



MAKING YOUR HOME KIDSAFE

A GUIDE
FOR PARENTS
AND CARERS



MAKING YOUR HOME KIDSAFE

Making your home kidsafe

is a publication of Kidsafe Victoria.

This resource has been adapted from Kidsafe Australia's Parent's Guide to Kidsafe Homes.

The information contained in this booklet is derived from child injury data and in consultation with Kidsafe professional advisers.

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CONGRATULATIONS ON THE ARRIVAL OF YOUR NEW BABY!



BRINGING HOME A NEW BABY CAN BE AN EXCITING TIME – AS WELL AS AN EXHAUSTING ONE.

While the first few months are all about cuddles, feeding and sleeping, it's also important to start thinking about making your home safe for your little one.

Preventable injuries are a leading cause of death and hospitalisation for Australian children. Most incidents occur in the home – which makes sense, because this is where children spend so much time.

The good news is that injury is preventable – there are some simple steps we can all take to reduce the risk and keep babies and young children safe.

As your little one becomes more mobile, they will have access to a greater range of potential injury hazards in and around your home. Understanding their development as they grow will help you enjoy all of these stages while also keeping them safe.

This book is designed to help you keep your baby and young child safe, with some handy tips and real stories included to illustrate just how important it is to make your home a 'kid-safe' one.

First, a little about us at Kidsafe. We are an independent, not-for-profit organisation whose mission is to 'Make a Safer World for Kids' at home, on the road, around water and at play. Since our establishment by a group of paediatricians in 1979, the number of children in Australia killed by preventable injury has reduced from over 700 deaths per year, to just over 150.

While we're proud of this achievement, it still means there are three families every single week who grieve the loss of their child due to an unintentional injury.

We are here to help you navigate your journey as a parent or carer. You can contact us through the details below and you can find many more free resources on our website.



KIDSAFEVIC.COM.AU



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**THE GOOD
NEWS IS THAT
INJURY IS
PREVENTABLE**



PREVENTING INJURIES

THERE ARE THREE KEY STEPS TO CREATING A SAFE HOME ENVIRONMENT AND REDUCING THE RISK OF INJURY FOR YOUR BABY OR YOUNG CHILD:

1. IDENTIFY THE HAZARD

The first step in preventing injuries is taking the time to spot potential hazards. Your home was designed with adults in mind, so we recommend getting down on your hands and knees and looking at your house from a baby and child's perspective.

There's a checklist at the end of this book which will help you to spot potential hazards. It's a good idea to take the time to do this before your baby is on the move!

2. PLAN HOW TO DEAL WITH THE HAZARD

This step will be different depending on the hazard you are dealing with and the setup of your home. It's up to you to make the decision on how to best protect your child from the hazard.

This booklet contains tips and advice on different ways to deal with hazards, including:

- Removing the hazard e.g. taking a poisonous plant out of the garden.
- If you can't remove the hazard, trying to guard against it e.g. placing cupboard locks on drawers.
- Closely supervising babies and young children near any hazard and keeping them within reach.

Safety products such as stair gates and cupboard locks can't keep children safe on their own - it's important that supervision and education are always used in combination with any barriers you put in place.

3. TAKE ACTION NOW

Injuries often happen when parents and carers least expect it, such as when a baby or child rolls, crawls, stands or walks for the first time.

Don't wait to put your plan in place; it's important to act as soon as you have identified a hazard. It's easy to put these actions on a to-do list - but having met many families who would do anything to go back in time and make a change that would have saved their baby or child, we encourage you to make this a priority and take action today.

Falls are the leading cause of injury for babies and children, which is not surprising given how top heavy they are. Common items babies and toddlers fall from include change tables, highchairs, cots, prams, beds, stairs, windows and play equipment.

The greater the height a child falls from, the greater potential for injury – something Michelle knows too well after her life changed forever when her 11-month-old suffered a fractured skull and brain bleed.

A single mum of two, Michelle mentioned feeling like she never had enough hands to get everything done. As she prepared a bottle, her six-year-old was minding her 11-month-old baby on the change table - the baby rolled, falling approximately a metre off the change table onto the floor.



VISIT THE CHECKLIST AT THE BACK OF THIS BOOKLET FOR MORE TIPS ON PREVENTING FALLS

REDUCING THE RISK OF FALLS

- ✓ If using a change table, make sure you have all items you need to change the baby close by, use the safety strap if available and always keep one hand on your child.
- ✓ Always use the harness to secure a child when using prams, highchairs and shopping trolleys.
- ✓ Avoid baby walkers – aside from the danger of falls, they don't help children learn to walk and they can sometimes enable them to access unsafe objects.
- ✓ Place gates or barriers at the top and bottom of stairs - when your child is ready to learn, ensure you are with them each step of the way and that you teach them to crawl down backwards first.
- ✓ Use non-slip mats, particularly in wet areas such as in the bath and the bathroom.

WHEN TO SEEK HELP AFTER A FALL

- ✓ Is the head injury the result of speed or heights?
- ✓ Has the child vomited more than once following their head injury?
- ✓ Have they lost consciousness?
- ✓ Is it difficult to wake them up?
- ✓ Not sure about the severity of the head injury?

If you answered YES to any of these, call Triple Zero (000) for an Ambulance.

Children are naturally inquisitive and love to explore their environment – one of the ways they do this is by climbing and pulling on objects, including household furniture.

They may use bookcases or shelves as ladders to reach an item that is stored up high, which may cause the furniture to tip over if it isn't secured.

Tim and Kirstie know just how dangerous furniture can be – their three-year-old Blake tragically died in 2016 when a bookshelf tipped over and fell on him.

The bookshelf was pushed up flat against the wall, but had not been secured with brackets or an anchor. It is believed that unstable floor foundations and uneven floor levels may have caused the cabinet to tip.



PLEASE SCAN HERE TO LEARN MORE ABOUT BLAKE'S STORY AND WHAT YOU CAN DO TO PREVENT SIMILAR INCIDENTS

www.kidsafevic.com.au/home-safety/tv-and-furniture-tip-overs/

REDUCING THE RISK OF TV AND FURNITURE TIP OVERS

BUY SAFE

- ✓ Purchase low-set furniture or furniture with sturdy, stable and broad bases.
- ✓ Look for furniture that comes with safety information or equipment for anchoring.
- ✓ Test the furniture in the shop to make sure it is stable.

USE SAFE

- ✓ Attach, mount, bolt or otherwise secure furniture to walls and floors.
- ✓ Do not put heavy items on top shelves of bookcases.
- ✓ Secure televisions to the wall or TV stand.
- ✓ Do not put tempting items such as favourite toys on top of furniture.
- ✓ Use locking devices to stop children opening drawers and using them as steps.



BEWARE OF TIPPING FURNITURE & EQUIPMENT

Whether it be splashing around in the bath, cooling off in a backyard pool, relaxing at the beach or spending time by a river, creek or dam, being around water is part of everyday life in Australia.

While many people associate drowning with large bodies of water, 20 seconds and a few centimetres of water is all it takes for a toddler to drown.

That means it's not just pools, spas, the beach and dams that pose drowning hazards for children. It can happen in the bath, in nappy buckets, toddler pools, fish ponds and even your pet's drinking bowl.

Brooke learned just how dangerous a small body of water can be when her 13-month-old toddler toppled into an esky while playing outside.

After a couple of minutes, Brooke realised it was too quiet and ran to the backyard and couldn't see her son. Out of the corner of her eye she saw a pair of tiny legs sticking up out of the esky, which had been left outside from a party to let the ice melt.

Fortunately, Brooke had recently completed a First Aid Course and immediately called 000 before starting CPR. Her training and quick action resuscitated her baby boy, who has since grown into a healthy child with no lasting effects.



**PLEASE SCAN HERE TO
WATCH BROOKE'S STORY**
[www.youtube.com/
@kidsafevictoria2919](https://www.youtube.com/@kidsafevictoria2919)

KEEPING CHILDREN SAFE IN AND AROUND WATER

- ✓ Actively supervise babies and toddlers when in or around water – this means always having an adult within arm's reach, with no distractions.
- ✓ Empty baths, buckets, eskies and portable pools as soon as you have finished using them.
- ✓ Enrol your little one in water familiarisation lessons from an early age.
- ✓ Regularly check and maintain pool and spa barriers.



VISIT THE CHECKLIST AT THE BACK OF THIS BOOKLET FOR MORE TIPS ON WATER SAFETY



WATER SAFETY...



HOW DOES CPR DIFFER BETWEEN INFANTS AND CHILDREN?

Learning CPR and updating your skills regularly is an important part of keeping young ones safe in and around water. There are some differences in performing CPR on an infant (under one year old) and a child (over one year old):



20 SECONDS AND A FEW CENTIMETRES OF WATER IS ALL IT TAKES



Neutral head position for infants, or head tilt and jaw thrust for a child.



30 compressions followed by two rescue breaths using two fingers for babies, or one hand for a child.



Give breaths by placing your lips over the mouth and nose for an infant, or pinching the nose for a child.



PLEASE SCAN HERE TO BOOK YOUR SPOT OR LEARN MORE ABOUT KIDSAFE AND EMERGENCY CARE'S FIRST AID COURSES

www.kidsafevic.com.au/new-parent-hub/first-aid-courses/

Infants are not able to control their own sleeping environment, they rely on parents and caregivers to keep them safe. They do not understand danger and they are often unable to move out of a dangerous situation.

The number of babies dying suddenly and unexpectedly has reduced dramatically in Australia. Research suggests this reduction is due to parents placing their babies to sleep on their back, rather than on their side or tummy.

Despite this decrease, the current trend both in Australia and overseas shows an increase in deaths associated with babies in unsafe sleeping environments. That is, unsafe co-sleeping situations with parents, using u-shaped pillows to prop sleeping children up, and even parents unintentionally falling asleep while feeding.

KEEPING YOUR BABY SAFE WHEN SLEEPING

- ✓ Sleep babies on their back from birth – never on their tummy or side and make sure their head and face isn't covered. An easy-to-remember message is: Back to sleep, tummy to play, sit up to watch the world.
- ✓ Make sure that no additional mattresses or extra padding are placed in cots, including in port-a-cots.
- ✓ Do not put items such as pillows, toys, lambs wool or cot bumpers in the cot – these can be dangerous for babies.
- ✓ Keep the cot or bassinet away from objects such as curtain/blind cords.
- ✓ Prams, child car restraints and bouncinettes have not been designed for safe sleeping – never leave baby in these for unsupervised sleeping.

There are different options families can choose to sleep young babies in, including sleeping bags or a plain fitted sheet and blanket. Either option is safe for your child, as long as you use them correctly. If you choose to use a sleeping bag, make sure it is suitable for the temperature, the child's size, fits the neck firmly, and that your child's arms are out before they are able to roll.

For more information about Safe Sleeping, including the six safe sleep recommendations, please visit the Red Nose Australia website rednose.org.au.



**VISIT THE
RED NOSE
WEBSITE
FOR MORE
INFO**

There are many household items which can pose a potential suffocation hazard for young children, including plastic bags, plastic wrap, pillows, bean bags, balloons, bedding, mattresses, baby slings/carriers, disused refrigerators and toy boxes.

USING BABY SLINGS AND CARRIERS SAFELY

While baby slings and carriers offer a comfortable way to carry your child, they can be dangerous if not used correctly or the wrong size or type are used.

After securing your baby safely, use the **T.I.C.K.S.** checklist to help make sure you are using your sling or carrier safely:

- T** is for **Tight**: Slings should be tight enough to hug your baby close to you.
- I** is for **In view at all times**: You should always be able to see your baby's face by simply glancing down.
- C** is for **Close enough to kiss**: By tipping your head forward you should be able to kiss your baby on the head.
- K** is for **Keep chin off chest**: A baby should never be curled so that their chin is forced onto their chest as this can restrict their breathing. You should be able to fit one to two finger widths between the baby's chin and chest.
- S** is for **Supported back**: Your baby's back should be supported in a natural position, so their tummy and chest are against you.

REDUCING THE RISK OF SUFFOCATION

There are additional actions you can take to reduce the risk of suffocation for your child:

- ✓ Always tie a knot in plastic bags before storing or throwing them away.
- ✗ Do not give balloons, particularly uninflated balloons, to young children.
- ✗ Do not leave a sleeping baby unsupervised in a pram or child car restraint. Babies can become trapped and suffocate.



FOR MORE TIPS ON PREVENTING SUFFOCATION, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET



FOLLOW THE T.I.C.K.S. CHECKLIST

CURTAIN AND BLIND CORD SAFETY

Loose curtain and blind cords/chains, particularly those with loops, pose a strangulation hazard for children as they can place the loop over their head and/or become tangled in the loose cords.

One or two Australian children die every year due to an injury involving curtain and blind cords. The pain is one Kerrie knows all too well after losing her precious grandson Lincoln when he was strangled in an incident with a blind cord in 2020.

"Our lives were torn apart that day. Not only did I lose my beautiful grandson, but part of my son died, too. We all still feel completely broken and like we will never smile again."

TO HELP REDUCE THE RISK:

- ✓ Tie up loose curtain and blind cords at least 1600mm above the floor.
- ✓ Keep furniture such as cots, beds, highchairs, playpens, couches, chairs, tables or bookshelves away from windows and cords.
- ✓ Free curtain and blind cord safety kits are available from the Consumer Affairs Victoria website to help make your home safer.
www.consumer.vic.gov.au

REDUCING THE RISK OF STRANGULATION

There are additional actions you can take to reduce the risk of strangulation for your child:

- ✓ Choose clothing without ties or ribbons, and avoid crocheted jackets that may pull tight around a baby or young child's neck.
- ✓ Always remove a baby's bib before putting them down to sleep.
- ✓ Avoid necklaces - including amber teething necklaces - and other jewellery that can pull around a baby or young child's neck.
- ✓ Be aware of cords and strings on clothing such as hooded jumpers, which can catch on play equipment or furniture.
- ✓ Avoid attaching chains, ribbons, strings or cords to dummies. If you decide to use a dummy chain, make sure it is no longer than 22cm.



FOR MORE TIPS ON PREVENTING STRANGULATION, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET

TIE UP LOOSE CURTAIN AND BLIND CORDS AT LEAST 1600MM ABOVE THE FLOOR

Every week, around 20 Australian children end up in an emergency department with a button battery related injury. That's more than 1,000 children every year.

Powerful, but tiny, button batteries can be found in many common household items including remote controls, calculators, bathroom or kitchen scales, car keys, talking books, musical cards, hearing aids and flameless candles.

The consequences of swallowing a button battery can be tragic – they can become stuck in a child's throat and burn through the oesophagus in less than two hours.

Babies and children under the age of five are most at risk. It is very normal for them to explore by placing objects in their mouth, and they are too young to tell an adult what they have swallowed.

The symptoms caused by swallowing a button battery can look like many common childhood illnesses so it's important to know where these are in your house and make sure children can't get to them.

Bella was just 14 months old when she ingested a battery. After vomiting and collapsing, she was taken to the hospital multiple times before an X-ray finally revealed she had swallowed a button battery. Tragically, her little body had already been damaged beyond repair and she passed away.

Bella's family still does not know where she found the button battery.



"It's too late for Isabella, but it's not too late for everyone else's children. Know what is inside the product you are buying. Know how it is powered", shares Bella's mum, Allison.



PLEASE SCAN HERE TO LEARN MORE ABOUT ALLISON AND BELLA'S STORY

www.kidsafevic.com.au/life-without-bella/

REDUCE THE RISK OF BUTTON BATTERIES

- ✓ Look for items with button batteries.
- ✓ Check all battery compartments are secure. Even if secure, button battery compartments are not necessarily child-proof, so it's still a good idea to store these products up high out of the sight and reach of children.
- ✓ Ensure batteries are disposed of immediately and safely.
- ✓ Keep loose batteries out of reach.
- ✓ If you think your child has ingested a battery, call Triple Zero (000) immediately and let them know you think they swallowed a battery. As soon as you arrive at the hospital, make sure the staff know this also so they can give your child an x-ray – this is the only way to know for sure if they have swallowed a battery.



FOR MORE INFORMATION AND TIPS ON BUTTON BATTERY SAFETY, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET

Mention poisons and most people think of cleaners, detergents and gardening products. However, did you know that paracetamol - products such as Panadol and Herron - is one of the leading causes of child poisoning? While it may not be the most toxic substance in your home, it is one of the most easily accessible as it is often stored in handbags, pantries, and nappy bags.

Aside from household cleaners and medications, other common poisons many people have in their homes include cosmetics such as perfume and nail polish remover, petrol, weed killers and some plants.

Many products come with child resistant caps, however, child resistant does not mean child proof and these should never be relied upon on their own to keep children safe. Children will often work out how to open them more easily than adults can by an action as simple as putting the lid in their mouths and twisting!



**STORE ALL
POISONS IN A
LOCKED
CUPBOARD
1.5M ABOVE
THE GROUND**

REDUCING THE RISK OF POISONING

- ✓ Store all poisons in a locked cupboard 1.5m above the ground, out of the sight and reach of little hands.
- ✓ Get into the routine of having any visitors keep their bags out of reach – these can contain medications and other potentially poisonous products.
- ✓ Keep poisonous products such as detergents and cleaners in their original containers. Transferring them to old soft drink or juice bottles can confuse children - and it also makes it difficult for you to know what they have consumed if the worst happens.
- ✓ Remove or restrict access to poisonous plants in your garden. You can speak with your local nursery about child friendly plants to include at home.

If you think your child has swallowed something dangerous, call the **Poisons Information Centre straight away on 13 11 26**. They work 24 hours a day, seven days a week, and will be able to provide you with expert advice on what to do next - with no judgement and in complete confidence. Put this number in your phone and on the fridge as you never know when you'll need it!



FOR MORE TIPS ON PREVENTING POISONING, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET

VAPES & LIQUID NICOTINE

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Many people are unaware that e-liquids – which are used inside e-cigarettes – are poisonous substances that can cause serious illness and even death.

E-liquids can contain nicotine, as well as other potentially dangerous ingredients. The products are not always correctly labelled or packaged safely with child resistant caps.

Children are especially at risk of poisoning if they inhale or swallow e-liquids - they can be attracted to the bright colours and flavours of these products, easily confusing them for lollies or drinks.

CHILDREN ARE ESPECIALLY AT RISK OF POISONING IF THEY INHALE OR SWALLOW E-LIQUIDS



REDUCING THE RISK OF POISONING FROM VAPES & E-LIQUIDS

- ✓ Keep e-cigarettes and e-liquids locked away where children can't see or reach them.
- ✓ Remove temptation by not mixing e-liquids or filling e-cigarettes while kids are around.
- ✓ Don't use or discard e-cigarettes in front of children.

The effects of nicotine poisoning can come on very quickly. If you think your child may have been exposed to nicotine, you should call the **Poisons Information Centre on 13 11 26** straight away.

If the child has stopped breathing, collapsed, having a fit or anaphylactic reaction, ring **Triple Zero (000)** for an ambulance.

Many of us associate burns and scalds with fires, however research shows most of these injuries happen in the kitchen. They typically involve hot water from a saucepan and hot drinks like tea and coffee.

A baby's skin is much thinner than an adult's, which is why it burns more quickly and severely.

Burns can also happen with items you may have never considered, as mother of three, Bianca, discovered. Her one-year-old Daisy was sitting on a treadmill in the garage when her brother accidentally plugged it in, jamming her feet between the base and conveyor belt. Daisy suffered a severe friction burn, resulting in an urgent trip to the local GP.

REDUCING THE RISK OF BURNS AND SCALDS

- ✓ The arrival of a new baby is a time when friends and family visit – and often celebrate your new bundle of joy with a cup of tea or coffee. Make sure everyone finishes or puts away their hot drinks before they are around your baby or child and never let anyone hold a hot drink while nursing a child.
- ✓ Always check the temperature of the water before bathing your baby or young child. The water should be no more than 38°C. Fill the bath with cold water first, then add hot water and mix well. Run cold water through the tap last so the tap isn't hot.

- ✓ At 60°C hot water takes just one second for a toddler to suffer a life-threatening burn; at 50°C, it takes five minutes. Limit the delivery temperature of hot water in your bathroom taps to a maximum of 50°C. This is mandatory for new homes. If the water delivery temperature hasn't been turned down, a licensed plumber can fix this for you.
- ✓ Keep everyday objects that could cause a severe burn to your child, such as clothes irons, hair straighteners and heaters, out of reach of children.
- ✓ Use safety products such as gates to keep babies and young children out of the kitchen, and stove guards to help prevent children pulling pots and pans down on top of themselves.
- ✓ There has been an increase over the last few years in burns from BBQs, pizza ovens and fire pits. Always closely supervise children around these items.



KNOWING HOW TO CORRECTLY TREAT A BURN CAN HELP TO REDUCE THE SEVERITY OF THE INJURY AS WELL AS RECOVERY TIME.

When Mat's daughter Milla spilt a bowl of hot instant noodles on her lap and suffered burns to her thighs and groin, his quick thinking to get her under cool running water for 20 minutes played an important part in her recovery and meant she was able to be discharged back home in just 24 hours.

PLEASE SCAN HERE TO READ MORE ABOUT MILLA'S STORY

www.kidsafevic.com.au/when-snacktime-ends-in-a-serious-burn-2/



BURNS FIRST AID FOR A CHILD



Remove clothing such as nappies near the burn area, unless stuck to the skin. These items can hold the heat and can continue to burn the child.



Place the burn under cool running water for 20 minutes. Do not use ice, oil, butter or creams on the burn as these can make it worse.



Cover the burn with a loose, non-stick dressing.



Call Triple Zero (000) if the burn is to the face, airway, hands or genitals, or the size of a 20-cent piece (or larger).



If you're unsure how severe a burn is, seek medical attention.



THE WATER SHOULD BE NO MORE THAN 38°C



FOR MORE TIPS ON PREVENTING BURNS AND SCALDS, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET

Every year there are thousands of home fires in Victoria. Children are more at-risk of being injured or not surviving a fire in their home.

The good news is that there are some simple things you can do to help prevent fires and keep your family safe.

Many children are curious about fire. From an early age, you can talk to them about safe and unsafe fires and about the danger of items such as lighters and matches.

PREVENTING FIRES

- ✓ Open flames and heating elements such as gas and electric stove elements, matches, fireplaces, BBQs, fire pits, braziers, candles, and incense can cause fires and burns. Always supervise open flames and other heat sources and keep children away from them.
- ✓ In homes where someone smokes, keep lighters and matches well out of reach of children, only smoke outside, and fully extinguish cigarette butts in a non-flammable container.
- ✓ Keep flammable material such as curtains and clothing at least 1 metre away from heaters and flames. Turn off heaters and extinguish open flames before leaving the house or going to sleep. If you use a portable heater in a child's bedroom, you should install a smoke alarm in the room.
- ✓ The most common place where fires start is in the kitchen. Never leave cooking unattended and closely supervise children when they are in the kitchen.
- ✓ Charge phones, tablets and other electrical equipment on a hard surface using the charging cable recommended by the manufacturer.
- ✓ Store flammable products such as petrol safely away from ignition sources and out of reach of children.
- ✓ If you live in an area that could be impacted by grass or bushfires, it's important to prepare your home and yard to reduce the risk of damage if a fire occurs. Some simple things you can do include keeping your grass cut to less than 10cm, removing flammable items from decks and verandas, and cleaning out your gutters.

**ALWAYS
SUPERVISE
OPEN FLAMES
AND OTHER
HEAT SOURCES**



SMOKE ALARMS

Smoke alarms are designed to alert you that a fire may have started in your home and to give you time to escape before a fire becomes deadly. All homes in Victoria must have at least one smoke alarm on every level. Victorian fire services recommend installing additional smoke alarms in all bedrooms and living areas.

The best smoke alarms are ones that are interconnected so that when any smoke alarm activates, all alarms will sound.

- ✓ Test your alarms monthly by pushing the test button to make sure they beep. Dust the alarms at least once every year, and if you have a smoke alarm with a 9-volt battery, replace the battery every year.
- ✓ All smoke alarms have a limited lifespan and should be replaced after 10 years.
- ✓ If you live in a rental property, it is the responsibility of your rental provider to provide at least one smoke alarm on each level of the home, to check it is working every year, and to replace smoke alarms that aren't working.

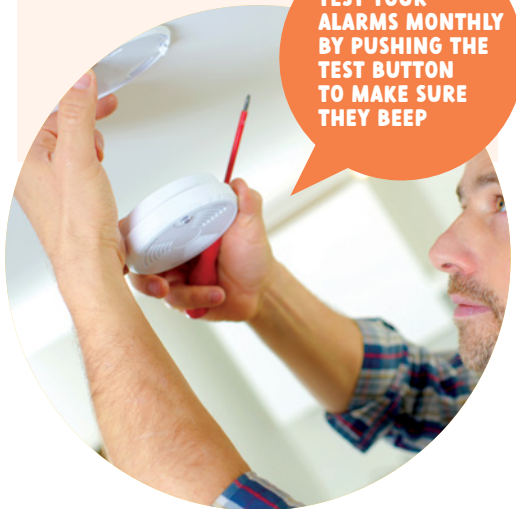
HOME FIRE ESCAPE PLAN

A home escape plan is your family's plan for what to do if a fire starts at home. It's important that:

- ✓ Your plan includes a safe meeting place which is outside and out of the way of emergency service vehicles, such as the letterbox.
- ✓ Your plan includes who will collect younger children (e.g. those under 5) and help them escape.
- ✓ You write down your home fire escape plan and practise it with your family. You can teach older children what smoke alarms sound like and how to get out of the home safely.

You can visit frv.vic.gov.au or cfa.vic.gov.au for more information and advice.

TEST YOUR ALARMS MONTHLY BY PUSHING THE TEST BUTTON TO MAKE SURE THEY BEEP



Choking is caused when an object blocks a child's airway. Any item smaller than a 20-cent coin can pose a choking hazard for a toddler. That makes for a long list of items that can choke children including – but not limited to – food, coins, batteries, magnets, jewellery, toys and toy parts.

Babies and toddlers are at particular risk of choking because they have smaller airways and their reflexes aren't fully developed.

They also love to place everything that they find in their mouths. This behaviour can start anywhere from as early as two months old and is your little one's way of exploring and learning about the environment around them.

The good news is that there are some simple things you can do to reduce the risk of choking.

ENSURE CHILDREN SIT WHILE THEY ARE EATING



WE RECOMMEND UNDERTAKING A CPR COURSE SO THAT YOU ARE EQUIPPED AND KNOW WHAT TO DO IN AN EMERGENCY

www.kidsafevic.com.au/new-parent-hub/first-aid-courses/

TOP TIPS TO PREVENT CHOKING:

- ✓ Ensure children sit while they are eating and always supervise them.
- ✓ Keep items smaller than a 20-cent coin out of the sight and reach of little hands.
- ✓ Grate or cook hard foods and avoid those such as popcorn, nuts, whole grapes and corn chips.

IF YOUR CHILD IS CHOKING:

- ✓ Call Triple Zero (000).
- ✓ Ensure an infant (under 12 months) is positioned face down on your forearm with their head lower than their chest.
- ✓ For a child (over 12 months), position them leaning forward if possible.
- ✓ Deliver five back blows between the shoulder blades with the heel of one hand, checking the mouth between each one to see if the object they are choking on has cleared.
- ✓ If unsuccessful, deliver five chest thrusts with two fingers (infants) or the heel of your hand (child), checking if the object they are choking on has been cleared after each one.
- ✓ Keep alternating between five back blows and five chest thrusts until the object they are choking on clears or the Ambulance arrives.



FOR MORE TIPS ON PREVENTING CHOKING, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET

Toys are fun as well as being important for the development of your child. However, poorly made or inappropriate toys can pose a serious injury risk.

It's important to select age appropriate toys for children. The age recommendations are about toy safety, not how smart or capable your child is. Toys labelled 'not suitable for children under three' means there are small parts that may pose a choking hazard.

When buying new toys, be careful to check if they include magnets, which can be especially dangerous if swallowed - they can lock together inside the body, which can cause blockages or holes in the bowel and infection.

Five-year-old Noah was only hours from death in 2017 when an x-ray showed he had swallowed multiple fridge magnets. He underwent emergency surgery, spent two days in intensive care and a further month in hospital until he was well enough to go home.

KIDSAFE TOY SAFETY TIPS

- ✓ When choosing toys, make sure they are age appropriate, durable and washable, and have no small parts that can be swallowed.
- ✓ Avoid toys with button batteries and magnets, or ensure they are not accessible.
- ✓ If there are children of different ages playing, remember to check that age inappropriate toys are not within reach of little ones, and are packed away after use.
- ✓ Store toys low down so children can reach them easily without climbing.
- ✓ Arrange a safe place for children to play with their toys inside and outside, and always supervise them.
- ✓ Be aware of toy recalls, which are published on the Product Safety Australia website.



FOR MORE INFORMATION ON CHOOSING AND USING TOYS SAFELY, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET



AVOID TOYS WITH BUTTON BATTERIES AND MAGNETS, OR ENSURE THEY ARE NOT ACCESSIBLE

Electricity has been a welcome addition to the family home for nearly 150 years. While it has made our lives easier, it can also pose an injury hazard.

Children are especially at risk as they don't understand the dangers that electricity can pose or how to use electrical items safely.

Fortunately, there are some simple things you can do to help reduce the risk of injury for your family.

**USE
ELECTRICAL
SAFETY
SWITCHES**



TIPS TO PREVENT INJURIES WITH ELECTRICITY

- ✓ Use electrical safety switches. Installed by an electrician, these detect any faults and turn the power off before anyone is injured.
- ✓ Unplug electrical devices like hairdryers and shavers when not in use and place them out of the sight and reach of children.
- ✓ Use safety covers to stop children poking things into power points.
- ✓ Only use one double adaptor per power point.
- ✓ Check appliances regularly and stop using them if they have damaged cords or become faulty.



FOR MORE TIPS ON KEEPING CHILDREN SAFE AROUND ELECTRICITY, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET

FINGER JAMS

Painful finger jam injuries usually involve children under six years of age, when their delicate fingers are crushed in the hinge side of doors being closed or slammed shut.

These injuries usually involve a second person. Quite often they can happen while children are playing and accidentally close the door on each other, leaving one with a jammed finger.

Slow, self-closing springs can help reduce the risk, while special strips are available to guard doors that need to be closed, such as bathrooms and bedrooms.

Little fingers can also get trapped in other places, including nursery furniture and equipment such as prams, cots and toy boxes.

TOP TIPS TO REDUCE FINGER JAMS

- ✓ Use door stops to keep doors from slamming shut.
- ✓ Make sure your child's hands are well out of the way before opening /closing doors.
- ✓ Remember fingers and hands can also be injured in car doors.
- ✓ Teach older children to close doors carefully, and not to play around them.



FOR MORE INFORMATION ON PREVENTING FINGER JAMS, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET

SLOW, SELF-CLOSING SPRINGS CAN HELP REDUCE THE RISK



While pets can be a wonderful addition to any family, it's important that measures are put in place to help ensure animals and children can interact safely.

Any dog can bite, and babies and toddlers are at particular risk as they have little understanding of how to interact safely with the family pet. What may seem to them like a playful pull of a dog's tail can lead to serious injury.

Most dog bites happen at home with a dog that the child knows.

**NEVER LEAVE
YOUR CHILD
ALONE WITH
A DOG**

TIPS TO PREVENT DOG BITES

Any dog can bite regardless of the age, size or breed.

- ✓ Never leave your baby or child alone with a dog – if you can't actively supervise them, ensure that they are separated from each other.
- ✓ Always separate dogs and children during feeding and sleeping times – both when your child is feeding or sleeping, or your dog is feeding or sleeping.
- ✓ Set up a separate area for your dog to play and rest away from your children.
- ✓ Take the time to teach your child how to safely interact with dogs.
- ✓ If you are thinking about getting a dog, ask the RSPCA or a vet for advice on what breed will best suit your family.



FOR MORE INFORMATION ON PET SAFETY, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET



Taking the time to create a safe space where children can play will help make your backyard a great place for many happy family memories.

TO HELP KEEP YOUR CHILD SAFE:

- ✓ Make sure equipment such as swings and slides meet Australian Standards.
- ✓ When installing new play equipment, make sure it is safely away from paths and solid garden edgings, and is surrounded by surfacing like tanbark. Take the time to regularly check equipment is stable, has no sharp edges, splinters or pieces that could come loose.
- ✓ Trampolines aren't recommended for children under six years of age. If you do use one, make sure it meets the Australian Standard AS 4989, is set up in an area away from hazards such as walls, play equipment or garden furniture, and is regularly checked to make sure it is in good condition.
- ✓ Make sure children wear bike helmets when riding any wheeled device. It's important they take their helmets off before playing on playground equipment or climbing trees, as this can pose a strangulation hazard.
- ✓ Keep garages and sheds locked – these are often home to poisons and dangerous equipment.
- ✓ Check that the plants in your garden are not poisonous. Ask your local nursery for advice.
- ✓ If out in the sun, the water in a hose or tap can also reach boiling temperatures. To reduce the risk of burns, always let water run through the tap or hose first, and test this yourself before letting your child near the water.



MAKE SURE CHILDREN WEAR BIKE HELMETS WHEN RIDING ANY WHEELED DEVICE



FOR MORE INFORMATION AND TIPS ON BACKYARD SAFETY, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET

Driveways are dangerous places for children. On average, every year seven children aged under 14 years are killed and 60 are seriously injured due to driveway runover incidents in Australia.

Most driveway runovers occur in the driveway of the child's own home, or in a friend or relative's driveway. Sadly, the driver is usually a parent, relative or family friend.

Emma and Peter Cockburn know just how dangerous driveways can be after their daughter Georgina died in a driveway runover incident in 2011.

That fateful day Emma was in the backyard when husband Peter returned from work and started reversing his ute and tool trailer into the garage. Both thought all four girls were safely in the house.

"We had thought, like any other parent, that our kids were safe in their own home. We had deliberately built our house with kids in mind; play areas at one end of the house, garage at the other, a safe fenced-off backyard area where they could play, well away from the garage and driveway. It never occurred to us that the access door between the house and garage would be an issue."



PLEASE SCAN HERE TO WATCH MORE ABOUT EMMA, PETER AND GEORGINA'S STORY

[www.youtube.com/
@kidsafevictoria2919](http://www.youtube.com/@kidsafevictoria2919)

TO HELP KEEP YOUR DRIVEWAY KIDSAFE, REMEMBER TO ALWAYS SUPERVISE, SEPARATE AND SEE

- ✓ **Supervise** – supervise children at all times around driveways, car parks and vehicles.
- ✓ **Separate** – where possible, separate children's playspaces from garages and driveways.
- ✓ **See** – all cars have a large blind spot which can make it hard to see children when reversing. While modern technology has improved car safety with reversing cameras and sensors, they should never be relied upon on their own to keep children safe. It's a good idea to walk around your car and check for children before reversing.



DRIVEWAYS ARE DANGEROUS PLACES FOR CHILDREN



FOR MORE TIPS ON MAKING YOUR DRIVEWAY KIDSAFE, PLEASE VIEW THE CHECKLIST AT THE END OF THIS BOOKLET

ROAD SAFETY

Roads are designed with adults in mind, however children aren't 'little adults'. Child pedestrians are at an increased risk of injury because unlike adults, they are less developed physically, cognitively (e.g. they are not able to tell where sounds are coming from), and in terms of their traffic experience.

To help keep your children safe around roads, always set a good example and teach them how to follow the safe road crossing procedure –

STOP, LOOK, LISTEN AND THINK:



STOP

one step back from the kerb or shoulder of the road if there is no footpath.



LOOK

in all directions for approaching traffic.



LISTEN

in all directions for approaching traffic.



THINK

about whether it is safe to cross the road. When crossing, walk straight across the road. Keep **LOOKING** and **LISTENING** for traffic while crossing.

PRAM SAFETY

A pram or stroller is a useful piece of equipment when heading out with your baby.

TO HELP KEEP YOUR BABY OR CHILD SAFE:



Make sure your pram or stroller meets Australian Standard AS2088, has a five-point harness, tether strap and brake.



Always buckle your child in using the harness, even for a walk around the block.



Put the brake on every time you stop and place the tether strap around your wrist to help prevent the pram rolling away.



Don't hang bags on the pram handles or overload the pram storage compartment, as this can make the pram tip-over.

STOP
LOOK
LISTEN
THINK



CHILDREN LEFT UNATTENDED IN CARS

Leaving babies and children unattended in a car – even for a few minutes – can be dangerous and potentially fatal.

Even on mild days, the temperature inside a parked car can be 20-30 degrees hotter than outside. Most of the temperature rise occurs within five minutes of parking and leaving your car. Large cars heat up just as quickly as smaller ones and leaving the windows down has little effect on the temperature rise.

Children are more sensitive to heat than adults - their body temperature can rise three to five times faster, which means they can quickly become dehydrated and suffer from heatstroke, which can be deadly.

TO HELP KEEP BABIES AND CHILDREN SAFE:

- ✓ If you have to leave your car, even for a minute, always take your children with you.
- ✓ Always keep your keys on you when packing and unpacking the car – never leave them with your child or on the seat of the car.
- ✓ Lock your car and put the keys out of reach when at home to stop older children playing inside the car.

**ALWAYS
TAKE YOUR
CHILD WITH
YOU**



FATAL DISTRACTION

Fatal distraction happens when parents or carers unknowingly leave their children in a car. It is a condition that impacts short-term memory and can happen to anyone. There have been examples in Australia and around the world where an exhausted parent has driven straight to work along their normal route rather than stopping to drop a child off at childcare, unintentionally leaving their baby or child unattended in the car with tragic outcomes.

TO HELP PREVENT FATAL DISTRACTION:

- ✓ Open the back door every time you park, even if there is no one in the back seat.
- ✓ Place a child's bag or cuddly toy in the front seat as a reminder.
- ✓ Leave something you need such as a bag, phone or wallet in the back seat of the car.
- ✓ Use a mirror for rear facing child car restraints.
- ✓ Create a mental checklist each time you leave the car, 'baby, keys, wallet and phone'.



TO SHOW JUST HOW HOT THE INSIDE OF A PARKED CAR CAN GET, KIDSAFE ASKED CHEF MATT MORAN TO COOK A PIECE OF LAMB INSIDE ONE. PLEASE SCAN HERE TO SEE THE SHOCKING RESULTS

www.youtube.com/@kidsafevictoria2919

Correctly fitted and used child car restraints and booster seats are important in protecting children from serious injury and death in the event of a crash.

The risk of life-threatening injuries has been shown to be four to six times greater when child car restraints are incorrectly installed or used. Results from Kidsafe's free child car restraint checking service, 'Safe Seats, Safe Kids', shows that over 90% of child car restraints are incorrectly installed or used.

To make sure the maximum level of protection is provided for your child, it is important that the child car restraint or booster seat they are travelling in is:

- ✓ The right size for them – it's important to leave your child in their child car restraint or booster seat until they have reached the maximum size limits, rather than graduating them because they have turned a certain age.
- ✓ Installed correctly – it's important to familiarise yourself with your child car restraint or booster seat and follow the manufacturer's instructions on installing and using the restraint.
- ✓ Properly adjusted and fastened to fit them on every trip – you will need to constantly check and adjust the child car restraint to fit your child as they grow.

Zoe knows just how important it is to keep your child in their current restraint until they outgrow the size limit, after her and her one-year-old son Jax were involved in a serious car crash.

Jax was airlifted to Royal Children's Hospital and underwent multiple surgeries for a fractured skull, torn ligaments in his neck, bruising around his eyes and head trauma. Doctors told Zoe that if Jax wasn't rearward facing, he would not have survived.

Kidsafe can help with free child car restraint fittings and safety checks as part of our 'Safe Seats, Safe Kids' program run in partnership with Neighbourhood Houses Victoria and supported by the Victorian State Government.

For more information on where you can have your child car restraint fitted or checked by a professional, please visit kidsafevic.com.au/find-a-fitter/



PLEASE SCAN HERE FOR MORE INFORMATION ON THE CHILD CAR RESTRAINT BEST PRACTICE GUIDELINES

www.kidsafevic.com.au/child-restraint-laws



Farms are great places for children to live, grow, explore and visit. However, because farms are usually both a family home and a workplace, they often have different hazards to homes in the city.

Common injury hazards for children on farms include machinery, vehicles, animals, bodies of water and poisons. If you live on a farm, you will need to think about the unique hazards your property presents, as these differ with the type of farming you do.

SAFE PLAY AREAS

Setting up a safe play area is one of the most effective ways to keep children separated from the wide range of hazards that exist on farms. Your safe play area should:

- ✓ Be close to the home and clearly visible.
- ✓ Be securely fenced with a self-closing and latching gate.
- ✓ Be away from hazards such as vehicles, machinery and bodies of water.
- ✓ Have adequate shade as well as a range of fun and interesting things for children to do.

TOP TIPS TO PREVENT FARM INJURIES

- ✓ Actively supervise children at all times, including when around water, animals and vehicles, and always know where they are playing. Dress them in bright colours that are easy to see.
- ✓ Never allow children under 16 years of age to drive or ride on quad bikes as passengers. They lack the ability and strength to ride these specialised vehicles.
- ✓ Store tools, chemicals, and equipment such as heavy tyres in locked sheds.
- ✓ Never leave the key in the ignition of tractors, quad bikes and any other farm vehicle when not in use.
- ✓ Ensure children wear helmets and other protective equipment when riding horses and bicycles - and that they remove helmets when not riding to prevent potential strangulation.



ACTIVELY SUPERVISE CHILDREN AT ALL TIMES, INCLUDING WHEN AROUND WATER, ANIMALS AND VEHICLES

A WORD ABOUT OLDER CHILDREN

TO HELP KEEP OLDER CHILDREN SAFE:

- ✓ Remember that they still need to be supervised by an adult - including around roads and water - even though they might think they don't need to be!
- ✓ Don't expect older children to look after their younger siblings. Children have short attention spans, can be easily distracted, and don't know how to respond in an emergency.
- ✓ Be realistic about what older children can safely do. Give children age appropriate tasks when helping out around the home or farm and make sure that they wear the necessary safety gear.
- ✓ Teach them about hazards in and around the home and show them how to deal with these safely.
- ✓ Insist that children always use safety gear like helmets for bikes and horse riding, and wrist guards, elbow and knee pads when on their scooter, rollerblades or skateboard.
- ✓ Ask your child's coach about their safety policies; for older children, injuries often happen during sport.
- ✓ If using bunk beds - which are only recommended for children over the age of 9 - ensure they have guard rails, a fixed ladder and the Australian Standards tick of approval.

DON'T EXPECT OLDER CHILDREN TO LOOK AFTER THEIR YOUNGER SIBLINGS



Visiting friends and family should be a time for relaxation and fun for everyone. However, be aware that other peoples' homes may not be as Kidsafe as your own home.

If no children live in these homes, it's likely that there will be many hazards that are within easy reach of your baby or child. Places such as hotels and holiday rentals may also not have the same safety measures you are used to at home.

SAFETY STEPS WHEN VISITING

- ✓ If you're staying in a hotel, motel or holiday rental, take a copy of our home safety checklist along with you and do a quick safety check when you arrive. You'll find a copy of the checklist at the end of this booklet.
- ✓ Make sure your baby has a safe sleeping environment – you can read more about this on page 10. If staying in accommodation or with friends or family, call ahead to check that the loan cot or portable cot your baby will be sleeping in meets the relevant Australian standard.
- ✓ Check for overhead hazards such as ceiling fans, especially if you don't have them in your home.
- ✓ Check whether poisons such as detergents and medicines are within reach in bedrooms or bathrooms.
- ✓ Check for drowning hazards. Babies and children have drowned at friends' homes because their parents didn't know there was a pool, spa, pond or dam on the property.
- ✓ Ask if there is a place that babies or children can play that is separate from any dogs.
- ✓ Find a spot up high where their handbags can be kept when others visit your house. Handbags often contain hazards such as medicines, cosmetics and lighters.
- ✓ Look for any unsecured furniture such as bookshelves, or unsecured curtain and blind cords, and don't let babies or young children play near these.



WHAT IF I RENT?

- ✓ Install as many movable safety products as you can.
- ✓ Tenants are allowed to make child safety modifications to their property in Victoria, as long as they return it to the original condition when they leave. This includes securing curtain and blind cords and furniture.
- ✓ Check that electrical safety switches and smoke alarms have been installed and work properly. They are required by law.
- ✓ Take the Home Safety Checklist from this book along to help you check out the property.

WHAT ELSE CAN I DO TO KEEP BABIES AND CHILDREN SAFE?

- ✓ Talk to your friends and family about child injury prevention.
- ✓ Visit the Kidsafe Victoria website for more information – kidsafevic.com.au
- ✓ Give safety products and first aid kits as gifts to friends and relatives.
- ✓ Make a list of emergency contact numbers and place it in a spot near your phone.
- ✓ Learn first aid. Kidsafe Victoria has teamed up with Emergcare to deliver an innovative program that provides parents and carers with essential skills and knowledge around injury prevention and paediatric first aid training. To find out more please visit our website – kidsafevic.com.au



INSTALL AS MANY MOVABLE SAFETY PRODUCTS AS YOU CAN

HOME SAFETY CHECKLIST

THE BEST WAY TO MAKE YOUR HOME SAFE IS TO:



**IDENTIFY
THE
HAZARDS**



**PLAN HOW
TO DEAL
WITH THE
HAZARD**



**TAKE ACTION
STRAIGHT
AWAY**

OUR TOP TEN KEY TIPS TO HELP YOU:

1. Secure furniture such as bookcases and drawers so they cannot fall or tip on children.
2. Use safety gates or barriers on areas children shouldn't access alone e.g. at the top and bottom of stairs and kitchen areas if possible.
3. Secure curtain and blind cords so they are not a strangulation hazard.
4. Restrict unsupervised access to water hazards such as pools, baths and dams, and supervise babies and children around water at all times.
5. Supervise children around driveways at all times and separate playspaces from driveways where possible.
6. Place poisonous items out of sight and reach of children - including when staying at a hotel or holiday rental.
7. Install locks on cupboards, dishwashers and anywhere else children may try and reach that they shouldn't.
8. Make sure your water delivery temperature in the bathroom is turned down to 50C to help prevent burns.
9. Check your home for button batteries and products that use them, and keep them out of reach.
10. Create a safe play area for your child away from hazards – somewhere you can safely leave them for a couple of minutes while you check on dinner or go to the toilet.



FOR A MORE COMPREHENSIVE HOME AND FARM SAFETY CHECKLIST, PLEASE SEE THE FOLLOWING PAGES, SCAN THE QR CODE BELOW, OR VISIT WWW.KIDSAFEVIC.COM.AU/HOME-SAFETY/.

HOME SAFETY CHECKLIST CONTINUED...

THROUGHOUT THE HOME

YES NO

Is there an electrical safety switch to prevent electric shock?	<input type="checkbox"/>	<input type="checkbox"/>
Are electrical appliances, plugs and cords in good condition?	<input type="checkbox"/>	<input type="checkbox"/>
Are safety plugs fitted in unused power points?	<input type="checkbox"/>	<input type="checkbox"/>
Are working smoke alarms installed outside sleeping areas, tested monthly and the battery changed at least once every year?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a home fire escape plan which you practice regularly?	<input type="checkbox"/>	<input type="checkbox"/>
Are guards installed around open fires/heaters and fixed to the wall?	<input type="checkbox"/>	<input type="checkbox"/>
Do you make sure that candles or any open flame including the gas stove top, BBQs and firepits are never left unattended?	<input type="checkbox"/>	<input type="checkbox"/>
Have you removed any poisonous house plants?	<input type="checkbox"/>	<input type="checkbox"/>
Are e-cigarettes and e-liquids kept locked away where kids can't see or reach them?	<input type="checkbox"/>	<input type="checkbox"/>
Have curtain or blind cords been secured out of children's reach, at least 1.6m above the floor?	<input type="checkbox"/>	<input type="checkbox"/>
Are safety barriers or gates used at the top and bottom of stairs to prevent falls?	<input type="checkbox"/>	<input type="checkbox"/>
Are railings designed to prevent children climbing?	<input type="checkbox"/>	<input type="checkbox"/>
Are items of furniture such as bookcases, drawers, televisions, and television cabinets secured to prevent them from falling or tipping on children?	<input type="checkbox"/>	<input type="checkbox"/>
Are all balcony doors locked and are the rail heights at least 1.2m high?	<input type="checkbox"/>	<input type="checkbox"/>
Are windows locked and shielded with firm screens, no footholds or nearby furniture to climb?	<input type="checkbox"/>	<input type="checkbox"/>
Are button batteries and items that use them kept out of reach of children and disposed of safely?	<input type="checkbox"/>	<input type="checkbox"/>
Are chocks, wedges or self-closing springs used on doors to help prevent finger jams?	<input type="checkbox"/>	<input type="checkbox"/>

HOME SAFETY CHECKLIST CONTINUED...

KITCHEN

YES NO

Is there a safety barrier across the doorway to stop your child coming into the kitchen, especially when you are cooking?

Are electrical appliances (e.g. kettles, toasters and microwaves) and their cords kept out of children's reach?

Do you empty the kettle after each use?

Do you use the back hot plates and turn pot handles away from the front of the stove, to prevent pots being pulled down?

Are hot food and drinks kept out of reach of children?

Are lighters, matches, knives and other dangerous items such as cleaning products, detergents, and batteries, stored out of reach of children?

Is the dishwasher kept closed at all times?

Are plastic bags tied in a knot and stored out of reach of children?

Do you have locks on cupboard doors and pantries?

Is the highchair stable and fitted with a five point harness that is used each time?

Do you have a fire extinguisher and fire blanket stored within easy reach but away from the cooking area?

HOME SAFETY CHECKLIST CONTINUED...

LIVING AREAS

YES NO

Do you have a safe play area set up for children away from hazards?	<input type="checkbox"/>	<input type="checkbox"/>
Are covers placed on sharp edges of furniture?	<input type="checkbox"/>	<input type="checkbox"/>
Is safety glass or safety film used in glass doors and windows?	<input type="checkbox"/>	<input type="checkbox"/>
Are stickers or frosting used on glass doors to prevent children running into them?	<input type="checkbox"/>	<input type="checkbox"/>
Is alcohol stored in a child resistant cupboard?	<input type="checkbox"/>	<input type="checkbox"/>
Do rugs and mats have non-slip backing to prevent falls?	<input type="checkbox"/>	<input type="checkbox"/>
Do you clean your chimneys and flues yearly?	<input type="checkbox"/>	<input type="checkbox"/>
Are choking hazards such as coins, buttons, batteries, and toys with small parts kept out of children's reach?	<input type="checkbox"/>	<input type="checkbox"/>
Are placemats used instead of tablecloths?	<input type="checkbox"/>	<input type="checkbox"/>
Are hot drinks placed out of reach of children?	<input type="checkbox"/>	<input type="checkbox"/>
Are heaters kept at least 1m away from curtains, furniture or other flammable material and serviced regularly?	<input type="checkbox"/>	<input type="checkbox"/>
Do your children only wear clothing that is made of low fire risk material or designed to reduce fire risk?	<input type="checkbox"/>	<input type="checkbox"/>
Is your handbag or visitor's handbags kept out of children's reach?	<input type="checkbox"/>	<input type="checkbox"/>

HOME SAFETY CHECKLIST CONTINUED...

BATHROOM

YES NO

Is the hot water delivery temperature set to be no more than 50C?

Is the bath water temperature always tested before putting your child in (recommended 38C)? Do you always start with cold water first, then add hot water, and run cold water through the tap last so the tap isn't hot?

Is a non-slip mat used on the floor, and non-slip stickers or mat used in the bath or shower?

Are items such as shampoos, razors, medicines and cleaners kept in a locked cupboard out of reach of children?

Are electrical items such as hairdryers, straighteners and electric razors unplugged and stored out of reach when not in use?

Is there a lock on all toilet and bathroom doors?

Is the bath emptied immediately after use and the plug stored out of reach?

LAUNDRY

Are cleaning products, bleaches and detergents stored out of reach in a child resistant cupboard?

Are nappy or soaking buckets kept out of reach of children?

Are sinks and washing machines empty when not in use, and plugs stored out of reach of children?

Are irons kept out of reach of children?

Do appliances with lids switch off when machine is opened, and do you always keep the door closed?

Do you clean the lint filter of your dryer before every use?

HOME SAFETY CHECKLIST CONTINUED...

CHILD'S BEDROOM

YES NO

Is furniture – including the cot - placed away from windows and curtain and blind cords?

Does the cot meet Australian standards, including cot rails that are 50-95mm apart and a firm, well-fitting mattress?

Is the cot free of soft toys, pillows and bumpers?

Are items needed to change baby close to the change table?

Is furniture free of sharp corners?

Are the toys suitable for the child's age and in good condition?

Are toys kept where children can reach them without climbing?

Does your toy box have a slow closer to prevent crushed fingers?

Are electrical appliances and cords out of reach of children?

Electric blankets and hot water bottles are not recommended for children, but have you checked them for wear before using them for adults?

Are items of furniture such as bookcases, drawers, and cabinets secured to prevent them from falling or tipping on children?

HOME SAFETY CHECKLIST CONTINUED...

OUTDOORS

YES NO

Are dangerous products such as pesticides, paints, chemicals and other poisons stored in their original containers, out of reach of children?

Are all garden tools locked away?

Can the shed or garage be locked?

Is the garden free of poisonous plants?

Is your swimming pool or spa surrounded by a safety barrier that is regularly checked?

Are play areas separated from hazards such as the driveway and road?

Is the play equipment stable and in good condition?

Is there a soft surface under play equipment over 500mm high to cushion falls?

Are pathways clear to prevent tripping?

Are branches and twigs removed from children's eye level?

Are children supervised closely when they are playing and interacting with pets? If you can't supervise, do you make sure they are separated with appropriate barriers?

Are garden statues and birdbaths cemented in to prevent a crushing hazard?

Are helmets worn when riding bikes, scooters, skateboards or other wheeled devices?

Are wrist, knee and elbow guards worn when riding scooters, skateboards or rollerblades?

Are children always supervised closely around barbecues, fire pits and pizza ovens?

BABY SAFETY GUIDE KIDSAFE'S SAFETY ESSENTIALS COURSE

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Being a new parent is an exciting time, however, with so much to learn, it can also be a little overwhelming! That's why we've created our Baby Safety Guide, a free course designed to support new and expectant parents with important information on keeping baby safe.

The Baby Safety Guide takes the guesswork out of your parenting journey by providing information and advice on essential (and not so essential) products, including what to look for when purchasing these products, how to set them up and use them safely, along with other key information on home, road, water and play safety to help keep baby safe as they grow.

The course is designed to be completed at your own pace, so you can stop at any time and pick up where you left off next time.



**PLEASE SCAN HERE
TO ACCESS THE BABY
SAFETY GUIDE**

[kidsafevic.com.au/
new-parent-hub](https://kidsafevic.com.au/new-parent-hub)

**TAKE OUR FREE
ONLINE COURSE
AND KEEP YOUR
BABY SAFE!**



CHILD CAR RESTRAINT E-LEARNING TOOL



Installing and adjusting your child's car restraint can sometimes be tricky, especially if you haven't been shown how to do so.

Our free child car restraint e-learning tool is designed to help you to make sure that your child is travelling as safely as possible on every trip, with tailored advice based on their age and stage of development. As you progress through the modules, you will find a range of interactive activities, videos and demonstrations with practical information and advice on topics including choosing, installing, adjusting and using child car restraints.



**PLEASE SCAN HERE TO ACCESS
THE FREE CHILD CAR RESTRAINT
E-LEARNING TOOL**

kidsafevic.com.au/child-restraints/

KIDSAFE PARENT AND CARER USER JOURNEY

Our parent and carer journeys provide you with tailored advice about what you can do to help keep your little one safe at different stages of their development.

We'll help you navigate the most common injury hazards like a pro with handy videos, fact sheets, checklists and online courses - all delivered for free straight to your inbox!



**PLEASE SCAN HERE TO SIGN
UP TO OUR PARENT AND
CARER JOURNEY**

kidsafevic.com.au/about/newsletter





MAKING YOUR HOME KIDSAFE



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Child Accident Prevention Foundation of Australia
Kidsafe VIC Inc