

SLEEP AND REST RISK ASSESSMENT

KATH DICKSON FAMILY DAY CARE

METROPOLITAN AND EAST COAST SERVICES | 1300 336 345

Educator name:		Date:				
Signature			Signature:			
Prepared in consultation with:			Signature			
Date Safe Sleep training to be renewed:						
Address:						
RISK RATING MATRIX						
		CONSEQUENCE				
ALAMOST STRTAIN	INSIGNIFICANT	MINOR	MODERATE	MAJOR	CATASTROPHIC	
ALMOST CERTAIN LIKELY	Moderate Moderate	High Moderate	High High	Extreme Extreme	Extreme Extreme	
POSSIBLE	Low	Moderate	High	High	Extreme	
UNLIKELY	Low	Low	Moderate	High	High	
RARE	Low	Low	Low	Moderate	High	
A risk is defined as the actual chance that Use the risk rating matrix overleaf to asse			quence and likelihood.			
☐ Bedding			Rating:			
☐ Visitors to the home			Rating:			
☐ Environment			Rating:			
☐ Sleeping of children			Rating:			
□ Cots			Rating:			
☐ Supervision			Rating:			
☐ Room temperature			Rating:			
☐ Ventilation			Rating:			
□ lighting			Rating:			

RISK CO	NTROL MEASURES
SUPERVI	ISION
	Discussion around staying within sight of the Educator at all times
	Educator to be actively supervising and engaged in the activities with children
	Educators are to be responsible for the children at all times and, no other adults to be left alone with children
	Educators will position themselves to be able to view all children when outside
	Regular visual checks occurring for sleeping children
	Complete 10 minute sleep check
VISITORS	S
	Discussing stranger danger
	Children to be actively supervised at all times by the Educator
	Other adults attending the FDC environment are not to be left alone with children
	Visitor logs are to be completed for all visitors on every visit
	UNICATION
	Ensure access to a working telephone
	Access to a battery pack for phones in case of a blackout
	Emergency contact details are up to date and easily accessible for all children
	Parents have identified preferred contact details/method
KDFC PC	DLICIES, PROCEDURES AND REFERENCE MATERIALS
	Educators to have read and understand all policies and procedures
	Educator complies with all policies and procedures
SLEEPIN	G OF CHILDREN
	Relevant equipment meets Australian Safety Standards
	Equipment usage meets the recommended guidelines of manufacturers
	SIDS guidelines are implemented
	Sleep checks are regular and documented as per FDC policy
	Children are dressed appropriately for sleep – in consideration to room temperature
	No necklaces or any other items that may cause strangulation worn during sleep time
	TION /COOLING
	Fresh air used such as windows
	Fans used when windows are unable to be used
	Air conditioning used where possible when needed to maintain a comfortable room temperature
LIGHTIN	G
	Sufficient light to allow for supervision
BEDDING	G
	Soft toys and comforters removed
	Bumpers, infant positioners and pillows are not used for children under 2 years of age
	Porta cots regularly checked for signs of damage and to make sure that the folding and locking mechanisms work correctly.
OTHER	

RISK BENEFITS

Identify how the children in your care will benefit from this activity and/or exposure to this risk:

The safety and appropriateness of cots, bedding, and related equipment should consider the ages and developmental stages of the children using them. Cots must comply with the Australian Standard (AS/NZS 2172:2003), while porta cots must meet Australian Standards (AS/NZS 2195). Additionally, they should be set up correctly, placed in a safe location, and maintained in good condition. bassinets are not permitted on the service premises at any time that children are being educated and cared for by the service

A sleep and rest risk assessments must be conducted at least once every 12 months, and as soon as practicable after becoming aware of any circumstance that may affect the safety, health or wellbeing of children during sleep and rest

CHILDREN'S DETAILS AND SLEEPING ARRANGEMENTS			
PLEASE PROVIDE A PHOTO OF YOUR SLEEP A	REAS/ AND EACH CHILD'S BEDDING		
Name of Child	Name of Child		
Age	Age		
Development	Development		
Sleep or rest	Sleep or rest		
Type of Bedding	Type of Bedding		
Location of sleep	Location of sleep		
Days of attendance	Days of attendance		
Specific health care needs,	Specific health care needs, cultural		
cultural preferences, sleep	preferences, sleep and rest need		
and rest need from family	from family		
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