

Seriously Kids™

Supporting, educating, empowering.... Seriously useful

We encourage you to use this checklist as a source of information rather than as a prescriptive checklist. Checklists are great guides to help you determine what you may need, provide a starting point to help in gathering information and take some of the stress out of things such as making a decision or establishing a clear view of the situation on paper.

Please Note: This checklist should be used as a guide only... this list is not exhaustive...

CHILD SAFETY CHECKLIST

The best way to prevent accidents is through supervision. However, there are other measures to take to help alleviate potential accidents. This list is not exhaustive as it is a continuous task to ensure the safety of children.



The most important thing is to be alert and remain vigilant and assess everything before a child does. It is vital to think from a child's point of view.

For example, a ladder left lying around will be a great climbing tool for a child but can also be a great accident in the making.

Having some clear 'rules' from the beginning is key. For example:

- » Parents should always know where their child is and not assume it is with the other adult/parent. Tell the other adult when a child is coming with you.
- » Never allow a dangerous game/thing to happen. If it happens once then they may think it is ok to do again.
- » Enforce safety such as holding hands when crossing the road; not playing on driveways; not climbing on furniture, etc.
- » Get into the habit of closing doors behind you.
- » Keep pathways clear of items and maintain areas.



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GENERAL SAFETY

Do you have smoke alarms installed?

Do you have a fire blanket or extinguisher?

Is your hot water system set at 50°C?

Do you have an electrical safety switch?

Are there barriers on steps or stairs?

Never let children play near, around or in any appliances. (It does happen!) Are all appliance doors closed?

Are power points covered with safety guards?

Are any cords out of reach?

Are all plastic bags out of reach?



Have you securely propped doors open or closed?



Never leave a child alone with an animal.



Have you taken precautions when in the sun to be sun safe aware to avoid sunburn?



Have you recently checked the rooms to make sure no new hazards have arisen?



Do you have a list of emergency numbers and an emergency contact in place? It's advisable to have an emergency plan in place.



Do you model/teach children good safety?



Have you taught the children the 000 and when to use it and how to react in other emergencies?



Are all utensils and sharp objects, lighters, glass, etc out of reach?

Do you practice sun safety? Using sun safe protection strategies, trying to stay out of the sun between 10-2pm, etc.

Are medicines out of reach and/or in a lockable cupboard?

Are you sure there is no water lying around? Not even a little as children can drown in 5 cm's of water. Check outside toys after rain.

KITCHEN

Are poisons, cleaning chemicals and medicines securely placed in a high cupboard or locked away.

Are hot liquids kept out of reach of children?

Is the handle for saucepans and cooking utensils' on the stove turned in and out of reach?

Do you have a highchair with a 5-point harness?



TOP TIPS

- » Use placemats instead of tablecloths.
- » Knot plastic bags in the middle.
- » Try to keep kids out of the kitchen when cooking, particularly when using the oven and/or stove.

LIVING AREAS

Do you let children climb, jump, walk on furniture?

Is all top heavy furniture such as bookcases, TV's and TV cabinets secure to prevent them from falling over?

Are cords out of the way?

Is your furniture near a window they can fall out of?



TOP TIPS

- » Arrange furniture to allow a clear pathway
- » Avoid using double adapters. If necessary use a power board instead.
- » Make sure that hot liquids such as tea, coffee are out of reach of kids and that you don't hold them on your hip or lap when drinking hot liquids.

BATHROOM

Are you water aware?

Do you empty the bath water as soon as the bath is finished?

Have you tested the bath water before they get in to make sure it's not too hot?

Have you run the cold water last so the tap is not hot if it is not a mixer tap?

Is there a childproof lock on the toilet or is the bathroom door kept closed at all times?



TOP TIPS

- » Make sure all substances such as shampoos, soaps, mouthwashes, perfumes, hair dyes, nail polishes and nail polish removers, etc are kept up high and out of reach of children in a secure cupboard.
- » Try to keep wet floor areas dry as much as possible.
- » Never leave a child unattended in the bath or shower. Not even for a second.

TOYS

Are the toys appropriate to child's age?

Have you checked the toys regularly?

Are the toys stored safely?



TOP TIPS

- » Read the labels
- » Check for small parts that may pose a choking hazard
- » Remove stings/cords that pose a hazard

BEDROOM

Does the mattress fit snugly?

Does the cot conform to the Australian standards?

(AS/NZS 2172) and select any portable/folding cots made to the (voluntary) Australian Standard (AS/NZS 2195:1999).

Is the bed away from the window and power points?

Is the bed away from curtain and blind cords?

Is the cot free from doona, soft toys, pillows and a bumper?

Does your nappy change table have 100mm U-shaped foam to prevent rolling off?



TOP TIPS

- » A child under 9 years should not use the top bed of a bunk.
- » Keep all items of a nappy change out of reach (but easily accessible in one place when changing a nappy). Never leave a baby or child on a change table for a second unattended. It is best to always have one hand on them.

BACKYARD

Is the pool secure?

Is the pool fence clear of everything that a child can use to climb to access the pool area?

Does the pool area have sufficient shade?

Does all the play equipment comply with Australian standards?
(AS/NZS 4486.1:1997).



TOP TIPS

- » Regularly check the pool fence safety latch is working properly
- » If you have an older trampoline with springs purchase pads to cover them
- » Never have play equipment near a driveway.

OUT AND ABOUT

Does the car seat/baby capsule/car restraint meet Australian Standards?
(AS/NZS 1754)

Are the child safety locks on the car doors?

Does your pram/stroller meet Australian Standards?
(AS 2088).

Are they wearing a helmet that meets the Australian Standards?
(AS 2063)



TOP TIPS

- » Don't use a child restraint or baby capsule more than 10 years old. It doesn't meet the standards.
- » Never leave your child alone in the car.
- » Make sure your pram has the 5-point harness and red brake.
- » Avoid placing shopping bags to prams/strollers and it can make them topple over.

NOTES

DISCLAIMER

We have taken a great deal of care in providing the information contained within this checklist, however, it is intended as a guide only.

Any information provided, while given as a broad guide with the best of intentions should not be substituted for professional advice. The information is given with the sole intention to be used as a guide only, and to aid with any concerns or questions you may have and to help you in determining if you require any further assistance or assist you with embarking on subsequent research.



Remember, checklists are really only ever to be used as a guide.