

Family Child Care Home Health and Safety Checklist

The following checklist is designed to assist you in creating a safe and healthy home for children. No checklist can include every item that could present a danger to children, so it is still important to supervise children closely and carefully. If you are unable to check an item, it means change is needed and if possible, you should make those changes right away. If you have questions or need assistance in making the changes, talk with your licensing specialist or your Consultant and Technical Support Specialist. They are there to help you by providing ideas and suggestions.

- Medications such as pain relievers, cough syrups, nasal sprays, eye drops, diaper rash ointments and prescription drugs are out of reach of children.
- Beauty products such as hair spray, cosmetics, deodorant, mouthwash, colognes, and body sprays are out of reach of children.
- Cleaning products such as bleach, powder, cleaners, glass cleaners and detergents are out of reach of children.
- All hazardous items such as insect sprays and repellents, sharp objects, alcohol, tobacco and smoking materials are out of reach of children.
- Poisonous houseplants are inaccessible to children. See <http://www.blankees.com/house/plants/poisonous.htm> for a list of common plants.
- Clear glass doors are plainly marked at the child's eye level to avoid impact.
- Stairways with four or more steps have hand railings.
- Indoor stairways are gated or blocked off when infants/toddlers are in care.
- All weapons are stored unloaded in a locked container, cabinet, or closet, and ammunition is stored in a locked area separate from weapons.
- Trampolines are inaccessible and prohibited for use by children in care.
- Tobacco use is prohibited in the presence of children and in areas designated for children during child care hours.
- The indoor temperature is kept between 65 and 85 degrees.
- When windows or doors are kept open, screens prevent the entry of insects.

- The outdoor play area is safe, away from traffic, water and other dangers.
- The outdoor play area is enclosed by a fence in good repair.
- All play activities involving water are supervised constantly.
- Pools, ponds, and hot tubs are inaccessible to children.
- All dogs and cats have proof of current rabies vaccine.
- Ferrets, turtles, or any wild or dangerous animal is kept in an area inaccessible to children.
- Reptiles such as crocodiles, alligators, poisonous snakes and lizards, pythons and boa constrictors are kept off the premises.
- Animal litter boxes are inaccessible to children and away from food preparation areas.
- Outdoor play areas are cleaned of animal waste before children go outside.
- There is a planned source of medical care and emergency transportation.
- The following emergency numbers are posted: The home address, local physician or clinic, fire department, police department, poison control, number for the substitute caregiver.
- First aid supplies are available and include: A thermometer, disposable nonporous gloves, blunt tipped scissors, tweezers, bandage tape, sterile gauze, non-medicated adhesive strips, and a first aid guide.
- Fire and tornado drills are conducted monthly and are recorded.
- Infants under 12 months are ALWAYS placed on their backs to sleep unless there is a dated note on file from a medical professional.
- Cribs, including portable cribs that can be folded or collapsed without being disassembled, meet the current Consumer Product Safety Commission (CPSC) full-size crib standards, per section 1219 and 1220 of Title 16 of the Code of Federal Regulations.
- Verification of compliance with CPSC standards is maintained for duration of the crib use.
- Every mattress is tight fitting with no more than one inch between the mattress and crib.

- Toys with small parts are kept away from infants and toddlers.
- Every room used by children for playing or sleeping has a working smoke detector that is checked monthly.
- There is an operable carbon monoxide detector when needed.
- Electrical outlet covers are used in all areas occupied by children.
- There is a working flashlight available at all times.
- There is a portable fire extinguisher, Class ABC or BC, with a gauge, available in the cooking area.
- Every bathroom door with a lock can be readily opened from the outside.
- Food is stored in a safe, clean and sanitary manner.
- The thermometer in your refrigerator reads 41 degrees or less.
- Home canned food is never served to children in care.
- Medications are only administered with written permission from a parent or guardian.