

Risk Assessment Checklist for Parents

We can't wrap children in cotton wool but by making a few simple changes and looking at your home with a fresh set of eyes we can help greatly reduce the number of needless accidents that happen to children every year in and around the home in the UK. Sometimes getting down on your hands and knees and seeing your home from your toddler's point of view can give valuable insight. See what they can see and reach, what they can access or what they may want to climb for.

KITCHEN

1. Do you have a first aid kit?	Yes / No
2. Can children have unsupervised access to the kitchen (no safety gate/ open plan)?	Yes / No
3. Are cleaning chemicals kept secure or out of reach of children? (includes liquid detergents etc)	Yes / No
4. Do you use the back rings on your cooker first, and keep handles turned inwards?	Yes / No
5. Are knives and scissors kept out of reach/ secure?	Yes / No
6. Has your kettle got a short cord, do you keep it at the back of the bench?	Yes / No
7. Do you put car seats/bouncers on work surfaces/ tables/ benches?	Yes / No
8. Do you make sure hot drinks are kept out of reach of children?	Yes / No
9. Do you keep children out of the kitchen while you are cooking/making hot drinks?	Yes / No
10. Do you wipe spills up from the floor immediately?	Yes / No
11. Are you aware that warming food/bottles in microwaves can cause hotspots that can burn?	Yes / No

LIVING ROOM and DINING ROOM

12. Do you have a fixed fireguard / radiator covers?	Yes / No
13. Are bookshelves and large furniture items secure and not at risk from toppling?	Yes / No
14. Are electrical sockets overloaded?	Yes / No
15. Is your TV secured either on its stand or on the wall? (flat screens are inherently unstable)	Yes / No
16. Is your highchair stable, does it have a safety harness?	Yes / No
17. Do you pass hot food over children or leave hot dishes within reach of children at the table?	Yes / No
18. Do you hold your child when you are drinking hot drinks?	Yes / No
19. Do you keep alcohol out of reach of children?	Yes / No
20. Do you keep cigarettes and nicotine replacement products out of reach of children?	Yes / No
21. Do you leave your handbag on the floor/next to your seat?	Yes / No

BATHROOM

22. Do you have a non slip bathmat?	Yes / No
23. Are children always supervised at bath time?	Yes / No
24. Do you ever leave a full / filling bath unattended?	Yes / No
25. Do you always run the cold tap before the hot?	Yes / No
26. Do you make sure that razors are kept out of reach of children?	Yes / No
27. Do you leave cleaning chemicals beside or near the toilet?	Yes / No

28. Do you have a medicine cabinet that can be accessed by children?	Yes / No
--	----------

STAIRS

29. Do you have a gate to prevent children accessing stairs?	Yes / No
30. Are your stairs free from clutter and obstacles that could cause a fall?	Yes / No
31. Are horizontal bannisters cover to prevent children climbing?	Yes / No
32. Are vertical bannisters close enough together to prevent children climbing through?	Yes / No

CHILD'S BEDROOM

33. Is your child's cot/bed next to a window?	Yes / No
34. Are the windows in your child's bedroom 'restricted'?	Yes / No
35. Is your child's cot/bed next to a radiator?	Yes / No
36. Do you leave medication in your child's bedroom?	Yes / No
37. Are all of the toys in your child's bedroom safe / age appropriate?	Yes / No
38. Is there anything your child could get around their neck, blind cords, belts, scarves, cables etc?	Yes / No
39. If you have bunk beds as there a safety bar, can your child use the ladder safely?	Yes / No

GENERAL

40. Do you unplug phone/laptop chargers when you aren't using them?	Yes / No
41. Do you have a working smoke alarm?	Yes / No
42. Do you have a family fire escape plan?	Yes / No
43. Do you keep matches and lighters out of reach?	Yes / No
44. Do you keep small objects out of reach of small children?	Yes / No
45. Do you iron while children are in bed or being looked after?	Yes / No
46. Do you keep nappy bags out of reach of small children?	Yes / No
47. If you have a dog do you ever leave the dog and your child alone together?	Yes / No
48. Do you get all of your fires/gas appliances regularly checked?	Yes / No
49. If you have hair straighteners are they put somewhere safe to cool down and after use?	Yes / No
50. Are batteries (especially lithium batteries) kept out of reach?	Yes / No
51. Are small magnets kept out of reach of small children?	Yes / No
52. Have you been on a first aid course	Yes / No
53. Do you have a Will to protect your Children, your home and your wealth	Yes / No

The above checklist is meant as a prompt to get parents to start thinking about dangers in the home. It is not a comprehensive list of risks.

Every home is different and there will be risks specific to each household.

Good parental supervision along with appropriate adult behaviour are important factors which help keep children safe alongside many of the items listed above.