

ARCHS' EDUCARE HEALTH & SAFETY CHECKLIST



Name of Child Care Provider: _____ Date: _____

General Indoor Areas

Yes No

- ☐ ☐ Floors are smooth and have nonskid surfaces. Rugs are skid-proof.
- ☐ ☐ Doors to places that children can enter, such as bathrooms, can be easily opened from the outside by a child or by an adult.
- ☐ ☐ Doors in areas used by toddlers are adapted so that children can't leave the house undetected.
- ☐ ☐ Sliding doors have childproof locks.
- ☐ ☐ Window blind cords are tied with clothespins or specially designed cord clips.
- ☐ ☐ All windows have closed permanent screens.
- ☐ ☐ Bottom windows are lockable.
- ☐ ☐ Walls and ceilings have no peeling paint and no cracked or falling plaster.
- ☐ ☐ Safety covers are on all electrical outlets.
- ☐ ☐ Electrical cords are not frayed and are out of children's reach. Electrical cords are placed away from doorways and traffic paths.
- ☐ ☐ Free-standing space heaters are not used.
- ☐ ☐ Pipes, radiators, fireplaces, wood burning stoves, and other hot surfaces cannot be reached by children or are covered to prevent burns.
- ☐ ☐ Nobody smokes or has lighted cigarettes, matches or lighters around children.
- ☐ ☐ Caregivers should directly supervise all children by sight and hearing at all times, even when the children are in sleeping areas. Caregivers should not be on one floor level of the building while children are on another floor.
- ☐ ☐ Any potential poisonous plants are not present either indoors or outdoors in the child care areas.
- ☐ ☐ All adult handbags are stored out of children's reach.
- ☐ ☐ All poisons and other dangerous items are stored in locked cabinets or out of children's reach. This includes medicines, paints, cleansers, mothballs, scissors and any other small or sharp object.
- ☐ ☐ Balls that are smaller than one and three-fourths inches in diameter, toys with sharp points and edges, plastic bags, Styrofoam objects, coins, rubber balloons, safety pins, marbles, and other small objects are not accessible to children under the age of 4 years.
- ☐ ☐ There are no small objects that could be easily swallowed (buttons, bottle caps, barrettes, etc.) on the floor or where children can reach them.
- ☐ ☐ Children are never left alone in infant seats and car seats on tables or other high surfaces.
- ☐ ☐ Ideally, there are no guns in the home. If there are guns, ammunition and guns are stored separately and locked.
- ☐ ☐ Pesticides are applied only to surfaces that children cannot touch and surfaces not in direct contact with food.
- ☐ ☐ Any pets are known to be healthy, have been determined to be suitable pets for child care settings, and have been immunized as recommended by a veterinarian.



ARCHS' EDUCARE HEALTH & SAFETY CHECKLIST



- ☐ ☐ Doorways to unsupervised or unsafe areas are closed and locked unless the doors are used for emergency exits.
- ☐ ☐ Caregivers can easily monitor all entrances and exits to keep children from leaving the building without an adult escort or supervision.
- ☐ ☐ Stairways and hallways are clear of objects that can cause a fall.

Goals: General Indoor Areas	Date Goal Achieved

Toys and Equipment

Yes No

- ☐ ☐ Toys and play equipment have no sharp edges or points, small parts, pinch points, chipped paint, splinters, loose nuts or bolts, or cords/strings which could encircle a child's neck.
- ☐ ☐ Toys that are mouthed are washed and sanitized after each use. (For soaking toys the recommended solution is ½ teaspoon of household bleach to 1 gallon of water. Put toys into a net bag, soak them for 5 minutes, rinse with clean water, and hang the bag to air dry.)
- ☐ ☐ Children are not permitted to play with any type of plastic bag, balloon or latex gloves.
- ☐ ☐ Toy chests have appropriate hinges so that the lid will not fall on children when they search the chest for toys.
- ☐ ☐ Sleeping surfaces are firm and snugly fitted if in a crib or bed frame. Waterbeds and soft bedding materials such as crib bumpers, sheepskin, quilts, comforters, pillows, stuffed toys, and granular materials (plastic foam beads or pellets) used in bean bags are not accessible to infants where they sleep.
- ☐ ☐ Babies are always put down to sleep on their backs.
- ☐ ☐ Babies are not left to sleep in equipment not intended for sleep such as car seats, strollers, swings and play pens.
- ☐ ☐ Crib slats are less than two and three-eighths inches apart; side rails are up when the child is in the crib.
- ☐ ☐ Beds and bedding is washed between uses if used by different children.
- ☐ ☐ Infant walkers are not used.

Goals: Toys and Equipment	Date Goal Achieved



ARCHS' Educare contracts with the Missouri Department of Social Services, Children's Division. ARCHS' Educare does not accept any liability associated with the use of this checklist to assess a child care facility. The ARCHS' Educare Health and Safety Checklist is adapted from the Family Child Care Health and Safety Self-Learning Module, ECELS-Healthy Child Care Pennsylvania, PA Chapter American Academy of Pediatrics, www.ecels-healthychildcarepa.org.

ARCHS' EDUCARE HEALTH & SAFETY CHECKLIST



Kitchen/Food/Food Prep and Storage Areas

Yes No

- ☐ ☐ Children under the age of 4 years are not permitted to eat foods that may easily cause choking, such as hot dogs, hard candy, seeds, whole grapes, nuts, popcorn, raw carrot rounds, raw peas, peanuts, chips, hard pretzels, marshmallows, spoonfuls of peanut butter and chunks of meat larger than can be swallowed whole.
- ☐ ☐ Microwaves are not used to heat bottles or baby food.
- ☐ ☐ Cleansers and other poisonous products are stored in their original containers, away from food, and out of children's reach.
- ☐ ☐ Food preparation and service surfaces are cleaned and sanitized before and after use.
- ☐ ☐ Appliances and sharp or hazardous cooking utensils are stored out of children's reach.
- ☐ ☐ Pot handles are always turned towards the back of the stove. Knob protectors or position prevent children from accessing stove knobs.
- ☐ ☐ Children cannot use chairs or step stools to reach foods that are cooking on the stove. (Those who participate in cooking are tall enough to reach safely while standing on the floor.)
- ☐ ☐ Child-proof latches are installed on all cabinet doors and drawers where sharp or other potentially dangerous objects are stored.
- ☐ ☐ An ABC-type fire extinguisher is securely mounted on the wall near the stove.
- ☐ ☐ All caregivers know how to use the fire extinguisher correctly.
- ☐ ☐ There is a "danger zone" in front of the stove where the children are not allowed to go.
- ☐ ☐ Children are taught the meaning of the word "hot".
- ☐ ☐ Hot foods and liquids are kept out of children's reach.

Goals: Kitchen/Food/Food Prep and Storage Areas	Date Goal Achieved

Bathrooms/Laundry Areas/Garages

Yes No

- ☐ ☐ Stable non-skid step stools that have non-porous surfaces are available where needed.
- ☐ ☐ Electrical equipment such as hair dryers, curling irons and electric razors are unplugged when not in use and stored so they are not accessible to children. They are never used near water.
- ☐ ☐ Cleaning products and disinfectants are locked in a cabinet out of children's reach.
- ☐ ☐ Ideally potty chairs are not used. If potty chairs are used, they are easy to clean and are sanitized after each use with a bleach solution in a sink that is not used for food preparation or hand washing.
- ☐ ☐ The area for changing diapers or soiled underwear is a separate area away from food and play.
- ☐ ☐ The diapering area is kept sanitary.



ARCHS' EDUCARE HEALTH & SAFETY CHECKLIST



- ☐ ☐ Hand washing procedures are followed with 10 second lathering, rinsing with fingertips pointed down, and then turning off the faucet with a towel so that clean hands do not become soiled again by the dirty hands that turned on the faucet.
- ☐ ☐ Bathtubs have non-skid mats or stickers.
- ☐ ☐ Children take baths only under adult supervision.
- ☐ ☐ Children are never left unsupervised in or near water.
- ☐ ☐ Razor blades, nail scissors and other sharp tools are stored in a locked cabinet or out of the reach of children.
- ☐ ☐ All medications, cosmetics, cleaners, mouthwash, perfumes, hair (shampoo/hair conditioner) and nail products are stored in a locked cabinet or out of the reach of children.
- ☐ ☐ All tools, supplies used for automotive care, lawn care, or laundry are stored in locked containers or areas; all hazardous products are in a locked area or cabinet.

Goals: Bathrooms/Laundry Areas/Garages	Date Goal Achieved

Indoor/Outdoor and Active Play Areas

Yes No

- ☐ ☐ All walkways and outdoor stairways are well-lit.
- ☐ ☐ Railings and banisters are sound.
- ☐ ☐ The yard and play space are free from holes, stones, broken glass, nail studded boards, tools, animal waste and litter.
- ☐ ☐ The following surfacing materials are not is use underneath indoor and outdoor play equipment that children can climb: asphalt, concrete, soil or hard-packed dirt, grass, turf, linoleum or carpeting.
- ☐ ☐ There are no ropes, jump ropes, clotheslines, or pet leashes attached to any play equipment.
- ☐ ☐ There are no sharp points or edges on equipment.
- ☐ ☐ Exposed concrete footings, rocks, tree stumps and other tripping hazards are removed.
- ☐ ☐ Age-specific play areas are separated by distance or a physical barrier so that children of very different ages and abilities do not play on the same equipment at the same time.
- ☐ ☐ Daily checks include broken glass, animal waste, trash, toxic plants or plant debris, damage by vandals, displaced surfacing, broken equipment, chipping paint, splinters, puddles of water, insect hazards, need for lubrication of moving parts.
- ☐ ☐ All structures are sturdy enough that they will not move or tip over when the weight of an adult is put against them.
- ☐ ☐ There is no peeling paint. (Lead in peeling paint on play equipment is a common hazard.)



ARCHS' EDUCARE HEALTH & SAFETY CHECKLIST



- ☐ ☐ Every child is accounted for at all times by a supervising adult. Some method of assuring that no child is hidden or missing from the group must be used.
- ☐ ☐ Children are prevented from playing in any way that challenges them beyond their abilities or that puts others at risk of significant injury.
- ☐ ☐ Sand is covered when not in use to prevent infectious disease and injury risk when animals and insects get into it.
- ☐ ☐ All pools and ponds are enclosed with four-sided fencing that is resistant to climbing, is at least five feet high, comes within three and one-half inches of the ground, and has openings no greater than three and one-half inches. Fence openings have self-closing latching gates with the latch at least 55 inches from the ground.

Goals: Indoor/Outdoor and Active Play Areas	Date Goal Achieved

Security and Emergency Preparedness:

Yes No

- ☐ ☐ Smoke detectors and other alarms meet state and local fire and building codes and are tested monthly.
- ☐ ☐ Fire and evacuation plans are posted in each room.
- ☐ ☐ Emergency plans/drills are practiced monthly.
- ☐ ☐ The home is free of impediments to escape in case of fire. For example, if there are window bars, can they be unlocked to escape? If there are deadbolts on the exit doors, could a child work the lock to get out in case of fire?
- ☐ ☐ The children/staff can be evacuated in a single trip.
- ☐ ☐ All users of the facility know their roles and responsibilities in case of fires, injury, shelter-in-place emergencies or other disasters. Plans are developed and practiced. Information and resources on emergency preparedness are available from the Missouri Department of Health and Senior Services website at <http://health.mo.gov/emergencies/readyn3/childcare.php>.
- ☐ ☐ Emergency numbers are posted near each phone and include the nearest hospital, police department, fire department, ambulance and poison control center.
- ☐ ☐ Exits are clearly marked and free of clutter.
- ☐ ☐ First aid kits are available and include the appropriate items.
- ☐ ☐ Children are taught the words "stop" and "no". Caregivers avoid using these words unless there is danger.
- ☐ ☐ Children are taught their own telephone number and address.
- ☐ ☐ Children are taught how to phone EMS (911) if age appropriate.
- ☐ ☐ Children are taught how to Stop, Drop, and Roll in case their clothes catch on fire.

ARCHS' Educare contracts with the Missouri Department of Social Services, Children's Division. ARCHS' Educare does not accept any liability associated with the use of this checklist to assess a child care facility. The ARCHS' Educare Health and Safety Checklist is adapted from the Family Child Care Health and Safety Self-Learning Module, ECELS-Healthy Child Care Pennsylvania, PA Chapter American Academy of Pediatrics, www.ecels-healthychildcarepa.org.



ARCHS' EDUCARE HEALTH & SAFETY CHECKLIST



Goals: Security and Emergency Preparedness	Date Goal Achieved

Vehicles/Riding Toys

Yes No

- ☐ ☐ Everyone, during every ride, uses age-appropriate safety restraints.
Missouri's Child Restraint Law (RSMo 307.182)
 - Children less than 4 years old or less than 40 pounds must be in an appropriate child safety seat.
 - Children ages 4 through 7 who weigh at least 40 pounds must be in an appropriate child safety seat or booster seat unless they are 80 pounds or 4'9" tall.
 - Children 8 and over or weighing at least 80 pounds or at least 4'9" tall are required to be secured by a safety belt or buckled into an appropriate booster seat.
- ☐ ☐ Infant seats are installed correctly. Children should remain in rear-facing car seats until they reach the top weight or height limit set by the car seat's manufacturer.
- ☐ ☐ All children age 12 and under should ride in the back seat.
- ☐ ☐ Bicycles and other riding toys are stable, well balanced, and of the appropriate size. They do not have broken parts or no such toys.
- ☐ ☐ All vehicles are locked when not in use.
- ☐ ☐ Children are never left alone in a vehicle.
- ☐ ☐ Children use helmets when riding bikes or other riding toys that have a wheel base of 20 inches.
- ☐ ☐ Young bikers ride while supervised.
- ☐ ☐ All children know traffic rules.
- ☐ ☐ Children follow bicycle safety guidelines while riding bikes and do not ride in the street or no bikers.
- ☐ ☐ Young children never cross the street without an adult. Children should know rules for crossing the street.

Goals: Vehicles/Riding Toys	Date Goal Achieved

