



How safe is your home?



Kitchen

- Are all your cleaning products out of reach and secure?
- Are you with your child at all times in the kitchen?
- Have you got child locks on low cupboards and drawers especially the knife drawer?
- Are hot pans and kettles out of reach?

Stairs

- Do you have a securely fixed safety gates?
- Are there any loose carpets you could fall over?
- Are the rails close enough to stop a child's head fitting through?
- Keep stairs clutter free.

Bathroom

- Is your medication stored out of reach?
- Do you have a non-slip mat in the bath/shower?
- Do you always fill the bath with cold water first then add the hot?
- Do not leave your baby unattended in the bath.

Living/dining

- If you have a gas fire do you have a fixed fireguard?
- Are your children kept away from the iron/hair straighteners?
- Are chargers out of reach and unplugged when not in use?
- Do you keep alcohol and substances out of reach.

Follow our quick checklists to help keep your children safer around the house

Use this tool to help you start to think about and identify potential risks in your home. All homes are different, some dangers may not be covered.

Remember to share this information with all those who care for your child/children.

Keep cleaning products, medication, and sharp items such as scissors, knives and razors out of reach of children at all times throughout the house.



"The Royal Society for the Prevention of Accidents does not consider it necessary to recommend the use of socket covers as 13'amp sockets made to BS 1363 incorporate a shutter mechanism preventing in appropriate access to live connectors."

Sleeping

- Do you follow safer sleep advice e.g. the six steps to safer sleep?
- Does your baby sleep in their own cot or Moses basket?
- Are hot drinks out of reach of children?
- Is your child's cot free from clutter e.g. does not contain teddies, bumpers or inappropriate bedding?
- Is your child in the same room as you when they sleep day or night?
- Is your child's cot away from radiators, windows and shelves.

General



- Check for choking hazards such as batteries, small toys, balloons, grapes.
- If you don't have any smoke alarms fitted contact your local fire service who will come and fit them for free.
- Keep blind cords out of reach.
- Animals are supervised at all times when around children.
- Keep nappy sacks out of reach to avoid suffocation.
- Secure furniture that might fall including televisions.
- Are your windows locked.
- Do you have a carbon monoxide detector?
- Is your home clutter free.
- Store all electrical equipment away when not in use
- Have you shared this information with people who care for your child/children?
- Keep your children in smoke free environments.
- Are cigarettes (including e-cigs and liquids) and lighters out of reach?





Keep me safe when:



I start rolling over

- Don't leave me on a bed, sofa or other raised surface.
- Don't leave small objects in my reach as I might put them in my mouth and choke.
- Change me on my changing mat on the floor.

I start crawling and climbing

- Take large toys out of my cot as I can stand on them and may escape from my cot.
- Use safety gates to stop me using stairs on my own: I will need to practice how to go up and down safely but don't leave me on my own.
- Use them to stop me getting to the top of the stairs until I am 2 years old.
- When I start moving I may touch things that may burn me e.g. candles, hot drinks or hair straighteners. Make sure these are out of my reach



I start walking

- Keep stairs and floor areas uncluttered and dry to stop me from tripping or slipping.

I'm asleep

- I need a firm flat surface to sleep on in the same room as my parent or carer even during the day.
- Make sure my cot isn't near anything that could fall on me.
- Always follow the six steps to safer sleep.
- Have you shared the safer sleep messages with anyone else who is caring for your baby?
- All of the safer sleep advice applies when I sleep at someone else's house or you take me on holiday.

Use this tool regularly to help you think about potential risks for your child/ children and share the information with family and friends.

