



The 47-Point Home Safety Audit

A quick room-by-room check for the cruising-and-climbing stage. Print it. Walk the rooms. Tick what's done.

The lounge / living room (12 points)

- Coffee table corners covered or padded
- Glass surfaces have shatterproof film or are out of fall zone
- TV stand anchored to the wall
- Bookshelves and dressers anchored to the wall
- Power sockets covered (every accessible one)
- Cables hidden behind furniture or along skirting boards
- Floor lamps weighted at the base or moved
- Rugs have rubber non-slip pads underneath
- Candles and matches stored above shoulder height
- Houseplants moved if any are toxic to children
- Remote controls and small electronics stored up high (button battery risk)
- Throws and blankets aren't draped over chairs she can pull on

The kitchen (10 points)

- Cupboard locks on the under-sink cupboard
- Cupboard locks on the oven door (or oven-front protector strip)
- Stove-knob covers
- Hot drinks never placed on low tables
- Tea towels and tablecloths moved up high
- Bin has a lockable lid or is inside a locked cupboard
- Sharp objects (knives, scissors, peelers) up high or locked
- Cleaning products in a high or locked cupboard



- Medicines stored above 1.5m or in a locked cabinet
- Plastic bags stored out of reach

The hallway and stairs (8 points)

- Hardware-mounted gate at the TOP of the stairs
- Pressure-mounted gate at the BOTTOM of the stairs
- Stair-rung gaps less than 10cm — or covered with perspex panels
- Threshold strips secured flat (no lifted edges)
- Hallway rugs have non-slip backing
- Front door has a chain or extra lock she can't reach
- Coat-rack or hooks on the wall don't have anything she can pull down
- Shoes and boots stored where she can't reach to chew or trip

The nursery (7 points)

- All furniture anchored to the wall
- Cot has a firm mattress, no bumpers, no soft toys (under 12 months)
- Cot is at least 1m from any window with blinds or curtains
- Window blind cords cordless or tied up high
- Changing-table strap used during every change
- Floor surface is soft (rug, play mat) in her main play area
- Nightlight has a covered bulb (LED, no exposed filament)

The bathroom (6 points)

- Non-slip bath mat in the bottom of the bath
- Bath thermometer used every bath (37–38°C target)
- Bathroom door closed when not in use
- Toilet has a lockable lid OR door is always closed
- Medicines, razors, and creams in a locked or high cabinet
- Hair dryer / electrics unplugged and stored when not in use



The bedroom (your room) (4 points)

- Bed not against a window with low sill
 - Bedside-table top clear of small objects, hot drinks, glasses
 - Curtain cords tied up high or replaced with cordless
 - Phone chargers stored when not in use (cord = strangulation hazard)
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All done?

If you've ticked at least 40 of 47, you're in good shape. The remaining few are usually a 10-minute fix on a Saturday.

If you've ticked under 30, pick three rooms today. Just three. Most cruising-stage falls happen in the lounge — start there.

This isn't a guarantee. Babies bump, fall, and bounce back. But a calm room is a soft room, and a soft room means fewer panicked moments.

You've got this.

— *NoBooBoos*