

What would you do if the adult of the house collapsed, or if there was an emergency whilst the children were being babysat?

## The below checklist could save lives!

### Getting everyone out of the house

Has the babysitter been physically shown where the children are? Yes  No

Do the children know what to use to smash a window if necessary? Yes  No

Are key location for doors known to children/babysitter and within reach if needed? Yes  No

### In case of a Fire

Are there adequate supplies of fire prevention resources (e.g. fire extinguisher/blankets) in the house? Yes  No

Do the children/babysitter know where the fire prevention resources are kept? Yes  No

### A Medical Situation

Do you have an adequately stocked First Aid Kit? Yes  No

Where is the First Aid Kit located: \_\_\_\_\_

Location of Epi-pen (if needed): \_\_\_\_\_

Location of other medication: \_\_\_\_\_

### Contacting an Emergency Service

Is a phone available in the house for children/babysitter to call out on when you are not home? Yes  No

Location of the phone: \_\_\_\_\_

Do the children/babysitter know they can call for help even if the phone is code locked? Yes  No

Do the children/babysitter know that 112 or 000 is the best number to call from a mobile? Yes  No

### Other Situations

Do you have a list of important number in the house? Yes  No

If yes, the list is located: \_\_\_\_\_

If an adult visitor knocks on the door, the babysitter is to: \_\_\_\_\_

If the kids friends from school / neighbours come over for a play, do the children/babysitters know if they can let them in? Yes  No

Is the babysitter advised of any trigger action/words? Yes  No

