

Home Safety Checklist

A home safety checklist covering alarms, fire safety, security, fall prevention and emergencies.

Smoke & CO Alarms

- ☐ Install smoke alarms on every level and in each bedroom
- ☐ Install carbon-monoxide alarms near sleeping areas and fuel appliances
CO is odorless; alarms are the only reliable warning
- ☐ Test all alarms monthly with the test button
- ☐ Replace batteries yearly unless using 10-year sealed units
- ☐ Replace smoke alarms every 10 years and CO alarms every 5 to 7
- ☐ Interconnect alarms so all sound when one detects danger

Fire Safety

- ☐ Keep a fire extinguisher in the kitchen and on each level
- ☐ Check that extinguishers are charged and not expired
- ☐ Plan and practice a fire escape route with two ways out
- ☐ Set a meeting point outside and review it with the household
- ☐ Never leave cooking, candles or space heaters unattended
- ☐ Clean the dryer lint trap each load and the vent yearly

Home Security

- ☐ Install and test deadbolts on all exterior doors
- ☐ Secure windows and sliding doors with locks or bars
- ☐ Add motion-sensor lighting at entries and dark spots
- ☐ Trim shrubs near doors and windows to remove hiding spots
- ☐ Use timers or smart bulbs to make the home look occupied when away
- ☐ Don't hide spare keys outside; leave one with a trusted neighbor

Fall Prevention

- ☐ Secure loose rugs with non-slip backing or remove them
- ☐ Add grab bars and non-slip mats in showers and tubs
- ☐ Keep stairs clear and well lit with handrails on both sides
- ☐ Add night lights in hallways, stairs and bathrooms
- ☐ Use a sturdy step stool instead of chairs to reach high shelves
- ☐ Clear cords and clutter from walkways

Childproofing & Poisons

- ☐ Anchor heavy furniture, bookcases and TVs to the wall
- ☐ Install cabinet locks and safety gates where needed
- ☐ Cover unused outlets and secure window blind cords
- ☐ Store medicines, cleaners and chemicals locked or out of reach
- ☐ Set the water heater to 120°F to prevent scalding
- ☐ Keep poison control and emergency numbers posted and saved

Emergency Readiness

- ☐ Build an emergency kit with water, food, flashlight and batteries
- ☐ Keep a stocked first-aid kit and know basic first aid
- ☐ Store copies of key documents and a list of emergency contacts
- ☐ Know how to shut off water, gas and main power
- ☐ Keep a backup power source or charged battery for outages
- ☐ Review the plan with everyone, including children and guests