

## **A Home Safety Checklist**

(Checkmark what you need to fix, and ask for help if you need it.)

1. Are there smoke detectors near bedrooms and throughout house; and are the batteries changed yearly?
2. Is there a fire extinguisher?
3. Is a flashlight handy? (Can you store one in every room?)
4. Are electrical cords in good condition? Are extension cords overloaded?
5. Are circuits overloaded with too many appliances?
6. Are electrical cords secured with tape (not staples) away from walkways?
7. Are light bulbs the right wattage for lamps and fixtures?
8. Are space heaters located away from passageways and flammable materials?
9. Do vented heaters have proper venting?
10. Are throw rugs eliminated or do they have non-skid backing?

### **Kitchen**

11. Are curtains and flammable materials located away from stove?
12. Do you avoid wearing loose-sleeved robes or clothes when cooking?
13. Are stove and sink areas well lighted?
14. Is a portable fire extinguisher handy?
15. Is refrigerator food labeled and dated to avoid eating outdated and spoiled food?
16. Are dining table chairs sturdy? Do they have arms for support?
17. Are cleaning supplies & poisons stored separately, marked, and out of reach of children?

### **Stairways and Halls**

18. Are there handrails on both sides of the stairway?
19. Are stairs, halls, and exits free from clutter?
20. Is lighting adequate, especially at top and bottom of stairs?
21. Is the edge of the step a different color?
22. Do steps have treads or non-slip surfaces?

## **Bathrooms**

- 23. Are grab bars installed in bathtub or shower, and by toilet?
- 24. Are there non-skid strips or a mat in the tub or shower?
- 25. Is the thermostat on the water heater set low enough to avoid burns?
- 26. Is the toilet seat high enough to get on and off without difficulty?

## **Bedrooms**

- 27. Is there adequate lighting to get from bed to bathroom at night?
- 28. Are lights easily accessible, and is a flashlight kept at the bedside?
- 29. Is there a phone that can be reached from the bed and other main areas of the home?
- 30. Is smoking in bed avoided?

## **Basement, Garage, and Exterior**

- 31. Are furnace, chimney and flues inspected and cleaned regularly by furnace experts?
- 32. Is a carbon monoxide detector present?
- 33. Are old rags, paints, and chemicals and toxic products stored carefully?
- 34. Is lighting adequate inside and outside, with exterior dusk to dawn lighting?
- 35. Are outside visitors visible through a peephole?
- 36. Is there a sturdy deadbolt lock on exterior doors?
- 37. Are porch railings and steps secure?
- 38. Are bushes too high where they obscure windows or doors?

## **Medical Care, Medications, and Emergencies**

- 39. Does a trusted relative, friend, or neighbor have an extra key for an emergency?
- 40. Are medications clearly labeled? Have out of date medications been discarded?
- 41. Is there good lighting in the area where medications are taken?
- 42. Is a magnifying glass available to read medication directions?
- 43. Are medications out of reach of children?
- 44. Is information about medical help, doctor, hospital, pharmacy, handy?
- 45. Is information about your current health and history available for emergencies?
- 46. Do you have an exit or safety plan in case of fire or tornado?
- 47. Are shoes and slippers in good repair with non-skid soles?