

Bathroom Safety by



Drowning is one of the leading causes of unintentional death for Australian children under 5 years of age. It can happen quickly and silently; 20 seconds is all it takes for a toddler to drown. Children can drown in as little as a few centimetres of water, meaning that bathtubs can pose a potential drowning hazard.

The best way to keep your child safe during bath time is by providing constant adult supervision. This means keeping your eyes and hands on your child at all times - including if you choose to use items such as a bath aids. While these items may be useful, it is important to remember that they are not safety devices and still require constant, hands-on supervision.

It's also important to be prepared and have everything you need for bathing your child within reach such as towel, soap, and clothes so you can stay with your child for the whole duration of bath time. If distractions occur - like the phone or doorbell ringing - and you need to leave the bathroom, always take your child with you. Once bath time is over, empty the bath and store away the plug after use - a good habit to get into before your tub is mobile enough to be able to access it.

When running a bath for your child, run the cold water first, and turn it off last. This will help cool the spout and reduce the risk of your child burning themselves. Always test the water temperature with a thermometer before bathing your child. A safe temperature for a child's bath should be no more than 38°C.

Ensure that electrical appliances along with bathroom products such as soaps and shampoos are kept out of reach of children. Keeping the bathroom door closed when not in use is one key safety measure to restrict unsupervised access to the bathroom.

For more information, visit the links below:

- [Kidsafe Home Safety Checklist](#)
- [A Parent's Guide to Kidsafe Homes](#)