

## Sleep and Rest Risk Assessment

The following risk assessment is to be completed annually, or as soon as any new risks or issues occur with the 12 month period. Any identified risks and their management approach need to be updated in the Sleep and Rest policy to reflect the outcome of this risk assessment. Note: Bassinets are not allowed to be on premises when children are being educated and cared for. Add or remove rows as necessary for your service, this is a starting point.

Date of assessment:		Completed by:		
<b>Sleep and rest environments</b> (you may want to do an assessment per sleep/rest area if they are quite different to suitably assess the risks in each space)				
Areas to consider	Identified issues	Potential outcomes	Risk management approach	In policies/procedures
Air quality, ventilation, temperature				
Lighting and ability to supervise well with visibility				
Quality of bedding and beds/cots				
Hygiene practices e.g. cleaning, cross contamination, topping and tailing beds				

Other hazards e.g. cords, trip hazards, pillows				
Placement and location of sleep/rest areas including level of noise and access				
<b>Supervision</b>				
Areas to consider	Identified issues	Potential outcomes	Risk management approach	In policies/ procedures
Likelihood of general sleep issues based on age(s)	0-2:			
	2-3:			
	3-5:			

Supervision requirements e.g. what to check and when				
Supervision expectations e.g. who, what to document				
Ensuring enough staffing levels to supervise safely				
<b>Staff awareness of requirements and expectations</b>				
Areas to consider	Identified issues	Potential outcomes	Risk management approach	In policies/ procedures
Induction				
Policies and procedures				

Changes to policies and procedures				
Following an incident				
Keeping up to date with best practice guidelines				
<b>Individual children's needs</b>				
Areas to consider	Identified issues	Potential outcomes	Risk management approach	In policies/ procedures
Specific children health needs				
Specific children's cultural needs				

Specific children's hygiene needs				
Specific children's physical needs				
<b>Working with families</b>				
Areas to consider	Identified issues	Potential outcomes	Risk management approach	In policies/ procedures
Gathering information about home sleep practices				
Sharing information on safe sleep practices with families				
Advocating for safe sleep practices for the child				
Date of next assessment:		Date of policy review in line with changes:		