

Sleep Risk Assessment Form to minimise the risk of SUDI

Educator:

Date:

All Children

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| Does the cot meet Australian Standards? Is it a portable or standard cot? | |
| Does your cot have a label displaying that it meets relevant standards? If not, are you able to produce documentation outlining that it meets relevant standards? | |
| Is the mattress firm, clean, flat and the right size for the cot? | |
| Is the cot positioned away from hanging cords (blinds, curtains or electrical)? | |
| Is the cot positioned away from heaters, appliances, and furniture? | |
| Is the cot free from electric blankets, hot water bottles and wheat bags? | |
| Is the cot free from toys, bumpers, loose bedding, pillows and lambswool? | |
| Is there adequate space between cots for educators to safely check sleeping children? | |
| Is there adequate light to allow for visual supervision of the child (colour of their skin and lips)? | |
| Is there appropriate ventilation in the sleep space? | |
| Are children placed on their back to sleep? | |
| Are children's faces and head uncovered? | |
| Are children dressed for the room temperature? | |
| If children are sleeping in a suit or bag, are they fitted around the neck and arms are completely out of the bag? | |
| If using sheets or lightweight blankets, are children positioned towards the bottom of the cot and bedding is tucked firmly up to the child's chest only? | |

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| <p>Do you follow and document safe sleep checks as required by your scheme? Eg. Physical and visual (rise and fall of a child's chest and the colour of their skin and lips) checks from the side of the cots/beds every 10mins?</p> | |
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Extra requirements for children 12 months and older

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| <p>Are beds being used close to the ground eg. Mats, childcare specific stacking beds or toddler beds?</p> | |
| <p>If no, what safety measures are in place to prevent falls?</p> | |
| <p>Pillows are not recommended for children under 2 years old, if any children are under 2yo, is their bed/cot pillow free?</p> | |

Other

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| <p>Do any children have any underlying medical condition/health needs that may require increased supervision when sleeping/resting? For example, born prematurely, lung/respiratory conditions, baby with a cold. Please outline how you will manage this.</p> |
| <p></p> |