

CYP Community Health - Keeping Safe: Home Safety Tool

Accidents happen. We know children need to explore and experiment to learn. Sadly, some children can suffer the pain from a serious accident, of which most are completely preventable by making some simple solutions or changes.

You can use this tool to help you thinking about your home and make some changes that will create a safer place for you and your family. We have linked fact sheets within the tool where you can access for further top tips.

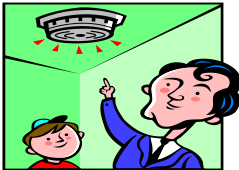

There are lots of resources online that can help you.

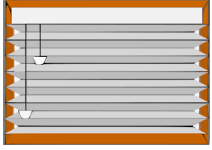
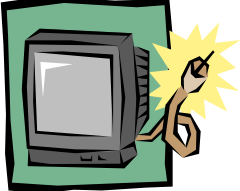


[Child Accident Prevention Trust](#) is full of fact sheets and safety tips.


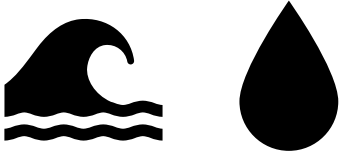
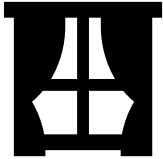
[Suffolk Fire and Rescue Service](#) have a range of fire safety leaflets to help make your home safe.




[NHS Baby and Toddler Safety](#) advice on protecting your child for common accidents





General Safety Questions



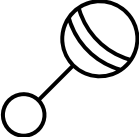

Question	Fact sheets	Yes	No	Action Plan
<p>Do you have at least one smoke alarm fitted and in working order?</p> <p>Closing internal doors at night, will hold back a fire for 15-20 minutes, giving valuable escape time.</p> 	<p>CAPT fire safety</p> <p>Suffolk County Council keeping your home safe</p> <p>NHS Baby & Toddler Safety</p>			
<p>Are all lighters and matches safely out of reach of children or in a locked cupboard?</p> <p>Ensure candles and other naked flames are well out of reach.</p> 	<p>CAPT fire safety</p> <p>Suffolk County Council keeping your home safe</p> <p>NHS Baby & Toddler Safety</p>			
<p>Are window/blind cords/pulls kept out of reach?</p> <p>Toddlers love to climb. They can suffocate in as little as 20 seconds.</p>	<p>CAPT blind cord safety</p> <p>CAPT breathe easy, choking, strangulation & suffocation</p>			





				
<p>Are cables and leads, mobile phone chargers tidy and out of reach/sight and sockets not overloaded/broken?</p> 	<p>CAPT fire safety</p> <p>Suffolk County Council keeping your home safe</p> <p>NHS Baby & Toddler Safety</p>			
<p>Have you got a method in place to stop children falling down the stairs or from balconies?</p> <p>If you have stair gates in place, are they securely and correctly fitted as per the manufacturing instructions?</p> <p>Are hallways/stairs uncluttered?</p> 	<p>CAPT falls from windows</p> <p>CAPT free from falls</p> <p>NHS Baby & Toddler Safety</p>			
<p>Is your child protected from touching fires, radiators, heaters, ovens, and hair straighteners?</p> <p>Should a fire occur, have the family discussed an escape plan?</p> 	<p>Suffolk County Council What to do if there is a fire in your home</p> <p>Suffolk County Council keeping your home safe</p> <p>CAPT fire safety</p> <p>NHS Baby & Toddler Safety</p>			
<p>Do you have a carbon monoxide monitor?</p>	<p>Gov.uk Carbon monoxide</p>			

	Suffolk County Council keeping your home safe NHS Baby & Toddler Safety			
<p>Are children supervised near paddling pools, ponds, full bathtubs, or open buckets/tubs of water? A child can drown in just one inch of water. Never leave your child unattended in their bath.</p> <p>If you have a swimming pool, is it secured by a locked door or gate/fence that children cannot access?</p> <p>Children must always be supervised when around water.</p> 	<p>Royal life Saving Society Water Safety at Home</p> <p>CAPT watch out water</p> <p>NHS Baby & Toddler Safety</p>			
<p>Have you checked that windows and balconies safe - to make sure children cannot fall out or over windows and/or balconies?</p> <p>Is there a method in place to stop children falling down the stairs or from balconies? Ensure window locks are used, and the key kept in a safe place in case of emergencies.</p> 	<p>CAPT falls from windows</p> <p>CAPT free from falls</p> <p>NHS Baby & Toddler Safety</p>			
<p>Do you have a method to make sure children cannot get out of the home unattended?</p>	<p>CAPT safety around roads</p> <p>NHS Baby & Toddler Safety</p>			

				
<p>Safe sleeping Follow the Lullaby Trust Guidance Avoid using cot bumpers. Keep electronic devices/chargers away from furniture and bedding. Bunkbeds are not advised for under 6-year-olds.</p> 	<p>Lullaby Trust Safer Sleep</p> <p>NHS Baby & Toddler Safety</p>			
<p>Are all medications, chemicals and e-cigarette refills locked away or out of the reach of children? Painkillers kept in handbags and bedside cabinets are the most common way for children to be poisoned.</p> <p>Are all detergents, dishwasher tablets, laundry capsules kept out of reach from children? Keep them up, keep them closed, keep them safe.</p> 	<p>CAPT prevent poisoning</p> <p>CAPT button Batteries</p> <p>CAPT Magnets</p> <p>NHS Baby & Toddler Safety</p>			
<p>Are all plastic bags, nappy sacks out of reach? Babies develop grasp reflex in the first few weeks of life and the hand to mouth reflex means they could grab a nappy sack and get it to their mouth easily.</p>	<p>CAPT breathe easy, choking, strangulation & suffocation</p> <p>NHS Baby & Toddler Safety</p>			

 <p>BABIES CAN SUFFOCATE ON NAPPY SACKS <small>ALWAYS KEEP NAPPY SACKS OUT OF REACH. Babies naturally grasp anything and put it in their mouths – nappy sacks can kill.</small></p>				
<p>Are all sharp objects, scissors/knives out of the reach of children? Consider use of cupboard/drawer locks</p> 	<p>Suffolk County Council keeping your home safe</p> <p>NHS Baby & Toddler Safety</p>			
<p>Is all top-heavy furniture, e.g., bookshelves/ovens/televisions secured to wall or floor? Some children are prone to climbing and will not be aware of the dangers this could cause.</p> 	<p>CAPT free from falls</p> <p>NHS Baby & Toddler Safety</p>			
<p>Are children protected from all animals/pets? Is their urine/faeces cleaned up promptly? Animals should never be left alone with any child unattended.</p> 	<p>CAPT prevent poisoning</p> <p>NHS Baby & Toddler Safety</p>			
<p>Do you have a Dog in the house? Remember any dog can bite.</p> <p>Stay close – never leave your baby or child unsupervised.</p>	<p>IHV Dogs, babies and children: living safely together</p> <p>CAPT Dogs and children: Top tips to keep them safe</p>			

<p>Step – in – intervene if your dog or child is behaving unsafely or if either one looks uncomfortable.</p> <p>Separate – keep children and dogs separate when you're likely to be distracted, like during the morning rush. Use a safety gate, put your dog in another room, or take your child or dog with you.</p> <p>Understand – your dog's body language tells you how they are feeling.</p> 	<p>CAPT safety around dogs</p> <p>CAPT dog and new baby</p> <p>NHS Baby & Toddler Safety</p>			
<p>Are small items, e.g., buttons, coins, small toys, e-cigarette refills, button batteries, etc. out of the reach from a child? If a child swallows a button battery – act fast.</p> 	<p>CAPT button Batteries</p> <p>CAPT Magnets</p> <p>NHS Baby & Toddler Safety</p>			
<p>Are toys safe and age appropriate?</p> 	<p>CAPT toy safety</p> <p>CAPT water beads</p> <p>CAPT high risk toys</p> <p>NHS Baby & Toddler Safety</p>			
<p>Do you always make sure your child is supervised at all times?</p> 	<p>NHS Baby & Toddler Safety</p>			
<p>Do you have an appropriate car seat for your child's weight?</p>	<p>Child Car Seats: The Law</p>			

<p>Never place a baby seat/chair on raised surfaces.</p> 	<p>NHS Baby & Toddler Safety</p>			
<p>If you have a highchair? Does it have a 5-point harness? 'batons not balls' for babies – chop up foods such as grapes. Avoid prop feeding with bottles.</p> 	<p>CAPT safe from choking</p> <p>CAPT breathe easy, choking, strangulation & suffocation</p> <p>NHS Baby & Toddler Safety</p>			
<p>Are hot drinks kept away and out of the reach of children? Hot drink can still severely scald a child, 20 minutes after making.</p> <p>Do you run the cold water first in the bath?</p> 	<p>CAPT safe from burns</p> <p>NHS Baby & Toddler Safety</p>			
<p>Do you have plants that could be poisonous? Teaching children not to eat anything they pick in the garden, park, etc.</p> 	<p>CAPT prevent poisoning</p> <p>NHS Baby & Toddler Safety</p>			

If you feel you need further help or advice about keeping your child safe in the home, you can contact our Health Business Centre on 0345 607 8866 or email childrenshealth@suffolk.gov.uk or visit www.suffolk.gov.uk/healthvisiting