on cupboards, store medicines and potentially poisonous products in a lockable container and place out of reach of children.
- ★ Check all household cleaning products to see if they are potentially poisonous.
- ★ Get rid of unnecessary medicines or products that are not used regularly.
- ★ Dispose of expired or unwanted medications. Contact your local pharmacy for advice.
- ★ Store medicines, cleaners and chemicals in their original containers that are clearly labelled.



- ★ Return all poisons to their safe storage area immediately after you use or buy them. If you are using household products when the doorbell or phone rings take the product with you.
- ★ Never refer to medicines or vitamins as “lollies”.
- ★ Before giving medicines always read the label, dosage and instructions carefully.
- ★ Purchase products in child resistant containers and make sure the lids are on properly after use.
Note: Child resistant is **NOT child proof - many 2 year olds can open them.**
- ★ Use a lockable medicine cupboard in either the bathroom or your bedroom.
- ★ Some children’s medicines need to be kept in the refrigerator - use a lockable container to ensure these medicines are stored safely.



Common potentially poisonous items include: medicines - over the counter and prescription, cleaning products, dishwasher powder, fertilisers, pesticides, bleaches, alcohol, cigarettes, cosmetics and many more common household products.

First Aid for Poisoning:



- *If you think a child may have swallowed something poisonous, take the container and child with you to the phone and call the Poisons Information Centre: **13 11 26**.*
- *Help is available 7 days a week 24 hours a day Australia wide. They will tell you what to do.*

Burns & Scalds

Burns, smoke inhalation and scalds result in the death of around 20 children in Australia each year². Children aged under five are most at risk. About three quarters of these deaths are caused by house fires. Scalds (a burn from hot liquid or steam) are the most common type of burn injury.

Young children can be scalded very quickly. These injuries often happen when an adult is present, so you need to be alert.

Hot water and hot drinks are often the cause of these injuries - remember **“Hot Water Burns Like Fire”**.

Safety Steps to Prevent Burns & Scalds:

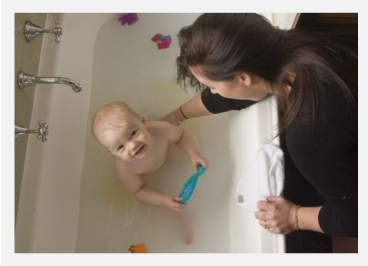
Kitchen

- ★ Make sure your microwave oven is out of children’s reach. Turn it off at the power point if it is in a low position.
- ★ Keep hot food (including noodles) and liquids out of reach of children until cool enough for them to eat.
- ★ Only boil enough water for your tea or coffee and empty the rest. Hot water scalds for up to 30 minutes after it has boiled.
- ★ Have a fire extinguisher and a fire blanket in the kitchen, or use a large pan lid to help smother any small fires.
- ★ Use back elements on the stove first, and turn handles to the back.
- ★ Stove guards and cordless kettles help prevent children pulling hot liquids down on themselves.
- ★ Make sure free standing stoves are firmly attached to the floor or wall.



Bathroom

- ★ Control your bathroom hot water delivery temperature to a maximum 50°C. Ask your plumber for advice.
- ★ Always supervise children in the bath to make sure they don't turn on the hot water tap. Child resistant tap covers are useful to prevent this.



- ★ When running a bath, turn the cold water on first and off last, adding the hot water in between to bring it up to the required temperature. This helps to cool the tap or spout. Put the child in last. 38°C is the recommended temperature for bathing young children.

Bedroom

- ★ Dress children in low fire risk clothing that is close fitting and made of less flammable material. Be aware that cotton is highly flammable. Check nightwear for low fire risk labels.
- ★ Children's nightwear and some daywear must comply with Australian Standard AS/NZS 1249 which reduces the fire hazard of clothing.



Dining

- ★ Use place mats instead of tablecloths.
- ★ Keep hot drinks out of reach of young children. Never drink these with a child on your lap.



General

- ★ Install a guard around fires and heaters, and ensure it is fixed to the wall.
- ★ Keep hot irons away from children. Put them up high to cool after use.
- ★ Keep matches and cigarette lighters out of reach of young children.
- ★ Don't use petrol etc. to start fires or barbecues.
- ★ Always watch children near barbecues and open fires and dress them in low fire-risk clothes.



- ★ Install smoke alarms, test them regularly & change the battery at least once a year. Check with your local fire authority for recommendations on placement.
 - ★ Develop a home fire escape plan with your family. Practise this plan to ensure all family members know what to do and where to go.
- ★ Teach children to “*Stop, Drop, Cover and Roll*” if their clothes catch fire and “*Get down Low and Go*” in case of a house fire.



First Aid for Burns:



- If your child suffers a burn or scald, cool immediately under cool running water for at least 20 mins.
- Remove any clothing at once if you can. Clothes hold in heat and can cause a deeper burn or hide other burned areas.
- Keep the child warm with a clean blanket, and seek medical advice. Never use ice, oil, butter, soy sauce or ointments. These can damage the skin further.

Choking & Suffocation

While babies are at the stage of putting everything in their mouths, all small objects need to be kept out of reach. Foods like peanuts, bones, raw carrot and apple are the main cause of choking in young children². Coins, magnets and button batteries are particular problems.

Safety Steps to Prevent Choking & Suffocation:

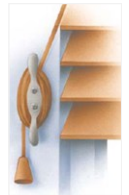
Feeding

- ★ Ensure children always sit down quietly to eat.
- ★ Avoid giving hard chewy foods and small solid pieces of food to young children.
- ★ Grate, mash or chop these foods for children.
- ★ Remove bones from young children's food.
- ★ Never force a distressed child to eat.



Toys

- ★ Follow age recommendations on toy labels.
- ★ Check all toys regularly for wear and parts which could come loose.
- ★ Polystyrene beads in bean bags and some small parts can be inhaled.
- ★ Items containing button batteries and magnets should be kept out of reach.



Suffocation

- ★ Keep plastic bags and packaging out of reach of children.



First Aid for Choking:

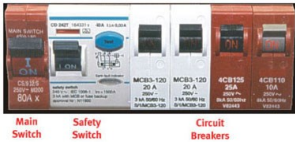
- If your young child does choke, encourage them to relax as they may be able to dislodge the object by coughing.
- If coughing does not remove blockage, Call 000 for an ambulance. Bend child well forward. Give up to five sharp blows with the heel of one hand in the middle of the back between their shoulder blades.
- Check if obstruction has been relieved after each back blow.

Electrocution

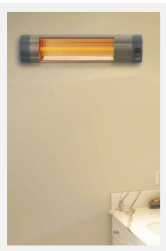
Electricity makes our lives easier, but it is also dangerous.

On average five children under the age of 12 years die as a result of electrocution each year⁴. About 80% of children admitted with electrical injuries are injured at home.

Safety Steps to Prevent Electrocution:



- ★ Use electrical safety switches. These turn the power off when there is a fault before people are injured. They are installed by an electrician.
- ★ Unplug electrical appliances when not in use and put them out of reach and out of sight. This is essential with hairdryers and shavers.
- ★ Only use wall mounted heaters in the bathroom, placed up high.
- ★ Use plug-in covers to stop children poking things into the power points.
- ★ Don't use electric blankets with children younger than two, or those still bedwetting.
- ★ Remember that electricity, water and children are a dangerous mix.



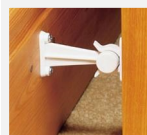
⁴ Pointer, S and Harrison, J. 2007. Electrical Injury and Death. NISU. Canberra: AIHW. No 9

Finger Jams

Finger jam injuries at home usually involve children aged under three. Most often their fingers are crushed in the hinge side of doors when they are closed or slam shut.

Safety Steps to Prevent Finger Jams:

- ★ Be aware of the increased risk of slamming doors when both the front and back doors are open.
- ★ Let older children know how easily little children are injured this way. Ask them to check the door is clear before they close it.
- ★ Use slow, self-closing springs on front and back doors.
- ★ Know where children are to avoid closing doors on their fingers.
- ★ Special strips are available to guard the hinge side of doors. These are very useful for doors which you need to close, such as bathroom and bedroom doors.
- ★ Use chocks, wedges or catches to keep internal doors from slamming shut.
- ★ Nursery furniture and strollers can also trap little fingers.



Toys

Toys are fun, and important for children's development. Badly made or inappropriate toys can cause injuries.

Safety Steps to Prevent Toy Injuries:

- ★ Select age-appropriate toys that comply with the Australian Standard.
- ★ Choose toys that are sturdy, there are no sharp edges, brittle plastic, or parts which could snap off or be pulled off.
- ★ String or elastic on toys should be less than 300mm in length.
- ★ Create a safe play area where toys can be used safely around your home, away from people traffic inside and vehicles outside.
- ★ Keep toys belonging to older kids away from young children. They may trap small fingers or cause choking.
- ★ Store toys for play at a low level so the children can reach them easily without having to climb.
- ★ Toys labelled "not suitable for children under three" means there are small parts which may be a choking hazard (see page 14).
- ★ Check the condition of toys as you tidy up. Throw out any you think are no longer safe.
- ★ Ensure children only use scissors while seated and under supervision.
- ★ Use a toy box without a hinged lid or with a slow closer to prevent crushed fingers.
- ★ Drill air holes in large toy boxes in case children hide in them.



WARNING:

CHOKING HAZARD — Small parts not for children under 3 years or any individuals who have a tendency to place inedible objects in their mouths.

Dog Bites

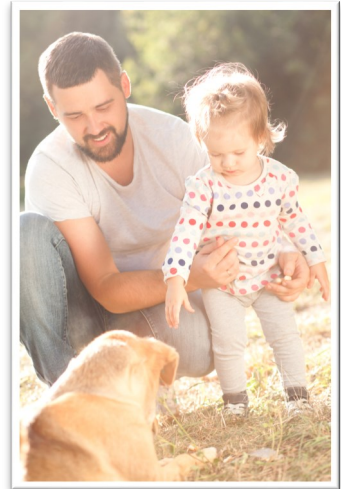
Each day two to three children are taken to hospital as a result of being bitten or struck by a dog². About 75% of these children are attacked by a dog belonging to their family or friends. While all children under 12 years of age are at risk, it is children under five who have the highest rate of injury.

Serious injuries are usually to the face and head, and can sometimes be fatal.

It is common for young children to be bitten while doing child-like inquisitive things - playing with the dog's food, chasing the dog, or other things that the child thinks are play but to the dog are teasing.

Safety Steps to Prevent Dog Bites:

- ★ Remember any dog can and may bite.
- ★ Keep babies and young children away from your dog, especially at feeding times.
- ★ Ask friends and family to keep their dogs away from the children.
- ★ Stay within reach if a dog is near children.
- ★ Train your dog to obey commands. The dog should obey “come”, “sit” and “stay” commands from all family members.
- ★ Buy the right dog for your family. Ask the RSPCA or a vet about the dog best suited to your needs.



Outside the Home

The home backyard is a place for everyone, children and adults. The area around the house may include a garage, sheds, a swimming pool, play equipment and toys, garden tools and pets. The most common place for childhood injury is in and around the home. Many of these injuries occur in the backyard and garden².

Safety Steps to Prevent injuries in the Outdoors:

- ★ Have a safe play area for children separated from hazards like cars, driveways and pools.
- ★ Make sure play equipment is stable, has no sharp edges, splinters or pieces that can come loose.
- ★ Play equipment should be placed away from paths and solid garden edgings.



- ★ Cut off sharp branches that hang at the child and adult eye level.
- ★ Remove tripping hazards.
- ★ Check that the plants in your garden are not poisonous. Ask your local nursery for advice.



- ★ Look for trampolines made to AS4989. Allow only one child at a time, always use the safety pads provided.
- ★ Check that barbecues are stable. If moveable, put these away when not in use.
- ★ Keep garages and sheds locked. Store tools, chemicals, petrol, climbing hazards, and other fuels here.
- ★ Insist that children wear hats, shoes and sunscreen when outside.



Driveway

- ★ Never leave motors of any kind switched on and unsupervised when children are around. Turn off and lock a car or vehicle; take the key out of the ignition; and always know where your children are around cars.
- ★ Don't let your children use the driveway as a play area; create safe play areas for your children by fencing off the driveway from play areas.
- ★ Make access to the driveway from the house difficult for young children, by using security doors, fencing or gates.
- ★ Always supervise your children and do not let them play around cars. When near cars, hold their hand or hold them close to keep them safe.
- ★ Avoid Driveway runovers by ensuring you: **SUPERVISE + SEPARATE + SEE - Don't go if you don't know.**

Further information on preventing driveway runovers can be found in - A Parent's Guide to Kidsafe Roads.



On the Farm

Children on farms face special risks. A quarter of the tractor deaths in Australia have been children. Most of these were aged under five. Older children are at risk too, especially when they help with farm work.

If you live on a farm, you will need to think about the particular hazards on your property, as these vary with the type of farming you do.



Safety Steps to Prevent injuries on Farms:

- ★ Provide a safe, secure supervised play area with self-closing, self-latching gates away from farming activities, dams and livestock.
- ★ Keep young children well away from tractors, farm machinery and livestock.
- ★ Know where children are. Dress them in bright colours so they are easy to see.
- ★ Store tools, chemicals and all equipment including heavy tyres in locked sheds and workshops.
- ★ Remove old machinery and woodpiles from where children play.
- ★ Make silos inaccessible by removing the lower steps.



- ★ Securely store guns, bolts and ammunition as specified by law at all times.
- ★ Quad Bikes (four wheeled motorbikes) are not recommended for use by children under 16 years of age . Children do not have the ability and strength to ride these motorbikes.
- ★ Provide children with age appropriate bikes and the required safety gear. Teach children how to operate them safely and safe places to ride.



- ★ Remove all keys from farm vehicles and machinery when not in use.
- ★ Ensure children wear helmets and other protective equipment when riding horses and bicycles.
- ★ Let workers know when children are on the farm. Ensure everyone checks around machinery before starting up and moving off.



A word about older children

We often expect older children to act as child minders for us. Certainly caring for a younger child is something most older children like to do, but we need to remember that they are still children themselves and not little adults. This applies to other chores we might ask them to do too.

Safety Steps with older children:

- ★ Remember, they still need to be supervised by an adult.
- ★ Be realistic about what a twelve year old can safely do. Don't expect them to be responsible in dangerous situations, like bathing the baby or using a lawn mower.
- ★ Give older children training in safety. Teach them about the dangers around the home and show them how to deal with these correctly.
- ★ Be realistic about what work young teenagers can safely do. Train them carefully and supervise their work. Make sure they wear protective clothing, eye and ear protection where needed.
- ★ Insist that children always use safety gear like helmets for bike, horse, in-line skate and skateboard riding. In-line skate and skateboard riders need wrist guards, elbow and knee pads.
- ★ For older children, injuries often happen during sport. Ask your child's coach about their safety policies.
- ★ Praise sensible behaviour.



Visiting

Visiting friends and family should be a time for relaxation and fun for everyone.

Unfortunately their homes may not be as **Kidsafe** as your own home environment. If no children live in these homes, it's likely that there will be many hazards within easy reach of your child.

Safety Steps to Prevent Injuries when Visiting:

- ★ Watch children carefully when visiting.
- ★ Check for overhead hazards, eg. ceiling fans. Children have been injured by being lifted into the path of ceiling fan blades.
- ★ Check whether medicines are within reach in bedrooms or bathrooms.
- ★ Ask about any drowning hazards. Many children have drowned at friends' homes because their parents didn't know there was a pool, spa, pond or dam on the property.
- ★ Ask if there is a place children can play that is separate from a dog.
- ★ When others visit you, find a spot up high where their handbags can be kept. Handbags can be a 'magnet' for young children and often contain hazards such as medicines or lighters.



What if I rent?

Safety Steps to make your home as safe as possible:

- ★ Install as many movable safety products like door barriers as you can.
- ★ Ask the landlord for permission to have a few important changes, like child resistant catches on kitchen and laundry cupboards.
- ★ Electrical Safety Switches and smoke alarms are required by law. Check that you have them and they work.
- ★ Take the Home Safety Checklist along to help you check out the property. Ask in advance what child safety changes the landlord is prepared to make.

What else can I do?

- ★ Talk to your friends and family about child injury prevention.
- ★ Visit or telephone the **Kidsafe** centre in your state/territory or access the **Kidsafe** website on www.kidsafe.com.au.
- ★ Give safety products as gifts to friends and relatives.
- ★ Make a list of emergency contact numbers and place it in a prominent spot or near your phone.
- ★ Learn first aid:
St. John Ambulance www.ambulance.net.au
Australian Red Cross www.redcross.org.au
Royal Lifesaving Society www.royallifesaving.com.au
- ★ For further information on any of the topics covered in this booklet or for additional publications contact your local **Kidsafe** office (see page 29).

Home Safety Checklist

Consider making changes to items that received a *NO* response for a safer home! If you are still unsure, crawl around your home on your hands and knees to view everything as your child would!

Home Environment

YES/NO

Is there an electrical safety switch to prevent electric shock? _____

Is the hot water delivery temperature for your home at a maximum of 50°C? _____

Do you have smoke alarms located between the sleeping areas and the rest of the house? _____

Are safety plugs fitted in unused power points? _____

Have you removed any potentially poisonous house plants? _____

Are electrical appliances, plugs and cords in good condition? _____

Have long cords been bound with twist ties or extra cord hidden? _____

Are heaters and fans guarded, and candles not left unattended? _____

Are there barriers or gates on steps, stairs and changes in floor levels to prevent falls? _____

Are railings free of footholds that children could climb? _____

Are all top heavy furniture items such as bookcases, tall-boy drawers, televisions and cabinets secured to the wall to prevent them from tipping? _____

Is your swimming pool or spa fully enclosed by a safety fence with a fully functioning self-closing, self latching gate? _____

Is the ground around the house and gutters kept clear of material that burns? _____

Do you have a home fire escape plan? _____

Bathroom

Does the bath and shower have a non-slip surface and handrails affixed? _____

Are sharp objects (eg razors), kept in a locked cupboard out of reach? _____

Are hairdryers and electric razors unplugged when not in use? _____

Are medicines in a lockable cupboard? "Lock Up and Away" _____

Is there a child resistant lock on the toilet and bathroom door? _____

Is the bath water temperature always "tested" before putting the child in? (start with cold, add hot, then finish with cold - Recommended temp 38°C) _____

Are the shampoos, soaps and cosmetics out of reach of children? _____

Kitchen

YES/NO

Do your electrical appliances have short cords that do not dangle over the bench?

Is the kettle out of children's reach and emptied after use?

Is the microwave positioned out of reach of children?

Do you use the back hot plates and turn pot handles around to prevent pots being pulled from the hot plates?

Are lighters, matches, knives and other dangerous objects stored in a place where a child cannot reach them?

Are plastic bags out of reach?

Do you have locks on cupboard doors and pantries?

Does the highchair have a five point harness and is it stable?

Do you have a fire blanket and fire extinguisher at the exit to the room ready to use in the event of a fire?

Is there a barrier across the doorway to prevent access to the kitchen?

Laundry

Are cleaners, bleaches and detergents stored out of reach in a child resistant cupboard "Locked Up and Away"?

Is the nappy bucket used with a lid on and kept out of reach of children?

Are sinks and washing machines empty when not in use?

Do appliances with lids switch off when machine is opened?

Do you clean the lint filter of your dryer before every use?

Is the floor kept dry and non-slippery?

Child's Bedroom

Is the cot away from the window?

Are curtain cords secured out of reach (not near the cot) & shortened?

Are the cot rails 50-95mm apart and mattress firm fitting?

Is everything I need close to the changing table?

Are the toys kept where children can reach them without climbing?

Is the furniture free of sharp corners?

Are the toys suitable for the child's age (eg NO strings and ribbons)?

Are electrical appliances and cords out of reach of young children?

Is all top heavy furniture such as bookcases and tall-boy drawers, secured to the wall to prevent them from tipping over if climbed on?

Living Areas

YES/NO

- Are sharp edges on tables and furniture covered? _____
- Are blind and curtain cords looped up high or shortened and out of reach? _____
- Are glass doors protected by safety film, colourful stickers or made of safety glass? _____
- Is alcohol stored in a child resistant cupboard? _____
- Are toys stored in an area to allow free passage after use? _____
- Are rugs and mats secured to prevent a fall (eg non-slip backing)? _____
- Are chairs and tables difficult to overturn? _____
- Are cigarettes, ashtrays, matches and lighters out of reach? _____
- Are tablemats used instead of tablecloths? _____
- Are hot drinks placed well out of reach of children? _____
- Are there safety guards attached to the wall around fire places, fuel stoves and heaters? _____
- Are heaters kept away from curtains, furniture or other flammable material? _____
- Do your children only wear clothing that is made of low fire risk material or designed to reduce fire risk? _____

Garden Shed/Outdoors

- Are pesticides, paints, chemicals and other poisons stored in tightly covered, labelled, original containers out of reach of children (“Lock Up and Away”)? _____
- Are all garden tools locked away? _____
- Is the garden free of poisonous plants? _____
- Can the shed or garage be locked? _____
- Is the area free of drowning hazards? Eg ponds, pet water bowls, buckets. If you have a pool is it fenced? _____
- Is the play area separated from the driveway? _____
- Is the play equipment stable and in good condition? _____
- Is there a soft surface under play equipment over 500mm to cushion falls? _____
- Are pathways clear to prevent tripping? _____
- Are branches pruned above eye level to avoid eye injury? _____
- Are garden statues and birdbaths cemented in to prevent a crushing hazard? _____
- Are electrical equipment, power points and light switches protected from the weather? _____
- Are all flammable liquids stored safely (as per their directions)? _____

For more information

Contact the **Kidsafe** (*Child Accident Prevention Foundation of Australia*) office in your State or Territory:

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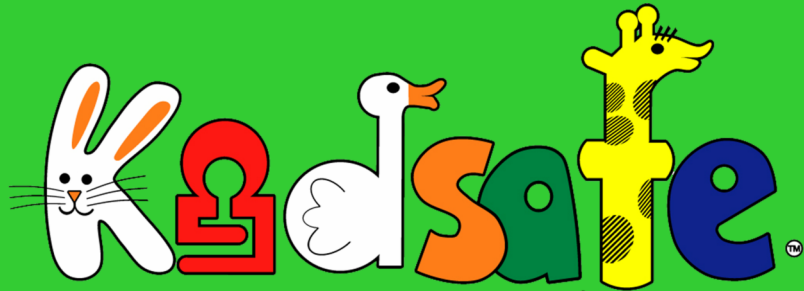
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Kidsafe is the leading non-government, not-for-profit, charitable organisation dedicated to the prevention of unintentional injuries and we need your support to continue our work.



Visit www.kidsafe.com.au for more information



CHILD ACCIDENT PREVENTION FOUNDATION OF AUSTRALIA

child safety is no accident