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.

**Child Safety Checklist**

**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
- For more information about child safety and to download a Child Safety Wall Chart, visit mychild.ie