ROOM-BY-ROOM CHECKLIST

Walk through your home. Tick each fix.

One room at a time. Every line is a thing you can do this week. Get down to your child's height and look: Kidsafe suggests crawling through each room on your hands and knees.[1]

Kitchen

Burns and poisons start here.

- [ ] Latches on every cupboard that holds cleaners or dishwasher powder.[1]
- [ ] Stove guard fitted. Cook on the back hotplates first and turn handles to the back.[1]
- [ ] Freestanding stove fixed to the floor or wall.[1]
- [ ] Kettle cord short or cordless, pushed to the back. Boil only what you need.
  Boiled water can scald for up to 30 minutes.[1]
- [ ] Hot drinks out of reach. Never hold one with a child on your lap.[1]
  Scalds cause 52% of child burns; the typical child burned is 3.[7]
- [ ] Knives, lighters and matches up high. Plastic bags out of reach.[1]
- [ ] Fire blanket and extinguisher where an adult can grab them.[1]
- [ ] Poisons 13 11 26 and Emergency 000 on the fridge.[1]

Bathroom

Medicines, hot water and the bath.

- [ ] Every medicine and vitamin in one locked box or cupboard, up high. Handbags, yours and visitors', out of reach too.[2]
  "Child resistant" is not child proof. Many children can open these lids.[1]
- [ ] Hot water at the bathroom tap no hotter than 50°C. Ask a licensed plumber.[1]
  Systems put in before 5 August 1998 likely run hotter than 50°C (Victorian Building Authority).[6]
- [ ] Run the cold first and turn it off last. Bath water for young children: about 38°C.[1]
- [ ] Never leave a child alone in the bath. If you must leave, take them with you.[1]
- [ ] Razors locked away. Hairdryers and straighteners unplugged and put away.[1]
- [ ] Non-slip mat in the bath. Floor kept dry.[1]
- [ ] Shampoos, soaps and make-up out of reach.[1]

Laundry

Pods, bleach and buckets.

- [ ] Detergents, pods and bleach in a latched cupboard, in their own labelled containers.[1]
- [ ] Soaking and nappy buckets have a tight lid and sit out of reach.[1]
- [ ] Tubs empty. Washing machine and dryer doors shut.[1]

Living areas

Tip-overs, batteries and cords.

- [ ] TV, bookcases and chests of drawers strapped to the wall. [1]
  Toppling furniture has killed 20 Australian children under 7 since 2000. [8]
- [ ] Every remote, scale and toy: the battery door needs a screw or tool to open. Tape any loose one shut. Spare button batteries up high. [5]
  A swallowed button battery can cause severe burns in as little as 2 hours. [5]
- [ ] Blind and curtain cords wound on a cleat at least 1600 mm above the floor. No loose loop 220 mm or longer. [3]
- [ ] Glass doors are safety glass or covered with safety film. [1]
- [ ] Heaters guarded, with the guard fixed to the wall. Heaters away from curtains. [1]
- [ ] Power point covers in unused sockets. Safety switch fitted. [1]
- [ ] Alcohol, cigarettes and lighters in a latched cupboard. [1]
- [ ] Smoke alarms tested. Battery changed at least once a year. [1]

Bedrooms and nursery

Where children sleep and climb.

- [ ] Cot away from the window, and away from blind and curtain cords. [1]
- [ ] Cot rails 50 to 95 mm apart. Mattress firm and fits snugly. [1]
- [ ] Everything you need within reach of the change table. One hand on baby. [1]
- [ ] Drawers and wardrobes strapped to the wall. [1]
- [ ] No top bunk for children under 9. Bunks have guard rails and a fixed ladder. [1]
- [ ] Toys stored low so no one climbs. "Not suitable under 3" toys kept from little ones. [1]
- [ ] Nightwear labelled low fire risk. [1]

Stairs and windows

Falls are 1 in 3 child injury hospital stays. [7]

- [ ] Gates at the top and bottom of every staircase. [1]
- [ ] Stairs well lit. Night lights, or switches a child can reach. [1]
- [ ] Upstairs windows: a window guard or stainless steel mesh. [1]
- [ ] Beds, couches and boxes moved away from windows and balcony rails. [1]
- [ ] Railings and balconies have no footholds or gaps a child fits through. [1]
- [ ] Balcony doors locked when no one is out there. [1]

Garage and shed

Chemicals, tools and the car.

- [ ] Garage and shed locked.[1]
- [ ] Pesticides, paint, fuel and pool chemicals in their own labelled containers, up high.[1]
- [ ] Garden and power tools locked away.[1]
- [ ] Car locked, keys out of the ignition. Know where every child is before you move it.[1]
- [ ] Driveway fenced off from where children play.[1]

Outdoors and pool

Half the under-5 drownings in 2024–25 were in home pools.[4]

- [ ] Any pool or spa that holds more than 30 cm of water is fenced on all four sides, apart from the house.[1]
- [ ] The gate shuts and latches by itself, from any position. Test it today.[1]
  Queensland rules: fence at least 1200 mm high, gaps no wider than 100 mm, nothing to climb within 900 mm. Your council has your state's rules.[9]
- [ ] Nothing leaning on the fence. The gate is never propped open.[1]
- [ ] Resuscitation chart in the pool area. An adult in the house has done a first aid course.[1]
- [ ] Paddling pools emptied after use and stored upright. Buckets, pet bowls and eskies emptied.[1]
- [ ] Ponds covered with a fixed grill.[1]
- [ ] Trampoline made to AS 4989, safety pads on, one child at a time.[1]
- [ ] Play equipment stable, away from paths, with a soft surface below.[1]
- [ ] Garden plants checked. Ask your local nursery which ones are poisonous.[1]

Something has happened? Poisons Information Centre **13 11 26**, any hour, anywhere in Australia. Emergency **000**.

Sources

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