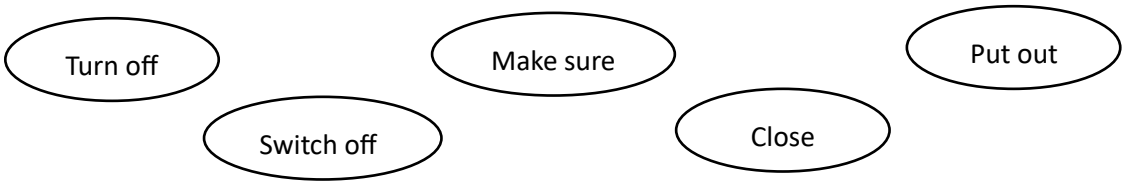
Bedtime checklist

Before you go to bed, every night there are things you can do to help keep yourselves and your families safe.

Task

- Below is the start of a checklist.
- Use the words to add any more things you could do in your home, before you go to bed, to keep your family safe.
- Every night, check the list before going to bed.



Make sure the escape routes are clear of trip hazards	
Make sure all doors than can be shut, have been.	
Make sure the keys are near the doors and windows.	
Turn off the cooker.	
Switch off any plug sockets that are not in use e.g. toaster and kettle.	
Turn off any electrical items that are charging e.g. phone and tablets.	