

## SLEEP AND REST RISK ASSESSMENT

KATH DICKSON FAMILY DAY CARE

METROPOLITAN AND EAST COAST SERVICES |1300 336 345

ducator name:		Date:			
Signature		Signature:			
Prepared in consultation with:		S	Signature		
Date Safe Sleep training to be renewed:					
Address:					
RISK RATING MATRIX					
		CONSEQUENCE			
	INSIGNIFICANT	MINOR	MODERATE	MAJOR	CATASTROPHIC
ALMOST CERTAIN	Moderate	High	High	Extreme	Extreme
LIKELY	Moderate	Moderate	High	Extreme	Extreme
POSSIBLE	Low	Moderate	High	High	Extreme
UNLIKELY	Low	Low	Moderate	High	High
RARE	Low	Low	Low	Moderate	High

## HAZARD IDENTIFICATION AND RISK RATING

A hazard is defined as anything that has the potential to cause harm, injury, ill health etc. in some way.

A risk is defined as the actual chance that the hazard will cause harm.

Use the risk rating matrix overleaf to assess the risk's severity by finding the intersection of consequence 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 CONTROL MEASURES

SUPERVISION	
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	
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	
COMMUNICATION	
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 POLICIES, PROCEDURES AND REFERENCE MATERIALS	
Educators to have read and understand all policies and procedures	
Educator complies with all policies and procedures	
SLEEPING 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	
VENTILATION /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	
LIGHTING	
Sufficient light to allow for supervision	
BEDDING	
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	
V4 1124	

## **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 PHO	PLEASE PROVIDE A PHOTO OF YOUR SLEEP AREAS/ 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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