

Home safety and first-aid checklist

Walk round your home with this sheet before baby arrives, and again when baby starts to roll, crawl and climb. Each line quotes HealthHub, KKH or the Police.

Checked on _____ Checked again on _____

1 Windows and furniture

- ☐ "Ensure that there are window grilles in the rooms and that they must be locked at all times." **HEALTHHUB**
- ☐ "Keep chairs, stools and other furniture away from windows." **KKH**
- ☐ "Lock the grilles and keep the keys out of your child's reach." **HEALTHHUB**
- ☐ "secure your chest of drawers or bookshelf to the wall in case your child pulls them down" **HEALTHHUB**
- ☐ "Safety gates are a must at all stair entrances to block your child's access to stairs." **HEALTHHUB**

3 Baby's sleep

- ☐ "Place your baby in a supine position (wholly on the back) for every sleep, including naps, until your baby turns one." **HEALTHHUB**
- ☐ "Your baby should sleep on a firm mattress covered by a well-fitted sheet." **HEALTHHUB**
- ☐ No blankets, bumper pads, loose bedding, pillows or stuffed toys in the sleeping area. **HEALTHHUB**

2 Bathroom and water

- ☐ "Babies can drown in as little as 5cm of water." **HEALTHHUB**
- ☐ "Make sure pails and bathtub are empty." **HEALTHHUB**
- ☐ "never leave any container of water unattended and leave the toilet cover down" **HEALTHHUB**
- ☐ "Always add hot water to cold water before you bathe your child." **HEALTHHUB**

4 Kitchen, medicines and small things

- ☐ "Keep your children out of the kitchen when you are cooking." **HEALTHHUB**
- ☐ "Keep all medicine in childproof bottles or in their original containers which are clearly labelled." **HEALTHHUB**
- ☐ Cleaning products in their original containers, never in juice or water bottles. **HEALTHHUB**
- ☐ "Keep small objects which can cause choking, e.g. coins, buttons, out of reach of children." **KKH**
- ☐ Socket covers and corner guards fitted. **HEALTHHUB**

This is a checklist, not a safety audit. Lines in quotation marks are the official page's own words; the others sum up the same page. For a life-threatening emergency, call 995.

Car seats, first aid and numbers

Keep this page by the phone. It says what the official pages tell you to do, in their words.

5 Car seats

1.35m

Police: below this height, an approved child restraint in a motor vehicle

\$S\$150

Police composition fine for a car

3

demerit points

LTA: "Taxis are exempt from the child seat rule because taxis can be street-hailed." For a private-hire car, ask for a child seat when you book.

If a child swallows medicine or a chemical

- HealthHub: "do seek medical attention immediately."
- HealthHub: "Please do not feed the child anything as it may worsen the symptoms."
- KKH: "Bring the poison in its container to the doctor as well."
- HealthHub: "If your infant is unconscious, call 995 for an ambulance."

If a child gets burnt

- HealthHub: "Run cool water over the burnt area as soon as possible for 20 minutes until the pain subsides."
- HealthHub: "Do not use ice."
- HealthHub lists the emergency department for "Any burn that is larger than the size of the hand of the person affected."

Learn CPR and first aid

- ☐ SCDF's 1-hour DARE session at a community centre.
SCDF: "All these programmes are free of charge."
- ☐ A CPR and AED course at an SRFAC registered training centre, which SCDF points to
- ☐ KKH's infant and child CPR and first-aid workshop, when KKH lists the next one

Numbers

- 995: life-threatening emergencies only (SCDF)
- 6262 6262: NurseFirst, for advice on where to go (SCDF)

Our GP _____

GP phone _____

Sources, all checked 12 October 2026: HealthHub (HPB), Keeping your child safe (reviewed 28 December 2022), Common childhood injuries (reviewed 17 June 2026), Prevent falls (reviewed 4 January 2023), Keep your home free from these safety hazards (reviewed 4 January 2023), Burns and scalds in children (reviewed 20 December 2022), Parent Hub baby sleep and Emergency care (children) (reviewed 16 December 2025); KKH, Childhood injuries and Injuries (child) (no date stated); Singapore Police Force, Review of standards for child restraints (13 June 2025) and Penalties for traffic offences (updated 23 July 2026); LTA media reply (18 December 2024); SCDF, Heartware (updated 16 March 2025) and Emergency Medical Services (updated 1 July 2026). Links: raisingangels.sg/guides/home-safety-and-first-aid/