

HOME SAFETY CHECKLIST

✓ CHECK ALL CORDS

⚠ HAZARD

🛠 RECOMMENDATION

	Y	N		
Are lamp, extension, and telephone cords placed out of the flow of traffic?			Cords stretched across walkways may cause someone to trip.	Rearrange furniture so extension cords do not have to be used or place it on the floor against a wall where people cannot trip over it.
Are cords out from beneath furniture and rugs or carpeting?			Furniture resting on cords can damage them, creating fire and shock hazards. Electric cords which run under carpeting may cause a fire.	<ul style="list-style-type: none"> Remove cords from under furniture or carpeting Replace damaged or frayed cords.
Are cords attached to the walls, baseboards, etc., with nails or staples?			Nails or staples can damage cords, presenting fire and shock hazards.	<ul style="list-style-type: none"> Remove nails, staples, etc Check wiring for damage Use tape to attach cords to walls or floors.
Are electrical cords in good condition, not frayed or cracked?			Damaged cords may cause a shock or fire.	<ul style="list-style-type: none"> Replace frayed or cracked cords.
Do extension cords carry more than their proper load, as indicated by the ratings labeled on the cord and the appliance?			Overloaded extension cords may cause fires. Standard 18 gauge extension cords can carry 1250 watts.	<ul style="list-style-type: none"> Use cord having a sufficient amp or wattage rating Unplug additional appliances.

✓ CHECK ALL RUGS, RUNNERS AND MATS

⚠ HAZARD

🛠 RECOMMENDATION

	Y	N		
Are all small rugs and runners slip-resistant?			Can create slip or trip.	<ul style="list-style-type: none"> Apply double face adhesive carpet tape or rubber matting to rug/runner back Use rug/runner with slip resistant backing.
Are emergency numbers posted on or near the telephone?			In case of emergency, telephone numbers for the Police, Fire Department, and local Poison Control Center, along with a neighbor's number, should be readily available.	<ul style="list-style-type: none"> Write the numbers in large print and tape them to the phone, or place them near the phone where they can be seen easily.
Do you have access to a telephone if you fall (or experience some other emergency which prevents you from standing and reaching a wall phone)?				<ul style="list-style-type: none"> Have at least one telephone located where it would be accessible in the event of an accident which leaves you unable to stand.

✓ CHECK ALL SMOKE DETECTORS

⚠ HAZARD

🛠 RECOMMENDATION

	Y	N		
Are smoke detectors properly located?			At least one smoke detector should be placed on every floor of your home.	<ul style="list-style-type: none"> Read and follow instructions Place detectors near bedrooms, either on the ceiling or 6-12 inches below ceiling on the wall Place away from air vents.
Do you have properly working smoke detectors?			Many home fire injuries and deaths are caused by smoke and toxic gases, rather than the fire itself.	<ul style="list-style-type: none"> Purchase a smoke detector Check and replace batteries Replace if defective.

✓ CHECK ALL ELECTRICAL OUTLETS AND SWITCHES

⚠ HAZARD

🛠 RECOMMENDATION

	Y	N		
Are any outlets and switches unusually warm or hot to the touch?			Unusually warm or hot outlets or switches may indicate that an unsafe wiring condition exists.	<ul style="list-style-type: none"> Unplug cords from outlets and do not use the switches Have an electrician check the wiring.
Do all outlets and switches have cover plates, so that no wiring is exposed?			Exposed wiring presents a shock hazard.	<ul style="list-style-type: none"> Add a cover plate.
Are light bulbs the appropriate size and type for the lamp or fixture?			A bulb of too high wattage or the wrong type may overheat causing fire.	

✓ CHECK SPACE HEATERS

⚠ HAZARD

🛠 RECOMMENDATION

	Y	N		
Are heaters which come with a 3-prong plug being used in a 3-hole outlet or with a properly attached adapter?			The grounding feature provided by a 3-hole receptacle or an adapter for a 2-hole receptacle is designed to lessen the risk of shock.	<ul style="list-style-type: none"> Ground No 3-hole outlet, use an adapter Connect adapter ground wire to the outlet.
Are small stoves and heaters placed where they cannot be knocked over?			Heaters can cause fires or serious burns if they cause you to trip or if they are knocked over.	<ul style="list-style-type: none"> Relocate heaters away from passageways and flammable materials such as curtains, rugs, furniture, etc
If using, do you understand the installation and operating instructions of kerosene heater, a gas heater or an LP gas heater?			Improper venting is the most frequent cause of carbon monoxide poisoning, and older consumers are at special risk.	<ul style="list-style-type: none"> Review the installation and operating instructions Call your local fire department if you have additional questions.

✓ CHECK WOODBURNING HEATING EQUIPMENT			⚠ HAZARD	① RECOMMENDATION
	Y	N		
Is woodburning equipment installed properly?			Woodburning stoves should be installed by a qualified person according to local building codes.	Consult building code official/fire marshal.
✓ CHECK THE EMERGENCY EXIT PLAN			⚠ HAZARD	① RECOMMENDATION
	Y	N		
Do you have an emergency exit plan and an alternate emergency exit plan in case of a fire?			It is important that in the event of a fire everyone knows what to do.	• Develop an emergency exit plan • Choose a rally point • Practice the plan often.
✓ KITCHEN SAFETY - CHECK RANGE AREA			⚠ HAZARD	① RECOMMENDATION
<i>In addition to checking all cords, lighting, stools, rugs/runners/mats, check:</i>	Y	N		
Are towels, curtains, and other things that might catch fire located away from the range?			Placing or storing non-cooking equipment like potholders, dish towels, or plastic utensils on or near the range can result in fires or burns.	• Don't store flammable and combustible near range and oven • Remove any towels hanging on oven handles, near burners and shorten curtains that could brush against heat sources.
Do you wear clothing with short or close-fitting sleeves while you are cooking?			Long sleeves are also more apt to catch on pot handles, overturning pots and pans and causing scalds.	• Roll back long, loose sleeves or fasten them with pins or elastic bands while you are cooking.
Are kitchen ventilation systems or range exhausts functioning properly and are they in use while you are cooking?			Indoor air pollutants may accumulate to unhealthy levels in a kitchen where gas or kerosene-fire appliances are in use.	• Use kitchen ventilation systems or open windows to clear air of vapors and smoke.
Are all extension cords and appliance cords located away from the sink or range areas?			Electrical appliances and power cords can cause shock or electrocution if they come in contact with water. Cords can also be damaged by excess heat.	• Move cords and appliances away from sink areas and hot surfaces • Rearrange appliances so you won't need extension cords • Install wiring guides so that cords will not hang near sink, range, or working areas. Install outlets with ground fault circuit interrupters (GFCIs) to protect against electric shock.
Does good, even lighting exist over the stove, sink, and countertop work areas, especially where food is sliced or cut?			Low lighting and glare can contribute to burns or cuts.	• Use frosted bulbs, indirect lighting, shades or globes on light fixtures, or partially closing the blinds or curtains • Install more light fixtures.
Do you have a step stool which is stable and in good repair?			Standing on chairs, boxes, or other makeshift items to reach high shelves can result in falls.	• Buy a step tool with a handrail that you can hold onto while standing on the top step • Before climbing, make sure it is fully opened and stable • Tighten screws and braces on the step stool • Discard step stools with broken parts.
✓ LIVING ROOM/FAMILY ROOM			⚠ HAZARD	① RECOMMENDATION
<i>In addition to checking all cords, rugs/runners, electrical outlets, check:</i>	Y	N		
Are chimneys clear from accumulations of leaves, and other debris that can clog them?			A clogged chimney can cause a poorly-burning fire to result in poisonous fumes and smoke coming back into the house.	• Do not use the chimney until the blockage has been removed • Have the chimney checked and cleaned by a registered or licensed professional.
Has the chimney been cleaned within the past year?			Creosote (caused by burning wood) can ignite and result in chimney fire.	• Have the chimney checked and cleaned by a registered or licensed professional.
Are hallways, passageways between rooms, and other heavy traffic areas well lit?			Are hallways, passageways between rooms, and other heavy traffic areas well lit?	• Install more light fixtures, use maximum watt bulbs, use lamps or alternative light source.
Are exits and passageways kept clear?			Furniture, boxes, or other items could be an obstruction or tripping hazard, especially in the event of an emergency or fire.	• Rearrange furniture to open passageways and walkways • Remove boxes and clutter.
✓ BATHROOM/TUB/SHOWER			⚠ HAZARD	① RECOMMENDATION
<i>Check tub, shower, water temperature, rug/mats, lighting, small electrical appliances, storage area for medications:</i>	Y	N		
Are bathtubs and showers equipped with non-skid mats, abrasive strips, or surfaces that are not slippery?			Wet soapy tile or porcelain surfaces are especially slippery and may contribute to falls.	• Grab bars can assist entry/exit and can help prevent falls. Check stability, repair if broken.
Is the temperature 120 degrees or lower?			Water temperature above 120 degrees can cause tap water scalds.	• Lower the setting on your hot water heater to "Low" or 120 degrees.
Is a light switch located near the entrance to the bathroom?			A light switch near the door will prevent you from walking through a dark area.	• Install a night light or glow switch.

✓ BATHROOM/TUB/SHOWER

⚠ HAZARD

① RECOMMENDATION

Continued		Y	N		
Are small electrical appliances such as hair dryers, shavers, curling irons, etc., unplugged when not in use?				If appliance falls into water in a sink or bathtub while plugged in, it could cause a lethal shock.	<ul style="list-style-type: none"> Unplug all small appliances when not in use Never reach into water to retrieve an appliance that has fallen in without being sure the appliance is unplugged Install a ground fault circuit interrupter (GFCI) in bathroom.
Are all medicines stored in the containers that they came in and are they clearly marked?				Taking the wrong medicine because its improperly marked, or missing a dosage of medicine you need can be dangerous.	<ul style="list-style-type: none"> Be sure that all containers are clearly marked with the contents, doctor's instructions, expiration date, and patient's name Dispose of outdated medicines properly Request non-child-resistant closures only when you cannot use child-resistant closures.

✓ BEDROOM

⚠ HAZARD

① RECOMMENDATION

In addition to checking rugs/runners, electrical and telephone cords, check:		Y	N		
Are lamps or light switches within reach of each bed?				Lamps or switches located close to each bed will enable people getting up at night to see where they are going.	<ul style="list-style-type: none"> Rearrange furniture closer to switches or move lamps closer to beds Install night lights.
Are ash trays, smoking materials, or other fire sources (heaters, hot plates, teapots, etc.) located away from beds or bedding?				Burns are a leading cause of accidental death among seniors. Smoking in bed is a major contributor to this problem.	<ul style="list-style-type: none"> Don't smoke in bed Remove heating sources from area around bed.
Is anything covering your electric blanket when in use?				"Tucking in" electric blankets, or placing additional coverings on top of them can cause excessive heat buildup which can start a fire.	<ul style="list-style-type: none"> Follow the manufacturer's instructions Don't put anything on top of blanket while its in use Don't set temperture too high
Do you ever go to sleep with a heating pad which is turned on?				Never go to sleep with a heating pad if it is turned on because it can cause serious burns even at relatively low settings.	
Is there a telephone close to your bed?				In case of an emergency, it is important to be able to reach the telephone without getting out of bed.	

✓ BASEMENT/GARAGE/WORKSHOP/STORAGE AREAS

⚠ HAZARD

① RECOMMENDATION

		Y	N		
Are work areas, especially areas where power tools are used, well lit?				Low visibility increases chances for accidents especially cutting fingers.	<ul style="list-style-type: none"> Either install additional light, or avoid working with power tools in the area.
Can you turn on the lights without first having to walk through a dark area?				Basement, garages, and storage areas can contain many tripping hazards and sharp or pointed tools that can make a fall even more hazardous.	<ul style="list-style-type: none"> Keep an operating flashlight handy Have an electrician install switches at each entrance to a dark area.
If fuses are used, are they the correct size for the circuit?				Replacing a correct size fuse with a larger size fuse can present a serious fire hazard.	<ul style="list-style-type: none"> Consult an electrician and be certain that correct-size fuses are used.
Are power tools equipped with a 3-prong plug or marked to show that they are double insulated?				These safety features reduce the risk of an electric shock.	<ul style="list-style-type: none"> Use a properly connected 3-prong adapter for connecting a 3- prong plug to a 2-hole receptacle Replace old tools that don't have 3-prong plug nor are double insulated.
Are power tools guards in place?				Power tools used with guards removed pose a serious risk of injury from sharp edges or moving parts.	<ul style="list-style-type: none"> Replace guards that have been removed from power tools.
Has the grounding feature on any 3-prong plug been defeated by removal of the grounding pin or by improperly using an adapter?				Improperly grounded appliances can lead to electric shock.	<ul style="list-style-type: none"> Check with your service person or an electrician if you are in doubt.
Are containers of volatile liquids tightly capped?				If not tightly closed, vapors may escape that may be toxic when inhaled.	<ul style="list-style-type: none"> Check containers periodically to make sure they are tightly closed.
Are gasoline, paints, solvents, or other products that give off vapors or fumes stored away from ignition sources?				Gasoline, kerosene, and other flammable liquids should be stored out of living areas in properly labeled, non- glass safety containers.	<ul style="list-style-type: none"> Remove these products from the areas near heat or flame such as heaters, furnaces, water heaters, ranges, and other gas appliances.

✓ STAIRS

⚠ HAZARD

① RECOMMENDATION

		Y	N		
Are stairs well lighted?				Stairs should be lighted so that each step, particularly the step edges, can be clearly seen while going up and down stairs.	<ul style="list-style-type: none"> Use the correct and maximum wattage bulb for fixture Use frosted bulbs, indirect lighting, shades or globes on light fixtures Add additional light fixtures.

✓ STAIRS			△ HAZARD	① RECOMMENDATION
<i>Continued</i>				
Are light switches located at both the top and bottom of the stairs.	Y	N	. You should be able to turn on the lights before you use the stairway from either end.	• Install switches at top and bottom of stairs or keep an operating flashlight in a convenient location • Install night lights at nearby outlets.
Do the steps allow secure footing?			Worn treads or worn or loose carpeting can lead to insecure footing, resulting in slips or falls.	• Try to avoid wearing only socks or smooth-soled shoes or slippers when using stairs • Make certain the carpet is firmly attached to the steps all along the stairs • Refinish or replace worn treads, or replace worn carpeting • Paint outside steps with paint that has a rough texture, or use abrasive strips.
Are steps even and of the same size and height?			Even a small difference in step surfaces or riser heights can lead to falls.	• Mark any steps which are especially narrow or have risers that are higher or lower than the others. Be especially careful of these steps when using the stairs.
Are the coverings on the steps in good condition?			Worn or torn coverings or nails sticking out from coverings could snag your foot or cause you to trip.	• Repair, remove or replace coverings.
Can you clearly see the edges of the steps?			Falls may occur if the edges of the steps are blurred or hard to see.	• Paint edges of outdoor steps white to see them better at night • Add extra lighting • If you plan to carpet your stairs, avoid deep pile carpeting or patterned or dark colored carpeting that can make it difficult to see the edges of the steps clearly.
Is anything stored on the stairway, even temporarily?			People can trip over objects left on stairs, particularly in the event of an emergency or fire.	• Remove all objects from the stairway.

REMEMBER PERIODICALLY TO RE-CHECK YOUR HOME. FOR MORE TIPS AND INFORMATION ON SAFETY CONTACT THE GARRISON SAFETY OFFICE, 239-2514.