



# My home safety checklist

## for the inside of my home

It can be hard to know how to keep the inside of your home as safe as possible. Fortunately, this simple checklist can help! Print it out now and check off each step as you complete it. Repeat yearly to keep the inside of your home as safe as can be!

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## Doors, Windows and General Safety

- First, check every door leading to the outside. Do they open and close easily? Are they strong? Do the locks work smoothly? Do the doors seal well? Is there a light switch within reach of the entry door? If so, fantastic! If not, take steps to address these issues.
- Next, inspect the floors inside the house. Is any of the flooring warped, buckling, peeling, or in a condition that may cause slips, trips or falls? If so, make plans to fix these issues.
- As you inspect the floors, do you notice any loose carpets or rugs? If you do, secure them to be flat on the floor with double-sided tape to prevent skidding and slipping.
- Now, let's move on to your windows. Are they in good working condition, easily opened from inside? If not, correct these issues urgently, because a window may be the only means to exit the home in the event of a fire.

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### QUICK TIP

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The ability to turn on a light immediately upon entering a dark house is an important safety feature.

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- Walk through your house in search of musty smells, black or white powdery fuzzy growths, and/or excessive moisture or condensation. These clues may indicate mould. If you suspect mould in your home, contact a professional to have it removed as soon as possible.

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**QUICK TIP**

Test window locks annually to ensure they are in working order.

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- Is there evidence of mice, rats or insects inside your home? If so, treat as necessary.

## Stairs and Hallways

- Do you have stairs in your home? If so, bounce on the steps slightly to test strength. If they seem unstable in any way, make plans to correct this issue.
- If your stairs have a railing, pull on it slightly to ensure it is secure. If it is not, take action as this can lead to injury.
- Check your hallway flooring for any rugs that are slipping, or which have frayed edges or tears which can lead to trips or falls.

## Bathroom

- Do you have non-slip mats inside the bathtub or shower? If not, remedy this.
- Is there a grab bar in the tub or shower and near the toilet? If so, pull on it to test its stability. If it feels loose, get it fixed — and if you don't have one, considering installing one!
- Finally, take a look at the floor. Do you see any rotten areas, especially near the tub and toilet? If so, take action.

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**QUICK TIP**

The bathroom is one of the most dangerous places in the home, even for younger people. Make safety a priority!

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## Kitchen

- First, do you have lighting over the stove and sink? Replace burned-out lightbulbs immediately, and consider installing lighting in this area if you don't have it.
- Now, take a look at your stove. Is the stove in good condition? Are all the knobs present? Does each burner and the oven work? Consider having a qualified technician inspect the stove if you have any concerns.
- Do the kitchen exhaust fan and/or filter need changing? If so, take action!
- Finally, are child locks on cabinet doors available, as needed, and are hazardous objects out of the reach of children? Fix these issues immediately if children live in the home, and if not, take steps to protect children when they visit.

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### QUICK TIP

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Check household appliances and unplug immediately if they spark, smoke, overheat, shock you or alarm you in any manner. If they do, replace the appliance or have a professional repair it before operating.

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All done! Remember, walk through these steps yearly to help keep the inside of your home as safe as possible for your family, pets, and visitors.