

Safe Sleep Checklist

Date: _____

FOR INFANTS AND YOUNG CHILDREN

Acknowledgment: Red Nose safe sleeping checklist and guidelines for education and care services has informed the development of this safe sleeping checklist for infants and young children.



Keeping Baby Safe – www.accc.gov.au

Mandatory Standards

The mandatory standard is based on AS/NZS 2172:2003

Compulsory Measurements

For fixed-based cots

The distance from the mattress base to the lowest part of the top of the cot should be at least:

- 600mm when drop side is up
- 250mm when drop side is down

For adjustable cots

Adjustable cots should only have two base heights. The distance between the top of the mattress base and the lowest part of the top of the cot should be at least:

- 400mm when the base is in highest position and the drop side is up
- 600mm when the base is in the lowest position and drop side is up
- 250mm when the base is in the highest position and drop side is down

Recommended safe sleeping practices and environments are implemented in accordance with your risk assessment

- ☐ Infants are placed on their back to sleep
- ☐ Infant's head and face is uncovered
- ☐ Infants are positioned with feet touching the bottom of the cot
- ☐ Bedclothes are tucked in securely, so bedding is not loose, or infant uses a safe sleeping bag
- ☐ There are no quilts, doonas, pillows, cot bumpers, sheepskins, soft toys or items which pose a suffocation risk
- ☐ Infants sleep in a safe cot that meets the current Australian Safety Standard (AS/NZ2172)
- ☐ Prams, rockers, bouncinettes are always supervised and never used as a sleeping environment
- ☐ A firm, clean and well fitted mattress is used that complies with Australian Safety Standard (AS/NZS 8811.1-2013)
- ☐ Mattresses are flat with no additional padding under/over mattress
- ☐ A safe place to sleep is provided:
 - o Educators identify and remove potential hazards in sleeping environments
 - o Hanging cords, mobiles, electrical cords and appliances, and curtains are out of reach of infants
 - o Amber teething necklaces and bracelets, necklaces/chains, hair clips and bands are removed
 - o Infants never sleep in bean bags, prams, rockers, on pillows
- ☐ Young children are transitioned from sleeping in a cot, in consultation with parents, when they attempt or have the ability to climb over the side of the cot

Comments/Follow up actions: