

The Kitchen	Yes	No
Are all electrical cords out of reach?		
Are back hot plates used and handles turned around to stop pans being pulled off the stove?		
Are dangerous objects like matches, knives and scissors stored where a child can't reach them?		
Are plastic bags out of reach?		
Is the kettle out of children's reach and emptied of hot water when finished with?		
Are poisonous things locked away (eg cleaning fluids, bleach, dishwasher detergents?)		
Does the highchair have a five point harness and is it stable?		
Is there a barrier across the doorway to prevent your child getting into the kitchen?		
Is the microwave out of reach of children?		
Do you keep the dishwasher, washing machine and tumble dryer closed at all times?		
Are refrigerator magnets and other small objects out of reach?		
Is the rubbish/recycling in a cupboard with a childproof lock to prevent cuts on cans etc?		

The bathroom	Yes	No
Does the bath have non-slip mats or handrails?		
Are medicines, cleaners, cosmetics and sharp objects kept in a locked cupboard out of reach?		
Are hair dryers, hair straighteners and electric razors put away safely when not in use?		
Are shampoos and soaps out of reach of children?		
Is the bath always kept empty when not in use?		

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Home Safety Checklist

for parents of
babies and young children

In 2012 in North Somerset, 100 children under five were admitted to hospital following an unintentional injury and many more attended A&E. Most of these injuries happened in the home.

Unintentional Injuries to under fives are nearly always caused by a hazard, that becomes a problem once your child is more mobile.

It's important to look around your home when your child starts crawling and spot all the hazards you can. The checklist below will help with this and while completing it, you might want to get down on your hands and knees and see your home as your child does. Once you've identified the hazards, think about whether it's possible to remove them or make them safer.

It's important to remember though that the best way to keep your child safe from injury is to supervise them closely and don't rely on telling them not to do something, as the younger they are the more difficult this is for them.

The Home Environment	Yes	No
Are electrical appliances and cords out of reach of young children?		
Are electrical appliances, plugs and cords in good condition?		
Have long cords been bound with twist ties or spools designed to hide extra cord?		
If you cook or heat your home with natural gas could you install a carbon monoxide detector?		
Do you have smoke alarms between sleeping areas and the rest of the house?		
Are safety plugs fitted in spare power points?		
Do you have a plan about what to do if a smoke alarm goes off?		
Are heaters and fans guarded, and candles not left unattended?		

	Yes	No
Have you placed a guard on the banisters and railings if your child can fit through the rails?		
Have you removed any potentially poisonous houseplants?		
Are all mouse and rat traps/baits inaccessible to children?		
Are unstable bookcases, drawers etc secured to the wall to prevent them falling if climbed?		
Is the top of furniture clear of knick-knacks, toys and flowers to help stop climbing?		
Are low level sharp edges on tables and furniture covered?		
Could you take action if a child can lock any doors from inside? (For example remove or raise locks)		
Are cups of hot drinks kept out of reach of children at all times?		
Are curtain or blind cords secured out of reach and shortened?		
Is the hot water temperature for your home at a maximum of 50 degrees celsius?		
Are toys suitable for the child's age (eg NO strings or ribbons)?		
Are toys stored away safely after use?		
Have window restrictors been placed on upstairs windows, where possible?		
Are glass doors protected by colourful stickers or made of safety glass?		

	Yes	No
Have you fitted finger pinch guards on doors?		
Is alcohol stored in a child resistant cupboard?		
Are rugs and mats secured to prevent a fall (eg. non-slip backing)?		
Are cigarettes, ashtrays, matches and lighters out of reach?		
Are tablemats used instead of tablecloths?		
Are there safety guards attached to the wall around fire places, fuel stoves and heaters?		
Are heaters kept away from curtains, furniture or other flammable material?		
Can your child leave the house without you? (children can open yale locks if within reach)		

Child's bedroom	Yes	No
Is the cot away from the window and power points?		
Is the cot free of large soft toys, cot bumpers, pillows and soft bedding?		
Are the cot rails vertical and no more than 6.5cm apart? Does the mattress fit tightly in the cot?		
Have any strings or ribbons been cut off hanging mobiles and cot toys?		

