# SAFETY CHECKLIST FOR PARENTS

## GENERAL SAFETY
1. Do you have a smoke alarm? Have you tested the battery?
2. Do you have a carbon monoxide detector?
3. Do you have window restrictors fitted? Could any cords from blinds or curtains pose a risk for strangulation?
4. Are floors and stairs kept free from obstacles and clutter?
5. Do you have trailing wires or flexes that could cause a risk to trips and falls?
6. Are any electric sockets overloaded? Do you leave charging cables plugged in? This could be a fire risk.
7. Do you keep small objects, lighters and matches away from children?
8. Do you have a first aid kit?
9. Do you ensure children can’t get out of the house without your knowledge?
10. Do you have stairgates fitted? Could a child fall through gaps in your bannisters?
11. Do you have a clear plan to escape from your home in a fire?
12. Does anyone smoke in the home?
13. Are chemicals, cleaning products, laundry tablets and medicines stored in a secure place out of children’s reach?

## THE KITCHEN
1. Do you make sure that the kettle flex is out of reach?
2. Do you keep pan handles turned inwards and out of children’s reach?
3. Are children kept away from the iron, toasters and other hot appliances?
4. Are hot drinks kept out of reach?
5. Are knives, scissors and sharp objects kept out of reach?
6. Are spills cleaned up straight away to avoid slips?
7. Does your high chair have a 5 point harness to prevent falls?

## LIVING ROOM
1. Do you have a fireguard?
2. Do you keep alcohol out of reach?

## BEDROOM/BATHROOM
1. Are hair straighteners out of reach?
2. Are cosmetics and perfumes kept out of each?
3. Are beds kept away from hot radiators?
4. Are you following safe sleep recommendations?
5. Do you add cold water to the bath first to avoid scalding water?
6. Do you have a not slip bath mat?
7. Do you supervise your child all the time during the bath to avoid risk of drowning?
8. Do you empty the bath when finished?