

Home Safety Checklist

This safety checklist highlights things to consider when assessing home and community safety for an individual who is moving into independent housing. The checklist is not all-inclusive, so please add other items you think are important.

GENERAL

- ☐ Put an easy-to-read list of important phone numbers near the telephone (e.g., police, fire, ambulance, poison control, leasing office, property maintenance, support coordinator, service provider, etc.).
- ☐ Set the water heater so water is no hotter than 120 degrees Fahrenheit.
- ☐ Anchor carpet to the floor. Ensure it is free of bumps, holes, frayed edges, rips and tears.
- ☐ Cover flooring with non-skid material.
- ☐ Fix water leaks that could cause damage or lead to mold.
- ☐ Do not let strangers or people you do not know into your home.
- ☐ Do not let friends use your mailing address.
- ☐ Understand medication safety (e.g., how to take the right dosage at the right times, avoid bad interactions with other food or drugs, request refills, properly store and dispose of medications).
- ☐ Know basic first aid skills or when to seek additional assistance.
- ☐ Keep an emergency supply kit in accessible location (example: flashlight and batteries, 3 day supply of medication, 3 gallons of water, 3 day supply of ready to eat food, manual can opener, paper cups, plates and utensils, blankets or sleeping bag, toiletries, portable radio and batteries, cell phone and charger, important phone numbers, extra clothing and shoes).
- ☐ Stay alert when walking in the community in the evening: avoid cell phone usage and listening to music.
- ☐ Give an extra key to your unit to someone you trust (e.g., family member, service provider, neighbor).
- ☐ Other: _____
- ☐ Other: _____

ELECTRICAL

- ☐ Place electrical cords out of passage ways where they could be a trip hazard.
- ☐ Move electrical cords away from space heaters, radiators or other hot surfaces.
- ☐ Avoid using extension cords.
- ☐ Cover unused electrical outlets with safety plugs.
- ☐ Avoid overloading outlets, extension cords and power strips.

ELECTRICAL (cont.)

- ☐ Have ground fault circuit interrupter (GFCI) electrical receptacles installed in kitchens and bathrooms.
- ☐ Other: _____
- ☐ Other: _____

FIRE SAFETY

- ☐ Have a plan to evacuate the unit and building in case of fire and practice it.
- ☐ Keep an ABC-rated fire extinguisher in or near the kitchen.
- ☐ Learn to properly operate a fire extinguisher.
- ☐ Have your furnace checked once a year.
- ☐ Never leave space heaters, halogen lamps or open flames unattended or near flammable materials (e.g., curtains, sheets, fabric furniture).
- ☐ Put bulbs with the manufacturer's recommended wattage in all lamps and fixtures.
- ☐ Install an operating smoke and/or carbon monoxide detector on each floor.
- ☐ Test smoke/carbon monoxide detector alarms and replace batteries twice a year.
- ☐ Make sure smoke/carbon monoxide detectors have a visual alarm if the individual has a hearing impairment.
- ☐ Other: _____
- ☐ Other: _____

KITCHEN

- ☐ Use a step stool instead of a chair to reach high surfaces.
- ☐ Store flammable items away from the stovetop or range (e.g., towels, plastic ware, pot holders).
- ☐ Do not wear loose fitting clothing while cooking.
- ☐ Turn pot handles away from the front of the stove.
- ☐ Turn off the stove/oven after every use.
- ☐ Unplug portable and countertop appliances that are not in use.
- ☐ Make sure the kitchen is well lit.
- ☐ Clean spills immediately to avoid slips and spread of germs.
- ☐ Separate cleaning products from food and drinks.
- ☐ Use the exhaust fan when cooking to avoid moisture build-up.
- ☐ Know how to store food safely and how to recognize signs of food spoilage.
- ☐ Other: _____
- ☐ Other: _____

HALLS AND ENTRYWAYS

- ☐ Make sure windows and doors to the outside close and lock securely.
- ☐ Keep hallways clear for easy passage in an emergency.

HALLS AND ENTRYWAYS (cont.)

- ☐ Be sure walkways to the house are free of trip hazards.
- ☐ Widen doorways for wheelchair use (e.g., offset the hinges).
- ☐ Other: _____
- ☐ Other: _____

STAIRS

- ☐ Keep stairwells well lit.
- ☐ Do not store items on the steps.
- ☐ Do not place loose area rugs at the top or bottom of stairways.
- ☐ Install handrails on both sides of any stairway.
- ☐ Other: _____
- ☐ Other: _____

BATHROOMS

- ☐ Keep electric devices away from bathtubs and sinks.
- ☐ Keep towels and washcloths away from heaters.
- ☐ Install grab bars if needed.
- ☐ Install and/or use exhaust fan when bathing to avoid moisture build-up.
- ☐ Install a non-slip mat in the tub.
- ☐ Keep first aid supplies well stocked and easily available.
- ☐ Other: _____
- ☐ Other: _____

BEDROOMS

- ☐ Place a lamp within reach of the bed.
- ☐ Keep hot plates, space heaters, candles, etc. away from the bed.
- ☐ Keep a phone near the bed.
- ☐ Never place anything on top of a plugged-in electric blanket.
- ☐ Place nightlights in bedrooms and hallways.
- ☐ Other: _____
- ☐ Other: _____

LAUNDRY ROOM

- ☐ Clean the lint trap in the dryer after every use.
- ☐ Do not run the dryer when you are not at home.
- ☐ Do not leave clutter on the floor.
- ☐ Make sure dryer vents outside with metal duct and clear air flow.
- ☐ Make sure water heaters, furnaces & space heaters that produce carbon monoxide vent outside.
- ☐ Other: _____
- ☐ Other: _____