YOUR HOME
SAFETY CHECKLIST
Did you know that in Queensland, injury is the leading cause of childhood death?¹

Did you know that the number of child deaths caused by injury in Queensland is one of the highest in Australia?²

The majority of these children are aged 0-4 years and they are usually injured in the family home or yard.³ Drowning is the most common cause of child injury death and most children drown in backyard swimming pools.⁴⁵ The major injuries that happen to Queensland children requiring Emergency Department treatment or admission to hospital are near drownings, falls, poisonings, scalds, burns, driveway run-overs and dog bites.⁶

Did you know child injuries can be prevented; they are not accidents, chance events or an inevitable part of growing up? By making changes in your home, buying safer products and providing effective adult supervision you can reduce injuries to children in Queensland homes.

**How You Can Be an Agent of Change in Your Home**

By choosing to undertake this simple home safety audit you’re on your way to identifying and isolating many common safety hazards in and around your home.

**The Importance of Your Mission**

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Did you know child injuries can be prevented; they are not accidents, chance events or an inevitable part of growing up? By making changes in your home, buying safer products and providing effective adult supervision you can reduce injuries to children in Queensland homes.

**How to Use This Checklist:**

- Take it and a pen with you, walk from room to room in your home and yard. As you go, answer the questions. Remember to look at your home from the eye level of children.
- You may find it easier to look at one room or area at a time.
- For each question, the symbol used highlights an injury risk. You can use the symbols to work on one injury issue at a time such as scalds or falls.
For each question answer YES or NO. If you don’t know the answer, mark NO and follow the advice given anyway.

If the question doesn’t apply to your home (for example, if you don’t own a swimming pool), simply move on to the next question.

If you answer NO to any question (or you’re not sure), then you have found a likely danger. Please follow up with the practical ideas in this Checklist to improve a child’s safety. Don’t forget, even after you have made any changes, ongoing adult supervision is still critical to keep children safe.

It is recommended that you re-do this Checklist at each of your children’s birthdays so you can keep track of dangers and prevent injuries as your children continue to grow and explore.

**HOME SAFETY IS MISSION POSSIBLE. YOU CAN ACT NOW BY:**

- Always keeping hot drinks out of reach.
- Locking medications and poisons up high.
- Blocking access to the driveway.
- Keeping the pool securely fenced and the gate latched.
- Installing smoke alarms, hot water tempering devices and an electrical safety switch.

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2. ibid
<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Fire]</td>
<td>Fire</td>
</tr>
<tr>
<td>![Crushing injury]</td>
<td>Crushing injury</td>
</tr>
<tr>
<td>![Scalds]</td>
<td>Scalds</td>
</tr>
<tr>
<td>![Sharps]</td>
<td>Sharps</td>
</tr>
<tr>
<td>![Electrical shock]</td>
<td>Electrical shock</td>
</tr>
<tr>
<td>![CPR skills]</td>
<td>CPR skills</td>
</tr>
<tr>
<td>![Falls]</td>
<td>Falls</td>
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<tr>
<td>![UV danger]</td>
<td>UV danger</td>
</tr>
<tr>
<td>![Drowning]</td>
<td>Drowning</td>
</tr>
<tr>
<td>![Play equipment]</td>
<td>Play equipment</td>
</tr>
<tr>
<td>![Poisons]</td>
<td>Poisons</td>
</tr>
<tr>
<td>![On the road/Out and about]</td>
<td>On the road/Out and about</td>
</tr>
<tr>
<td>![Choking hazard]</td>
<td>Choking hazard</td>
</tr>
<tr>
<td>![Bicycle safety]</td>
<td>Bicycle safety</td>
</tr>
<tr>
<td>![Security]</td>
<td>Security</td>
</tr>
<tr>
<td>![General emergency]</td>
<td>General emergency</td>
</tr>
<tr>
<td>![Driveway run-overs]</td>
<td>Driveway run-overs</td>
</tr>
<tr>
<td>![Australian Standards]</td>
<td>Australian Standards</td>
</tr>
</tbody>
</table>
# Home Safety is Mission Possible

<table>
<thead>
<tr>
<th>YOUR MISSION IS TO MAKE YOUR HOME SAFE!</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Smoke Alarm Icon]</td>
<td>![No]</td>
<td>![Yes]</td>
</tr>
<tr>
<td>Do you have working smoke alarms installed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, purchase a smoke alarm/s from your local hardware, variety or department store, check for an Australian Standards or Scientific Services Laboratory mark, install outside sleeping areas and on the ceilings of living areas.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Water Heater Icon]</td>
<td>![No]</td>
<td>![Yes]</td>
</tr>
<tr>
<td>Is your hot water system set at 50 °C?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, contact a licensed plumber who can install a tempering valve. Queensland laws require that all new hot water systems be tempered to 50 °C for all sanitary fixtures i.e. baths, basins and showers.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Electrical Safety Switch Icon]</td>
<td>![No]</td>
<td>![Yes]</td>
</tr>
<tr>
<td>Is your home fitted with a working electrical safety switch?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO and your house was built before 1992, it may not have an electrical safety switch. Contact a licensed electrician immediately.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Electrical Cord Icon]</td>
<td>![No]</td>
<td>![Yes]</td>
</tr>
<tr>
<td>Are electrical cords out of sight and reach of children?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, place electrical cords behind furniture, secure along wall edges, and whenever possible, clear of pathways and out of sight and reach of children.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Curtain or Blind Cord Icon]</td>
<td>![No]</td>
<td>![Yes]</td>
</tr>
<tr>
<td>Are all curtain and blind cords out of reach?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, install a cleat (available from hardware or curtain shops) so you can wind any curtain/blind cords up and out of reach.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Top-Heavy Furniture Icon]</td>
<td>![No]</td>
<td>![Yes]</td>
</tr>
<tr>
<td>Is all top-heavy furniture such as bookshelves, ovens, televisions (especially wide screens) and bird baths, secured to the wall, floor or ground?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, as a guide, any furniture units one metre or higher should be secured to prevent crushing injuries to children. You can secure furniture to a reinforced wall using angle braces available from most hardware stores.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
YOUR MISSION IS TO MAKE YOUR HOME SAFE!

GENERAL

Are there barriers or gates on steps and stairs?

If you answered NO, install safety gates at the top and bottom of all stairs. These gates are available from baby, hardware and department stores.

Are balcony and deck railings free of climbing footholds?

If you answered NO, keep patio furniture, toy boxes or potted plants away from the railings to prevent children using them as a ladder. For existing railings attach plastic garden sheeting or taut shade cloth to the inside of the railings. If building a new deck/balcony, ensure railings are vertical, about 1200mm high (about adult hip height), and spaced 50-85mm (about one hand span) apart.

Are there push out security screens or window guards installed on upper storey windows?

If you answered NO, all upper storey windows should have a restricted opening of 100mm or a window guard fitted externally. For fire safety reasons, these screens or guards should be able to be pushed out by an adult.

Important tips for in and around your home:

- Test your smoke alarms by pressing the test button on your smoke alarm on the same day (e.g. April 1st) each year. Keep the smoke alarm dust free by cleaning once a month.
- You can check if you have an electrical safety switch by looking at your switchboard/fusebox for a TEST/RESET button.
- Check the safety switch by pressing the TEST/RESET button. This should automatically trip the switch to the ‘off’ position. Reset by pushing the switch back to ‘on’. If your safety switch does not work, contact an electrical contractor immediately.
- Keep all small or sharp objects (such as coins, pins, shaving razors, scissors and knives) out of sight and reach.
- Make sure all handbags and backpacks (especially visitors’) are out of reach.
- Do not use baby walkers at any time.
- Keep all combustible materials (such as clothes, bed linen, curtains and tea towels) stored away from heaters and lamps. Do not dry the washing in front of a room heater.
- Even after all these general and specific modifications are made to your home, there is still a need for you, as a parent or carer, to provide on-going and effective supervision of any young child in your home.
### KITCHEN

<table>
<thead>
<tr>
<th><strong>YOUR MISSION IS TO MAKE YOUR HOME SAFE!</strong></th>
<th><strong>YES</strong></th>
<th><strong>NO</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Plug" /> Do your electrical appliances have short cords positioned so they do not dangle over the bench?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered <strong>NO</strong>, place all electrical appliances towards the back of the kitchen bench, preferably out of sight and reach of a child. Some newer models of kettles also have a space to wind up the electrical cord under the kettle base.</td>
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<tr>
<td><img src="image" alt="Kettle" /> Is the kettle out of a child’s reach?</td>
<td></td>
<td></td>
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<tr>
<td>If you answered <strong>NO</strong>, place the kettle at the back of the bench.</td>
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<tr>
<td><img src="image" alt="Microwave" /> Is the microwave out of a child’s reach?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered <strong>NO</strong>, place the microwave at adult eye level or at the back of the bench.</td>
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</tr>
<tr>
<td><img src="image" alt="Stove Guard" /> Do you have a stove/bench guard or similar barrier installed in front of the hotplates?</td>
<td></td>
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</tr>
<tr>
<td>If you answered <strong>NO</strong>, stove guards can be purchased from a variety of outlets such as Kidsafe House and some other retail outlets.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="Poisons" /> Do you store your kitchen poisons (such as dishwashing powders, cleaners, pesticides, solvents, medications and vitamins) up high, out of reach in a locked, child resistant cupboard?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered <strong>NO</strong>, poisons need to be locked up high and out of reach. Cupboard locks can be purchased from a variety of outlets such as Kidsafe House, baby shops, hardware stores and local supermarkets.</td>
<td></td>
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</tr>
</tbody>
</table>
## YOUR MISSION IS TO MAKE YOUR HOME SAFE!

<table>
<thead>
<tr>
<th>KITCHEN</th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>Does the high chair have a five-point harness?</td>
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</table>

If you answered NO, five-point harnesses can be purchased from Kidsafe House or baby shops.

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<table>
<thead>
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</thead>
<tbody>
<tr>
<td>Do you have a fire blanket or fire extinguisher near the kitchen?</td>
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</table>

If you answered NO, install a fire blanket and/or fire extinguisher near the kitchen. These items can be purchased from some retail outlets or hardware stores. Make sure that they both meet the Australian Standard (AS 0090).

### Important tips for the kitchen:

- Use the back hotplates when cooking on the stove.
- Turn any saucepan and frying pan handles around, out of reach of children.
- Only boil as much water as you need at a time in the kettle.
- Use place mats instead of tablecloths.
- Store plastic bags out of reach and knotted in the middle.
- If you have any medications or vitamins in the kitchen, lock them up high out of sight and out of reach of children.
- Try to keep young children out of the kitchen when you are using the stove or oven.
- Use the five point harness every time you use the high chair and use the chair in its lowest level.
- Never transfer any poison from its original container (for example never re-use old soft drink bottles to store liquid poisons).
**YOUR MISSION IS TO MAKE YOUR HOME SAFE!**

<table>
<thead>
<tr>
<th>LIVING AREAS</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
</table>

- **Are power points free of double adapters?**

  If you answered NO, use power boards, and if necessary, contact a licensed electrical contractor to install more power points.

- **Are there safety guards attached to the wall around fireplaces, fuel stoves and heaters?**

  If you answered NO, use safety guards around fireplaces and floor heaters. Safety guards can be purchased from hardware stores or specialty shops.

- **Are glass doors made of Australian Standard safety glass?**

  If you answered NO, homes built before the mid-1970’s may not have safety glass installed. To make your current windows and doors safer, have a glazier apply a thin sheet of polyester laminate to one side of the glass panel. When replacing glass, check that new glass meets the recommended Australian Standards (AS 1288, AS/NZS 2208).

- **Is your child’s night wear labelled as LOW FIRE DANGER?**

  If you answered NO, only purchase night wear, jumpsuits and other clothes for your child (sizes 00-14) which have the low fire risk danger rating on the tag.

### Important tips for living areas:

- Make sure that all hot liquids (including tea, coffee and noodles) are well out of reach.
- Do not carry a child on your hip, or sit a child on your lap while drinking a hot drink, eating noodles or having soup.
- Place corner cushions on sharp furniture corners such as coffee tables. These cushions are available from Kidsafe House and baby shops.
- Arrange furniture to allow a clear pathway.
- Make glass doors more visible by putting stickers on the door at your child’s eye level.
- Cover unused power points with safety plugs.
- Avoid double adapters wherever possible and do not “piggy back” adapters on each other.
YOUR MISSION IS TO MAKE YOUR HOME SAFE!

### LAUNDRY

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are laundry cleaners, bleaches and detergents stored up high, out of reach and sight in a locked, child resistant cupboard?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you answered NO, laundry cleaners, bleaches and detergents need to be locked out of sight and reach. Child resistant cupboard locks can be purchased through a variety of outlets such as Kidsafe House, hardware stores and nursery outlets.

**Important tips for the laundry:**

- Empty the lint filter in your clothes dryer after each use.
- Make sure you use a tight fitting and secure lid for all nappy buckets.
- Make sure laundry tubs, buckets and washing machines are empty when not in use.

### BATHROOM

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are all medications locked away out of reach?</td>
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</table>

If you answered NO, store medications up high, out of reach and out of sight in a different location. Medications should not be stored in a damp room such as the bathroom.

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have slip resistant surfaces in all wet areas?</td>
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</tbody>
</table>

If you answered NO, apply non-slip strips to the base of the bath and shower. You can also apply a non-slip floor solution to the tiles, available from tile suppliers and hardware stores.

**Important tips for the bathroom:**

- Make sure all substances that can poison a child (including shampoos, soaps, mouthwashes, perfumes, hair dyes, nail polishes and nail polish removers) are kept up high and out of reach of children in a secure cupboard.
- All children should be closely supervised in the bathroom at all times.
- Do not use devices such as bathing seats or cradles.
- Do not use electrical appliances such as shavers and hair dryers when children are present in the bathroom and ensure that after use, the appliances are unplugged and stored safely away from water and the sight and reach of children.
- Try to ensure that wet floor surfaces are dried as soon as possible.
YOUR MISSION IS TO MAKE YOUR HOME SAFE!  

<table>
<thead>
<tr>
<th>ADULT’S BEDROOM</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are all medications, (including the oral contraceptive) stored out of reach of your child?</td>
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</tbody>
</table>

If you answered NO, do not store medications on the bedside table; it is best to keep all medications locked away, up high, out of the sight and reach of your child.

**Important tips for adult’s bedroom:**

- Store eucalyptus and aroma therapy oils, as well as herbal and homoeopathic products out of reach and out of sight because they can be poisonous for children and pets.
- Do not leave medications on the bedside table. Leave a note to yourself on the bedside table as a reminder to take your medications.
<table>
<thead>
<tr>
<th><strong>YOUR MISSION IS TO MAKE YOUR HOME SAFE!</strong></th>
<th><strong>YES</strong></th>
<th><strong>NO</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHILD’S BEDROOM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does your child’s cot comply with current Australian Standards?</td>
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<td></td>
</tr>
<tr>
<td>If you answered NO, select cots that have a label showing it complies with the Australian Standard (AS/NZS 2172) and select any portable/folding cots made to the (voluntary) Australian Standard (AS/NZS 2195:1999).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the cot mattress firm and flat?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, and the mattress has dips and is not firm, replace.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the cot mattress fit snugly in the cot?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, and there is a gap between the mattress and cot sides wider than one finger space, purchase a mattress that fits snugly in the cot.</td>
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</tr>
<tr>
<td>Are the ends and sides of any bunk bed fitted with a safety rail or guard 160mm (approximately two hand spaces) above the mattress?</td>
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<td></td>
</tr>
<tr>
<td>If you answered NO, safety rails can be purchased from bed suppliers. Before buying new bunk beds, check that the bed has been tested and complies with the relevant Australian Standard (AS/NZS 4220).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the mattress fit snugly into the bunk bed frame?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, the mattress needs to fit into the bed frame with a gap of no more than one finger space.</td>
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</tbody>
</table>
YOUR MISSION IS TO MAKE YOUR HOME SAFE!  

<table>
<thead>
<tr>
<th>CHILD’S BEDROOM</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the bunk bed placed as close as possible to the bedroom walls?</td>
<td></td>
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</tbody>
</table>

If you answered NO, re-position the bunk bed in the room to prevent gaps between the wall and edge of the bunk bed.

<table>
<thead>
<tr>
<th>Does the change table have a waist belt with high sides?</th>
<th></th>
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</thead>
</table>

If you answered NO, try changing baby on the floor. In future, if you purchase a change table, buy one that has a waist belt and high sides.

<table>
<thead>
<tr>
<th>Does the change table have U-shaped foam?</th>
<th></th>
</tr>
</thead>
</table>

If you answered NO, replace the foam on the change table with U-shaped foam. The sides of the foam should be 100mm to prevent roll-offs.

### Important tips for child’s bedroom:

- Keep any cots, beds and bunk beds away from hazards such as windows, blinds, cords and fans.
- Store children’s toys where they can reach without climbing.
- Avoid toy boxes with lids.
- Ensure that all toys are not a choking hazard and are appropriate to the children’s developmental stage and age.
- Make sure that the cot is free from bumpers, pillows and soft toys.
- Keep all items needed for a nappy change within reach of the change table, or else change the nappy on the floor.
- Children develop quickly so make sure that you use the waist belt on the change table from the very beginning so you both get in the habit.
- Ensure all children who sleep in the top bunk bed are aged over 9 years old.
- Place baby on its back to sleep and do not use a water bed or bean bag for a sleeping baby.
- As a general rule, do not accept second hand nursery furniture which often fails to meet Australian Standards.
<table>
<thead>
<tr>
<th>YOUR MISSION IS TO MAKE YOUR HOME SAFE!</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GARAGE/SHED</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can the lawnmower, lawn edger and other sharp tools be securely locked in the garage/shed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, buy a lock for the shed or garage door, or else install a locked storage area inside the shed or garage.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are all chemicals (such as pesticides, paints, car products, pool chemicals or flammable liquids) and other poisons stored in a secured area out of reach of children?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, store chemicals out of reach and up high for smaller containers. For larger volumes of chemicals, store in a locked garage, or in a locked section/cupboard in the shed.</td>
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<td></td>
</tr>
</tbody>
</table>

**Important tips for the garage/shed:**

- Make sure those products that give off vapours and fumes such as petrol, kerosene, paints or solvents are tightly capped and stored away from any ignition sources.
- Keep all chemicals and poisons in their original containers or approved storage containers (for example a petrol jerry can).
### BACKYARD

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /> If you have a swimming pool or spa, are they fully enclosed (on all four sides) by a fence at least 1.2m high with a self-closing, self-latching gate?</td>
<td><img src="image2.png" alt="Image" /> If you answered NO, your pool or spa fence or gate does not comply with Australian Standards, it is illegal. Contact your Local Council and pool-fencing contractor immediately.</td>
</tr>
</tbody>
</table>

| ![Image](image3.png) Is there a clearly visible, laminated Cardio-Pulmonary Resuscitation (CPR) poster near the pool/spa? | ![Image](image4.png) If you answered NO, install a CPR poster. The Queensland Ambulance Service and pool shops have CPR posters available at a small charge. |

| ![Image](image5.png) Is at least 50% of the pool and play area protected from the sun's ultra violet rays by natural shade or shade structures? | ![Image](image6.png) If you answered NO, install a shade cover/shade sails, making sure you observe the manufacturers installation guidelines and regularly monitor the condition of the structure. |

| ![Image](image7.png) Does all the backyard play equipment (such as swings, jungle gyms and trampolines) comply with current Australian Standards? | ![Image](image8.png) If you answered NO, when purchasing play equipment ask if it meets Australian Standards (AS/NZS 4486.1:1997). Purchase a newer style trampoline without springs and with high sides. For older style trampolines, buy safety pads to cover springs and metal edges, install soft fall material (bark chips or rubber), 30cm deep and in a two metre wide area all around the trampoline. |
YOUR MISSION IS TO MAKE YOUR HOME SAFE!

<table>
<thead>
<tr>
<th>BACKYARD</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does all play equipment over 500mm tall have soft fall undersurfaces (e.g. woodchip)?</td>
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<tr>
<td>If you answered NO, install a soft fall material 30cm deep and two metres around slippery slides, swings, and other high play equipment.</td>
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<tr>
<td>Is the children's play area(s) separated from the driveway by a gate or other form of barrier?</td>
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<tr>
<td>If you answered NO, install a fence to keep play areas separate from the road and driveway. If this is not possible only move the car when children are in the car with you or when you have ensured that they are under the supervision of another adult.</td>
<td></td>
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</tbody>
</table>

Important tips for the backyard:

- Regularly check and maintain your pool fence and self-latching gate.
- Remove items such as garden seats, rocks or ladders that could be propped against the pool fence to allow access to the pool.
- Always supervise children around pets, especially dogs, and particularly when a dog is sleeping, eating, or caring for puppies.
- Check your children's play areas for poisonous or irritant plants and fungi (especially after heavy rain).
- When buying play equipment only purchase equipment that meets your children's current age and stage of growth needs.
- Limit your children's exposure to UV radiation during the hottest part of the day (10am - 3pm). Ensure children play indoors or in shaded areas and always remember to Slip on shirts and shorts, Slop on SPF 30+ sunscreen (20 minutes before sun exposure and reapply every 2 hours), Slap on a broad brim hat and Wrap on some sunglasses.
YOUR MISSION IS TO MAKE YOUR HOME SAFE!

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td><strong>ON THE ROAD/OUT AND ABOUT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you installed an Australian Standards approved child restraint or baby capsule?</td>
<td></td>
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<tr>
<td>If you answered NO, look for the Australian Standards symbol (AS/NZS 1754) and date of manufacture on the base or side of the child restraint/baby capsule. Measure and weigh your child. Check that the child restraint/baby capsule is appropriate for your child's height and weight by looking at the instruction sticker, or in the instruction booklet.</td>
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<tr>
<td>Are there child safety locks installed on the car doors?</td>
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</tr>
<tr>
<td>If you answered NO, keep car doors locked.</td>
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<td></td>
</tr>
<tr>
<td>Does your child always sit in the back seat in an approved baby capsule, child restraint, booster seat or harness?</td>
<td></td>
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</tr>
<tr>
<td>If you answered NO, baby capsules or child restraints are only designed to fit into the back seat. Never place a baby capsule or child restraint in the front seat of a car, particularly if it is fitted with an air bag.</td>
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<td></td>
</tr>
<tr>
<td>Does your child wear an Australian Standards approved safety helmet when riding a tricycle, scooter or bicycle?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you answered NO, purchase an Australian Standards (AS 2063) helmet for use every time your child uses a bike or other toys such as skateboards, scooters, roller blades and in-line skates.</td>
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<tr>
<td>Do you use an Australian Standards approved pram or stroller fitted with a five-point harness?</td>
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</tr>
<tr>
<td>If you answered NO, purchase prams or strollers that meet the Australian Standard (AS 2088).</td>
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</tbody>
</table>
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</table>

**IN CASE OF EMERGENCY**

- **Is there a First Aid Kit in the house?**

If you answered NO, the Queensland Ambulance Service, Red Cross, St John Ambulance, local chemists, large service stations and most department stores all have a wide variety of First Aid Kits available for a minimum cost to suit your needs.

- **Do your children know the triple zero (000) emergency telephone number and how to respond to the operator?**

If you answered NO, write down the triple zero (000) number along with your address and display near the telephone. Children can be taught to call triple zero (000) by parents. Allow children to hear the dial tone, then practice calling the triple zero (000) number with the phone disconnected. Inform the child that a telephone operator will ask which emergency service they require (police, ambulance or fire). Telephone operators are skilled and will understand that the child will need assistance. When connected to the emergency service, the child will need to know the address and it is helpful if they can tell the emergency services dispatcher what the problem is.

**Important tips for on the road and out and about:**

- Protect your children from harmful UV radiation when outdoors or travelling in a vehicle, by dressing them in light weight sun protective clothing (long sleeve shirts and long shorts), a broad brim hat, sunglasses and applying SPF 30+ sunscreen and reapply every 2 hours. Seek shade where possible, especially during 10am - 3pm.

- Kidsafe House and the Queensland Ambulance Service have baby capsules for hire at reasonable rates. It is recommended that you have a capsule fitted one month before the birth of your baby.

- It is recommended that all children under 12 years old should only sit in the rear seats of cars.

- Install safety locks in your car.

- Do not use a baby capsule or child restraint more than ten years old.

- Never leave children alone in a car. Always keep your keys with you when loading and unloading children, shopping, prams etc into the car. Always ensure that both the car and boot are locked when the car is parked.

- When using a scooter or in-line skates etc, it is also a good idea for your child to wear a helmet as well as hand, elbow and knee pads.

- Use the five point harness every time you use the pram/stroller.

- Avoid placing shopping bags on the handles of strollers and prams as this may cause them to topple over.
<table>
<thead>
<tr>
<th>YOUR MISSION IS TO MAKE YOUR HOME SAFE!</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>IN CASE OF EMERGENCY</strong></td>
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</tr>
<tr>
<td>Do you have the phone number for the Poisons Information Centre (13 11 26) and other emergency services (GP, Police, Local Council, Gas &amp; Electricity companies, neighbours, relatives, etc) by every phone?</td>
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<tr>
<td>If you answered NO, write up emergency contact numbers on a list and place beside each phone in the house.</td>
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<tr>
<td>Do you have a current First Aid Certificate?</td>
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<tr>
<td>If you answered NO, you can book a First Aid Course with the Queensland Ambulance Service as well as a number of other providers such as St John Ambulance and Red Cross for a small fee.</td>
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<tr>
<td>Is your house number clearly visible from the street in case an emergency vehicle needs to find your home?</td>
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<tr>
<td>If you answered NO, buy large reflective numbers from the hardware store and place in the most visible place from the street. You can also ring your Local Council and ask about reflective curb numbers.</td>
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<tr>
<td>Do you keep a torch near your bed?</td>
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</tr>
<tr>
<td>If you answered NO, buy a torch and place near your bed.</td>
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<tr>
<td>Is there a phone within reach of your bed?</td>
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<td></td>
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<tr>
<td>If you answered NO, place a cordless or mobile phone beside your bed each night.</td>
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</table>
### Important tips in case of emergency:

- Make sure every member of your family knows the sound of the smoke alarm and what to do next.
- Develop a home fire evacuation plan and make sure you and your family practice the plan.
- Prepare an Emergency Kit in preparation for any possible disasters. This Kit could include a battery operated radio (with spare batteries), a torch, candles and waterproof matches, a First Aid Kit and Manual, extra car and house keys, important documentation, basic medications and toiletries, a mobile phone, spare battery and charger, and food and water supplies.
- If you have a mobile phone, remember you can call triple zero (000) or 112 on some networks.
- Many safety items can be purchased from Kidsafe House, hardware stores, supermarkets and nursery items stores.

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**Legal Disclaimer**

The information in this Checklist is based on current knowledge and was correct at the time of publishing. The information in this Checklist is provided by the State of Queensland through Queensland Health as ("State of Queensland") as an information source only. The information does not constitute professional advice and should not be relied upon as such. Professional advice can be obtained from your General Practitioner, the Emergency Department of your local Hospital or medical facility. While every effort has been made in preparing this Checklist, the State of Queensland accepts no responsibility for any errors, omissions or inaccuracies contained in this Checklist. The State of Queensland also accepts no responsibility to persons who may rely on this information, in whole or in part, for whatever purpose. Nor does the State of Queensland accept any liability for loss and damage incurred by any person as a result of the reliance on the use of the information in this Checklist.

**Hyperlink Policy**

Queensland Health is not responsible for the content of websites accessed using hyperlinks from this Checklist.

**Date of Publication**: April 2007
**Are There Problems to Solve?**

If you would like help or advice on how to address any problems identified from completing the Home Safety Checklist, contact Kidsafe House, your local Child Health Service or Baby Clinic. Take the completed Checklist with you.

If you need further information, try:

- **Kidsafe Queensland**: Kidsafe House, 50 Bramston Tce, Herston QLD 4029  
  Phone: (07) 3854 1829  
  Fax: (07) 3252 7900  
  Website: www.kidsafeqld.com.au
- **Smart Services Queensland**: Phone: 1300 369 003
- **Queensland Health’s 24 hour hotline**: 13 HEALTH (13 43 25 84)
- **Poisons Information Centre**: Phone: 13 11 26
- **Office of Fair Trading**: Phone: 13 13 04
- **Farmsafe Queensland**: Phone: (07) 4774 0522  
  Fax: (07) 4774 0289  
  Call: 1300 737 470  
  Email: jcupples@farmsafe.com.au

**Make the Mission Possible**

You can help keep children safe by spreading the word about how to stop child injuries in the home. If you are currently renting your home or unit, talk to your Rental Agency about any changes you think are needed. If you live in a block of units and there are hazards in any common area, contact your Body Corporate. Pass around this Checklist. Exchange good websites. Tell others, and don’t forget to politely check for dangers in the homes you visit such as grandparents, neighbours and friends.