



# Child Safety Checklist

- ✓ Check each room and area. Include halls, stairs and landing, driveway, gardens, shed and garage
- ✓ Get down on your hands and knees to see everything from your child's height. Ask yourself:  
*'Is there anything in this space that could be a danger to my child?'*
- ✓ Use the checklist below to help. Aim to have every box ticked and a plan to fix any items not ticked

## In an emergency

- ❑ A well-stocked first aid kit, stored out of children's sight and reach. It should contain a list of emergency numbers
- ❑ Children know their address, Eircode, phone number and when to use the emergency services number – 999 or 112

## Fire, carbon monoxide and electrical safety

- ❑ Working smoke alarms that are tested regularly (once a week is recommended)
- ❑ A fire escape plan that is practiced with your children
- ❑ All doors are closed at night to prevent spread of fire
- ❑ You do not smoke or allow anyone to smoke in your home
- ❑ Open fires have a sparkguard and a fireguard (secured to the wall with nothing placed on top )
- ❑ Matches and lighters are stored in a high locked cupboard
- ❑ All chimneys are regularly swept and kept clear
- ❑ At least one audible carbon monoxide alarm is installed anywhere you burn fuel
- ❑ Fuel-burning appliances are serviced once a year
- ❑ The lint filter in your clothes dryer is cleaned regularly to prevent fire
- ❑ Electrical sockets are in good condition and not overloaded
- ❑ Electrical equipment is in good condition and unplugged when not in use
- ❑ All electrical items, including hair straighteners, are out of children's reach to prevent burns
- ❑ The flexes on kettles and other electrical items are short and out of children's reach (risk of burns)



## Windows and balconies

- ❑ All windows are secured with window restrictors that don't require tools for opening (for quick escape in a fire)
- ❑ Blind cords and curtain cords that cannot be removed have a tie-down or tension device fitted to prevent strangulation
- ❑ Furniture and other objects that your child could use for climbing are placed away from windows and balconies
- ❑ Any gaps in railings that could be used as a foothold or that children could fit through are blocked



## Around the home – general points to check in all rooms

- ❑ TVs and TV stands, drawers, bookcases and other unstable furniture are secured to the floor or wall
- ❑ Furniture pads are used on sharp corners
- ❑ Correctly installed stair-gates are used at the top and bottom of stairs and steps are kept clear
- ❑ There is a 5-way harness on the high chair, baby bouncer, car seat and other sitting devices
- ❑ Your child is never unattended on a changing table or any raised surface (risk of falling)
- ❑ No baby walkers – they increase the risk of head injuries, burns, scalds and poisoning
- ❑ Safety door stoppers are used (but not on fire doors), out of reach of children, to stop fingers getting trapped
- ❑ No teething jewellery (necklace, bracelet and anklets) because of strangling and choking risk
- ❑ Bibs are removed after feeding and always before putting your child down to sleep (strangulation risk)
- ❑ Necklaces, ribbon, jewellery or clothes and hats with strings are never placed on young children (strangulation risk)
- ❑ Toys are in good condition, suitable for your child's age and developmental stage and meet current safety standards
- ❑ Plastic bags and plastic nappy sacks are out of your child's sight and reach (suffocation risk)
- ❑ All medicines, tablets and vitamin supplements are stored in their original containers in a high locked cupboard
- ❑ Alcohol, cigarettes and e-cigarettes are stored in a high locked cupboard
- ❑ Cupboard safety locks are used to prevent your child finding dangerous items
- ❑ Handbags are out of children's sight and reach. Items like medicine, cosmetics and hand gel can poison children
- ❑ Small objects children could choke on are out of sight and reach



## Bathroom

- ❑ You are within arm's reach of your child during bath time to prevent drowning
- ❑ Bathwater temperature is always tested before use (with bath thermometer or your elbow)
- ❑ The bath is emptied immediately after use to prevent drowning
- ❑ Toilet locks are placed on all toilets to prevent drowning
- ❑ Razors and sharp objects are locked away out of children's sight and reach
- ❑ Shampoos, soaps, cosmetics and bathroom cleaning products are out of sight and reach of children (poison risk)



## Kitchen and dining room

- ❑ No table cloths (children can pull at them causing hot drinks and foods to spill onto them)
- ❑ Back rings on the cooker are used first when cooking and all pan and pot handles turned in so children cannot reach them and get burned
- ❑ Cooker guard is installed to help prevent your child reaching the hob
- ❑ Hot drinks and liquids are kept out of children's reach to prevent burns
- ❑ No chip-pan. Chip pans are a fire risk
- ❑ Fire blanket and fire extinguisher are ready for use (keep out of sight and reach of children)
- ❑ Safety locks are used on cupboards and drawers storing knives, scissors and dangerous or breakable items
- ❑ Knife blocks are out of children's sight and reach
- ❑ Fridge, freezer and cupboard locks are used to prevent your child from getting unsuitable food or drink including choking hazards
- ❑ Dishwasher is kept closed at all times and safety locks used (risks include sharp objects and poison from detergent)



## Laundry

- ❑ Washing machine and clothes dryer are kept closed at all times and safety locks used (risks include getting trapped inside and poison from detergent)
- ❑ All laundry and cleaning products and liquid detergent pods are in their original containers in a high locked cupboard to prevent poisoning
- ❑ Sinks and buckets are emptied immediately after use (drowning risk)



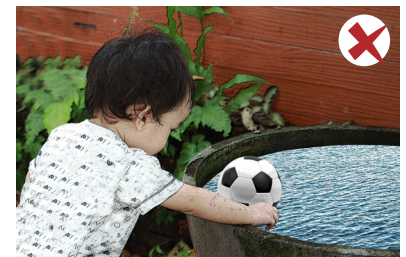
## Safe sleep

- ❑ Your baby is always placed on their back to sleep, with their feet at the foot of the cot
- ❑ Their head or face is not covered by clothes, blankets or hats
- ❑ The cot is free of pillows, positioners, bumpers, toys, soft objects and anything loose or fluffy
- ❑ At night your baby sleeps in a cot in your room (for at least the first 6 months)
- ❑ You don't use too many blankets or covers
- ❑ You use a room thermometer to check the room your baby sleeps in is at 16°C to 20°C
- ❑ Your baby does not sleep near a heater, fire or radiator or in direct sunlight
- ❑ Car seats, swings, infant seats and similar devices are not used for routine sleep in the home
- ❑ Sleeping in a sitting position can cause your baby's head to fall forward, making it difficult to breathe



## Safety outside

- ❑ Children cannot get onto the road or the farm when they are playing outdoors
- ❑ Play equipment is in good condition, properly assembled, positioned and used as intended
- ❑ An adult supervises all contact between children and animals
- ❑ All chemicals (kept in original containers) and garden equipment are stored in a locked shed
- ❑ You are within arm's reach of your child at all times when near water
- ❑ You have covered or completely fenced off standing water (ponds, barrels and water features)
- ❑ Mushrooms and poisonous plants are removed
- ❑ Paddling pools, buckets and containers are stored after use in a locked shed so that they will not collect rain water



## Further information

Photos posed by models. Some images have been altered to show safety risks.

- ❑ For more information about child safety and to download a Child Safety Wall Chart, visit [mychild.ie](https://mychild.ie)