

Cot and Sleep Room Safety Educators

NQS 2.2.1 Supervision

Name Educator 1	
Name Educator 2	
Name Educator 3	
Name Educator 4	
Name Educator 5	

E = Embedded I do that **ALL** the time

K = I know I need to do that, but I don't do it all the time

T = Please teach me how to do it or improve my understanding of why I need to do it.

Facilities	ED1	ED2	ED3	ED4	ED5
Do you check the room is well ventilated?					
Do you check there's appropriate heating/cooling provided in the room?					
Are light fittings clean and dust free?					
Supervision					
Do you regularly check all sleeping children including breathing and skin colour?					
Do you check babies every 10 minutes?					
Safety Checks					
Do you always make sure all hanging cords or strings from blinds, curtains, mobiles or electrical devices aren't near cots and mattresses?					
Do you check heaters and electrical appliances aren't near cots?					
Do you know never to use electric blankets, hot water bottles and wheat bags in cots?					
Do you always check mattresses are flat and not tilted or elevated?					
Are cot sides lowered before picking up a child?					
Do all unused power sockets have safety plugs in them?					
Are drawers and cupboards closed immediately after use?					
Sleeping Practices					
Can you always see and hear sleeping children?					
Do you make sure children's faces are always uncovered?					
Do you always place babies and toddlers on their backs to sleep/rest?					
Do you reposition babies onto their backs when they roll over if they cannot repeatedly roll from back to front to back?					
Do you make sure only light bedding is used?					
Do you leave babies arms free from wraps once the startle reflex disappears?					
Do you put children to bed without chains, bottles, bibs, pillows, cot bumpers, quilts and toys?					
Do you provide dummies if required without chain attachments?					
Do you leave dummies out when child loses dummy while asleep?					
Do you always place babies and toddlers feet close to the bottom end of the cot?					
Are babies always placed in cots to sleep and never left in bassinets, hammocks, prams or strollers?					



Actions required

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