



## Nursery Equipment

Most nursery injuries are associated with equipment such as cots, change tables, prams or strollers, high chairs, baby walkers and bouncers.

Injuries associated with nursery equipment happen for a number of reasons including flaws in the design, poor maintenance, failure of the equipment, and/or incorrect use of the equipment<sup>1</sup>.

### Household cots

Many children suffer from cot related injuries for various reasons, but there are simple steps that can be taken to reduce the risks:



- Check your cot has a label showing it complies with one of the following:
  - the Australian Standard (AS 2172:2003, Cots for household use - Safety requirements).
  - ASTM F1169-19, Standard Consumer Safety Specification for Full-Size Baby Cribs
  - BS EN 716-1:2017 Furniture. Children's cots and folding cots for domestic use.
- Read and follow the instructions carefully when assembling and using a cot.
- The mattress should be firm, clean and should fit snugly all the way around.
- If the cot has wheels, ensure the brakes are engaged.
- Ensure the base is at the lowest point when the baby can sit up.
- Position the cot away from dangerous items such as heaters, electrical cords and curtain cords.
- Ensure the cot is well maintained.
- Avoid having things like pillows or toys within the cot and avoid using cot bumpers. These items could increase the risk of suffocation and strangulation.

### Portable cots

There have been a small number of deaths where portable cots have collapsed, trapping babies. Here are some steps you can follow to reduce the risk of injury when using portable cots:

- Look for a model that meets one of the following:
  - AS/NZS 2195:2000, Folding cots – Safety requirements
  - ASTM F406-22, Standard Consumer Safety Specification for Non-Full-Size Baby Cribs/Play Yards
  - BS EN 716-1:2017 Furniture. Children's cots and folding cots for domestic use.
- Ensure the sides are fully clicked into place and are secure.
- Check mechanisms regularly for wear.
- Use the cot mattress provided. Never add an additional mattress. Ill-fitting mattresses may create spaces where a small baby could get trapped.

### Change tables

When using change tables babies are at risk of rolling to the side and falling off. This can happen unexpectedly, as the child may not have previously shown signs of being able to roll.

These are some of the steps you can take to prevent injuries associated with change tables:

- Look for designs which will stop baby rolling off.
- Keep everything you need to change baby close at hand.
- Never leave a baby alone on the change table. If you need to turn away, keep one hand on baby. If you must leave, take baby with you.
- If a change table is not available, change baby on a towel on the floor.





## Prams and strollers

A number of fall injuries have been associated with the use of prams and strollers. It is important to look out for the following things when choosing and using prams and strollers, to reduce the risk of injury:

- When selecting a pram or stroller choose one that meets the Mandatory Australian Standard AS/NZS 2088:2000.
- Prams and strollers should have at least one parking brake and a wrist/tether strap which should be used to prevent the pram from rolling away.
- The pram or stroller should have a strong and stable design, easy-to-use frame locks and easy steering.
- Always use the five point harness provided.
- Parcel containers positioned under the pram or stroller are best, to avoid tipping if fully loaded.
- Avoid hooking heavy shopping bags over the handles as this could also cause the pram or stroller to tip over.

**Note:** Prams are not recommended as a long term or permanent sleeping option.

## High chairs

A large number of injuries associated with high chairs are due to falls, often after children stand up or attempt to climb out of or into the chair. Some injuries involve product failure or a child becoming entrapped (e.g. a finger getting caught). Look for the following features in a high chair to reduce the risk of injuries:

- A strong, stable design.
- An easy-to-use five point harness and make sure this is used every time.
- Effective, easy-to-use wheel locks (if applicable).
- Consider a model with adjustable height, and use the lowest setting.

## Baby walkers

Children can move quickly in a walker which increases the chance of children reaching hazards before a parent can catch them. Australian regulations require that all baby walkers sold in Australia must meet the American ASTM standard. Here are some safety tips you should follow:

- Check that your child fits properly into the walker.
- Only use walkers in a safe flat area and block access to dangers like steps and heaters. Check for hazards like dangling kettle cords.
- Check that it has an optional locking device to immobilize when required.
- Always provide close supervision, within arm's reach and in sight of baby.

Kidsafe WA recommends using a safer alternative such as a stationary play centre. If choosing to use a walker, make sure it is limited to a short time, as this could delay learning to walk.

## Bouncinettes

Injuries from bouncinettes result from babies falling in a bouncer from a high surface. Here are some steps that can be taken to reduce the risk of injury associated with bouncinettes:

- Always use bouncers on the floor.
- Use the straps provided to secure your baby.
- Ensure the base is solid, wider and longer than the area where your baby lies.
- Ensure the base has rubber grips to stop the bouncinette from moving as your baby rocks.

For more information contact Kidsafe WA or have a look at the ACCC's Your First Steps website - <https://www.babyproductsafety.gov.au/>

### References:

<sup>1</sup>Reeves, B, Tsvetkov, A, Skarin, D. Injuries to Children Involving Nursery Equipment. Perth (WA): Kidsafe WA (AU); 2019 June.

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