

Sleep Safety - Nominated Supervisor

NQS 2.1.1 Wellbeing and comfort

Name of the person conducting the checklist: _____ Date: _____

All Children

Educators can always see and hear sleeping or resting children	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators always ensure babies and children sleep with their face uncovered	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators complete regular checks on all sleeping or resting children, paying particular attention to breathing patterns and skin colour	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators complete more frequent checks on sleeping or resting children that have medical conditions or sleeping issues	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators monitor the temperature of the rest environment to ensure it is too hot or cold	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators ensure there is adequate space between sleeping or resting children	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Babies and Toddlers

Educators always place babies and toddlers on their back to sleep	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators always place babies' and toddlers' feet close to the bottom of the cot	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators always ensure there are no quilts, doonas, duvets, pillows or cot bumpers in cots	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators always ensure the bed clothing is appropriate for the weather	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators always attend babies and never leave them unattended	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators physically check babies every 10 minutes (best practice)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators make sure babies' arms are free from wraps once startle reflex disappears (around 3 months old)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators stop wrapping babies if they can roll from back to front to back again?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators ensure no bottles are given to children when they lay to rest (for safety and hygiene reasons)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators ensure that no electric blankets, hot water bottles or wheat bags are used?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators ensure bibs are removed from babies and toddlers before being placed in cots/beds	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators ensure that dummies provided have no chain attachments	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators ensure that dummies are not replaced if they fall out while child is sleeping	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators ensure no baby is left to sleep in a bassinet, hammock, pram or stroller	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators move toddlers from cot to bed if they're likely to climb out of cot (around 2-3½ years old)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators reposition babies onto their back when they roll onto their front or side if they're unable to repeatedly roll from back to front to back (around 5-6 months)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Educators only use light bedding and ensure it's tucked in tightly?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
If educators use sleeping bags instead of linen, they ensure it's fitted with neck and arm holes but no hood.	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Cots

All cots meet Australian Standards and have one of the following labels – AS/NZS 2172:2010 or AS/NZS 2195:2010 (folding cots)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Cot mattresses are in good condition, clean, firm, flat and fit the cot base with no more than a 20mm gap between the mattress and the cot sides	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Distance between slats of the cot is at least 50mm	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Cots in the lowest base position – distance between top of mattress base and top edge of the lowest cot side or end is at least <ul style="list-style-type: none"> 600mm when access is closed 250mm when access is open 	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Cots in the upper base position – distance between top of mattress base and top edge of the lowest cot side or end is at least	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
<ul style="list-style-type: none"> 400mm when access is closed 250mm when access is open 			
Mattress firmness complies with AS/NZS 8811.1:2013 methods of testing sleep surfaces (and are not checked by hand)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Mattresses are not tilted or elevated	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Plastic packaging is removed from new mattresses	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Waterproof mattress protectors are strong, not torn and tightly fitting	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Only mattresses supplied with portable cots are used in those cots and no additional padding or mattress is added under or over the mattress	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Actions required