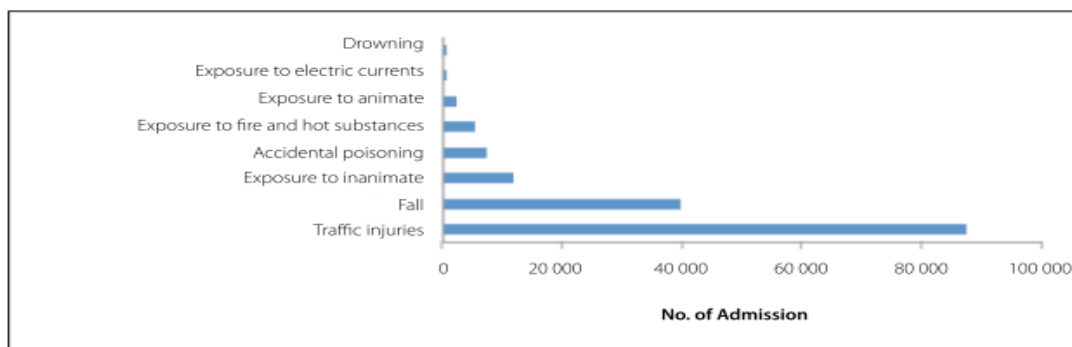




STOP	Young children don't understand the concept of hazards or what is safe or unsafe. Normal physical development, curiosity or boredom will expose young children to hazards.
STUDY	Injuries can be prevented; they are not accidents or chance events. By making changes in your home you can reduce your child's potential injuries.
ACT	Walk from room to room answering the questions from a child's point of view. After completion, sit down with your checklist and make a "to do" list for improvements.

The below figure identifies the commonest injuries for children in Malaysia [Source: Malaysia Ministry of Health (2007)], use the below as a guide when reviewing your house.



#	General Areas	Y/N	Hazard	Comments
1	Are glass objects and appliances with sharp blades stored out of reach?		Cuts	
2	Are matches, oil burners, incense, candles and lighters kept out of reach of young children?		Burns	
3	Are all unused power points that children can reach blocked with safety plugs?		Electrocution	
4	Are all curtain and blind cords tied with clothespins or specially designed cord clips?		Strangulation	
5	Are all electrical cords and leads kept out of reach of children? Have cord holders been used to keep cords together and against walls? Are all appliances unplugged when not in use?		Strangulation	
6	Are all objects smaller than a film canister kept out of reach of children?		Choking	
7	Are all plastic bags etc. out of reach of children?		Suffocation	
8	Are all sharp edges on tables and benches padded?		Eye injury	
9	Are glass doors marked with stickers at adult and child's eye level?		Laceration	
10	Do stoves have guards that keep hot components out of reach of children?		Burns	
11	Are all windows or other openings more than 1.5 metres above the ground fixed so they cannot be opened more than 100 mm?		Falls	



#	General Areas	Y/N	Hazard	Comments
12	Do you have smoke alarms located between the sleeping areas and the rest of the house? Have you tested the alarms in the last three months? Are the batteries working?		Smoke Inhalation / Burns/ Fire	
13	Are all flammable liquids stored safely (as per the directions)?		Poisoning	
14	Are matches and lighters stored in a locked cabinet? Are candles not left unattended?		Burns	
15	Is your home fitted with a working electrical safety switch?		Electrocution	
16	Are all top-heavy furniture such as bookshelves, ovens, stereos, cabinets, televisions (especially wide screens) and bird baths, secured to the wall, floor or ground?		Crushing / Falls	
17	Do you have slip resistant surfaces in all wet areas?		Falls	
18	Do you have gas detectors in your home? Are they operational? Have you recently tested them?		Explosion	
19	Have you installed finger pinch guards on all doors?		Crushing	
20	Are walls in good condition, with no peeling or cracking paint (which could contain lead as Malaysia does not have any lead paint regulation – see http://www.okinternational.org/lead-paint/Background)		Poisoning	
21	Are fans guarded?		Laceration	
22	Do sliding doors as well as home exit doors have child proof locks?		Entry into unsafe area	
23	Are all toys appropriate for the age group of your child? Check packaging and follow accordingly?		Choking	
24	Check that toys meet international safety and quality standards (ASTM, AS, BS, etc)		-	
25	Do you have a home fire escape plan?		-	
26	Have you taken a CPR and First Aid Course?		-	
27	Has your child's carer/babysitter/family taken a CPR and First Aid Course? Is it time for an annual refresher?		-	
28	Do you have a first aid book located in an easy to find location? A book with diagrams or descriptive photos is recommended		-	
29	Is there a First Aid Kit in the house? Is it regularly checked and restocked?		-	
30	Do you have the phone number of Emergency services (GP, Hospital, Poisons Information, Police, etc) by the phone?		-	

#	Kitchen	Y/N	Hazard	Comments
1	Are chemicals and food stored separately? Odour/gas emitted from chemicals can be absorbed into foodstuffs.		Poisoning	



Home Safety Checklist

#	Kitchen	Y/N	Hazard	Comments
2	Are knives, forks, scissors, and other sharp tools in a drawer with a childproof latch?		Laceration	
3	Have you installed a dishwasher lock so kids can't reach breakable dishes, knives, and other dangerous objects?		Laceration	
4	Have you installed a stove lock and have knob protectors been placed on the stove knobs?		Burns Gas Leak	
5	Are chairs and step stools positioned away from the stove?		Burns / Falls	
6	When cooking, are all pot handles on the stove turned inward or placed on back burners where your child can't reach them?		Burns	
7	Is the garbage can behind a cabinet door with a childproof latch?		Choking / Poisoning	
8	Are all vitamin or medicine bottles stored in a high cabinet far from reach?		Poisoning	
9	Is the cabinet under the sink free of cleaning supplies, bug sprays, dishwasher detergent, and dishwashing liquids? And are these supplies out of the reach of children?		Poisoning	
10	Are any bottles containing alcohol stored out of reach?		Poisoning	
11	Are any cords or wires from wall telephones out of reach?		Choking	
12	Are refrigerator magnets and other small objects out of reach?		Choking / Ingestion	
13	Are childproof latches installed on all cabinet doors?		Choking / Ingestion	
14	Is there a working fire extinguisher?		-	
15	Does the child's highchair have a safety belt with a strap between the legs?		Falls	
16	Is the gas turned off at the kitchen valve after every use? (A recent fatality occurred because detectable odorants are not always used in Malaysia for household gas, and normal natural gas has no smell)		Explosion	
17	Is the stove, oven and microwave securely fixed in position? Ensure they cannot topple over.		Crushing	

#	Bathroom	Y/N	Hazard	Comments
1	Are electrical appliances unplugged, cords kept out of reach of young children and kept away from any water or taps?		Electrocution	
2	Are bottles of mouthwash, perfumes, hair dyes, hair sprays, nail polishes, and nail polish removers stored in a locked cabinet?		Poisoning	
3	Is the thermostat on the hot water heater set below 49°C (120°F)?		Burns	



#	Bathroom	Y/N	Hazard	Comments
4	Are razor blades, nail scissors, and other sharp tools stored in a locked cabinet?		Laceration	
5	Are childproof latches installed on all drawers and cabinets?		Laceration / Poisoning	
6	Do the outlets have ground fault circuit interrupters? (If you live in an older home have an electrician inspect your circuit breaker panel.)		Electrocution	
7	Are toilets always left closed? Is there a toilet-lid lock on the toilet?		Drowning	
8	Are there nonskid strips on the bottoms of bathtubs?		Slips, trips and falls	
9	Are there nonslip pads under rugs to hold them securely to the floor?		Slip, trips and falls	
10	Are all prescription and non-prescription medications, cosmetics, and cleaners stored in a locked cabinet? Are childproof caps on all medications?		Poisoning	
11	Does the room have a door or gates fitted with child-resistant catches for times when it is not being used?		-	

#	Bedroom	Y/N	Hazard	Comments
1	Is all furniture that a child could climb and fall 1.5 metres from removed, securely fixed or guarded?		Falls	
2	Are all painted cribs, bassinets, and high chairs made after 1978? (In developed countries after this year lead paint was banned in products from Australia and the United States). Review: http://www.okinternational.org/lead-paint/Background and http://www.epa.gov/lead/pubs/leadinfo.htm .		Poisoning	
3	Is the crib free of soft pillows, stuffed animals, and soft bedding? Crib bumpers cannot be used		Suffocation	
4	Have any strings or ribbons been clipped off hanging mobiles and crib toys?		Choking	
5	Are window blind and curtain cords tied with clothespins or specially designed cord clips? Are they kept well out of reach and away from cribs?		Choking	
6	Are dressers secured to walls with drawers closed?		Crushing	
7	Do the lids on toy chests or toy storage containers have a lid support to keep them from slamming shut? Are all toy chests non-locking?		Suffocation	
8	Are any night-lights in the room not touching any fabric like bedspreads or curtains?		Fire	



#	Bedroom	Y/N	Hazard	Comments
9	Have you removed all drawstrings from your child's clothing?		Suffocation	
10	Do the cots conform to the safe sleeping environment as outlined by 'SIDS and Kids'? See www.sidsandkids.org .		Death	
11	Is the cot situated away from a window?		Falls	
12	Are toiletries, medication, sleeping pills, perfume, jewellery, sharps and plastic bags all out of reach of children?		Poisoning	
13	Is the top bunk out of reach of children e.g. has the ladder been removed, or is the bunk guarded?		Falls	

#	Outdoors, Garage and Laundry Area	Y/N	Hazard	Comments
1	Are all tools and supplies used for gardening, automotive, and lawn care stored safely away from children?		Laceration Poisoning	
2	Are recycling containers storing glass and metal out of reach? Are garbage cans covered?		Laceration	
3	Are all bleaches, detergents, and any other cleaning products out of reach and stored in their original packaging?		Poisoning	
4	Are laundry chutes locked with childproof locks?		Falls	
5	Are the ironing board and iron securely stored in a stable position?		Crushing Burns	
6	Is your swimming pool, spa or wading pool fully enclosed by a safety barrier with a self-closing, child resistant, self-latching gate?		Drowning	
7	Are washing troughs and washing machines empty of water when out of use?		Drowning	
8	Do you clean the lint filter of your dryer before every use?		Fire	
9	Is the play area separate from the driveway?		Crushing	
10	Is the play equipment stable and in good condition? (regular maintenance checks required)		Crushing	
11	Are pathways clear to prevent tripping?		Slips, trips and falls	
12	Are garden statues and birdbaths cemented to stop them falling?		Crushing	
13	Are electrical equipment, power points and light switches protected from the weather?		Faults	
14	Are drains appropriately covered? Have you regularly discussed the danger of playing near and going into drains with your children? They should never be used as a play areas.		Drowning	
15	Are all bikes or motorised toys out of reach of children unless an adult is directly supervising?		Falls	



#	Outdoors, Garage and Laundry Area	Y/N	Hazard	Comments
16	Are all barbecues out of reach of children?		Gas leaks, Burns	
17	Is the clothesline out of reach of young children? Is it in good condition with no loose ropes or wires?		Suffocation	
18	Are all cat litter and animal food out of reach of children?		Poisoning	
19	Are fish bowls and tanks out of reach of children?		Laceration	

#	Stairs	Y/N	Hazard	Comments
1	Are all flights of stairs out of reach of children?		Falls	
2	Are there hardware-mounted safety gates at the top and bottom of every stairway?		Falls	
3	Are stairways clear of tripping hazards, such as loose carpeting or toys?		Falls	
4	Have you placed a guard on banisters and railings if your child can fit through the rails?		Stuck between rails	
5	Are the railings and banisters secure?		Falls	
6	Are railings free of footholds that children could climb? Railings should be vertical, NOT horizontal like a climbing ladder.		Falls	
7	Is the door to the basement/attic steps kept locked?		Falls	

#	Traffic and Pedestrian Safety	Y/N	Hazard	Comments
1	Is the children's outdoor play area clearly separated from the car parking area and drive way?		Multiple Injuries	
2	Do all children have an appropriate car safety restraint when in the car?		Multiple Injuries	
3	Do you teach your children from an early age about the dangers of crossing the road by themselves? And use the traffic lights when you are crossing?		Multiple Injuries	
4	Do your children know about road safety rules when using their bikes near the road?		Multiple Injuries	
5	Do your children have adequate helmets for bikes and scooters?		Multiple Injuries	
6	Does your residential area have signs of speed limits? If you are in a compound you could partition the management for speed humps		Multiple Injuries	
7	Do you teach your children about the dangers of playing near the road? For example; Don't chase a ball onto the road, ask a parent and they will help.		Multiple Injuries	