

Safety checklist

	Yes	No		Yes	No
Do you have working smoke alarms installed and checked every 12 months?	<input type="radio"/>	<input type="radio"/>	Do you live in a bushfire prone area, does your family have a prepared and practiced bushfire survival plan?	<input type="radio"/>	<input type="radio"/>
Is the hot water in your bathroom/ ensuite delivered at no more than 50°C?	<input type="radio"/>	<input type="radio"/>	Do you always supervise children around heaters, open fires and candles?	<input type="radio"/>	<input type="radio"/>
Is your home fitted with a working electrical safety switch?	<input type="radio"/>	<input type="radio"/>	Do you store batteries, particularly lithium button batteries out of reach and dispose of them safely?	<input type="radio"/>	<input type="radio"/>
Do you have a fire blanket and fire extinguisher in or near the kitchen?	<input type="radio"/>	<input type="radio"/>	Have you checked that button battery compartments on devices are secured and can't be accessed by children?	<input type="radio"/>	<input type="radio"/>
Are children's nightwear labelled as 'Low Fire Danger'?	<input type="radio"/>	<input type="radio"/>	Is access to the kitchen restricted by using a safety barrier?	<input type="radio"/>	<input type="radio"/>
Is there a first aid kit in your home? Check expiry dates on supplies regularly.	<input type="radio"/>	<input type="radio"/>	Do your appliances have short cords that do not dangle over the bench?	<input type="radio"/>	<input type="radio"/>
Is the microwave out of reach of young children and at a safe height for adults?	<input type="radio"/>	<input type="radio"/>	Is the kettle, including the cord, out of children's reach?	<input type="radio"/>	<input type="radio"/>
Do you use power boards with surge protectors?	<input type="radio"/>	<input type="radio"/>	Do you use the back hot plates and turn pot handles towards the back of the stove to prevent pots being pulled from the hot plate, or do you have a stove guard?	<input type="radio"/>	<input type="radio"/>
Are electrical cords out of sight and reach of children?	<input type="radio"/>	<input type="radio"/>	Do you have a child-resistant lock on your oven door?	<input type="radio"/>	<input type="radio"/>
Are there safety guards around fireplaces, stoves and heaters?	<input type="radio"/>	<input type="radio"/>	Are matches, lighters, cigarettes and ashtrays stored in a place where children cannot reach them?	<input type="radio"/>	<input type="radio"/>
Do you remove hot water bottles and wheat bags before getting into bed?	<input type="radio"/>	<input type="radio"/>	Are cups of hot tea/coffee kept out of reach of children?	<input type="radio"/>	<input type="radio"/>
Do you replace your hot water bottles every year?	<input type="radio"/>	<input type="radio"/>	Are curtains kept away from the stove?	<input type="radio"/>	<input type="radio"/>
Are chemicals and poisonous substances kept in original containers and stored up high and securely?	<input type="radio"/>	<input type="radio"/>	Are hair straighteners and curlers unplugged when not in use and stored in a secure cupboard?	<input type="radio"/>	<input type="radio"/>
Does your family play in the shade, wear hats, sunscreen, sun smart clothing and shoes?	<input type="radio"/>	<input type="radio"/>			
Do you have a first aid kit and fire extinguisher in your car?	<input type="radio"/>	<input type="radio"/>			
Does everyone in your home know the triple zero (000) emergency number?	<input type="radio"/>	<input type="radio"/>			
Do you have a fire escape plan for your home and practice it regularly with family members?	<input type="radio"/>	<input type="radio"/>			

The leading cause of childhood burn and scald injuries requiring hospitalisation is from contact with hot drinks, food, fats and cooking oils

Burns, Scalds and Electrocution



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Kids have sensitive skin and can be injured more quickly and severely by burns, scalds and electrocution than adults. That's why it is important to supervise children when near hot liquids, surfaces and electrical appliances and to teach kids the dangers these objects can pose.

Common hazards

1. Hot drinks and food
2. Hot liquids such as boiled water and hot oil
3. Household appliances
4. Hot tap-water
5. Camp-fires and other outdoor fires
6. Heaters

Hot water and liquids

50°C should be the maximum temperature delivered to your laundry and bathroom. Children burn quickly and easily so it can help to fit child-resistant tap covers to hot water taps and make sure all taps are marked clearly.

37°C is the recommended temperature for babies and children. When you run a bath or turn on the shower turn the cold tap on first, then hot then finish with cold water to cool the spout. Make sure to test the temperature before placing children in the water.

Hot drinks should not be drunk while holding a child or left within reach of children. Burns from hot drinks, food and other cooking liquids is the biggest cause of burns and scalds for children 0-4 years of age.

The water in your kettle will stay hot for a long time after it has boiled. Try to only boil as much water as you need and keep the kettle pushed to the back of the bench with the cord tied up short and neat.

Microwaves - It's hard to avoid using a microwave but if you do always remember that they heat food and drinks unevenly which can lead to unexpected burns. Make sure foods and liquids are mixed carefully and test the temperature before giving them to children.

Whole of house

Smoke alarms - install Australian standard compliant smoke alarms in or near bedrooms in the kitchen and the entrance to hallways. Make sure to check that they are working at all times and change the battery once a year at the end of daylight savings. Do not remove batteries when smoke alarms go off accidentally, open doors and windows and use something (such as a magazine or tea towel) to fan away the smoke.

Home fire escape plan - make a home fire escape plan that details the emergency exits and where you will meet up in the event of an emergency and do a test run to ensure children and adults know what to do.

Fire extinguishers and blankets - research and consider installing both in your home, garage and workplace. It can be a good idea to have a fire blanket stored next to or near the stove for quick response.

Lighters and matches should be kept out of reach of children at all times

Kitchen

Stoves and ovens - Gas ovens should have a flame failure device fitted to cut off the gas supply after a few seconds when heat is undetected. Turn saucepans and pot hands away from the front of the stove and use the back hotplates when possible. Stove guards and knob covers can be a great way to prevent children from accessing and operating ovens and stoves.

Placemats can be an acceptable alternative to tablecloths as they can be moved away from the edge of the table. Hanging tablecloths can be pulled on by children bringing hot drink and food down onto them as well.



Appliances

Electrical safety cutoff switch - It's important that your house is fitted with an electrical safety cutoff switch, these switches turn off the power when there is a fault before people are injured. If one is not installed or you are unsure talk to an electrician who can fit one to your switchboard.

Outlet plugs - Where possible fit outlet plugs to unused power points, avoid using double adaptors, power boards and extension leads where possible.

Supervise children while using electrical appliances such as irons, blenders and toaster. Appliances such as hair straighteners, irons and hair dryers should be unplugged and stored up high and out of reach of children immediately after use to avoid burns.

Clothes dryers should be up high or fitted with a child-resistant latch and always check the dryer before you turn it on for any hiding children. It's important to clean the lint filter before or after every load and consider turning it off at the wall when not in use.

Electrical cords and appliances need to be kept away from water. Be particularly careful in rooms such as the bathroom and laundry. Make sure the floor is kept dry and spills mopped up immediately

Portable heaters - avoid using heaters in the bathroom and in children's bedrooms and don't use electric blankets with children younger than two or those still bed-wetting

Barbeques and open fires - Supervise children and dress them in low fire-risk clothing near barbeques and open fires. Turn off the gas and outdoor heaters and disconnect the bottle.

