

## It's a Fact....

- ◆ More accidents occur in the home than in industry
- ◆ Each year many Canadians die from these four major home incident categories :
  - SLIPS, TRIPS and FALLS
  - FIRE and EXPLOSION
  - POISON
  - SUFFOCATION

**Incredible?** Yes, but even more incredible is the fact that most of these incidents could have been prevented if those concerned had been aware of unsafe conditions and unsafe practices in their homes, and corrected them.

## How Safe is YOUR Home?

This checklist may alert you to unsafe conditions lurking in your home. Why not go on a hazard hunt. It's quick, easy and may help keep you from falling prey to a tragic accident in your home. Use common sense and logic when answering questions, e.g., if you don't have kids, pay less attention to those types of questions, but be aware of little visitors! If you have fewer than 10 "NO" answers, your home is reasonably safe. If you have between 10 and 25 "NO" answers you'd better do something about it ... soon! If you have more than 25 "NO" answers, take immediate corrective action!

**Brought to you by the Alberta  
NAOSH Week Steering Team**

NAOSH = North American Occupational Safety & Health

	YES	NO		YES	NO
<b>1. Overall Home Safety</b>					
- do children and/or babysitters know emergency procedures and phone numbers?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- do all unused electrical outlets have covers?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- do you have a fire escape plan that is practiced periodically?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- does each level of your home have a smoke detector?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- if smoke detectors are battery powered, are the batteries changed twice per year?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is there an ABC rated fire extinguisher and do you know how to use it?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- do you have a working flashlight?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is there a complete First Aid kit?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- if there are guns and ammunition, are they stored separately and locked securely?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is each electrical outlet limited to 2 plugs to prevent overload?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are standing lamps and hanging fixtures away from drapes and flammable materials?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- does your family regularly discuss home safety?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Living Room</b>					
- are scatter rugs anchored or held with non-skid material to prevent slips and falls?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are footstools, small tables and electrical cords arranged to avoid a tripping hazard?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are any poisonous or spiny plants out of reach of children and pets?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are bulbs in lamp fixtures the correct wattage?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are matches and lighters out of children's reach?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- if there is a fireplace, is the chimney clean and does the front guard prevent flying sparks?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Bedrooms</b>					
- are electrical cords and appliances in good condition?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are dresser drawers/doors kept closed?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is shelving securely attached (especially in kid's rooms)?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are heavier items stored on the lower shelves and lighter items higher up?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<b>4. Bathrooms</b>					
- do electrical outlets have a ground fault circuit interrupters (GFCI)?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is the use of radios and other electrical appliances prohibited in the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is a handrail securely mounted by the tub if someone in the household needs assistance getting in and out?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is there a non-skid mat by the tub and a safety mat inside the tub?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- do you leave a filled tub unattended when small children are around?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is the faucet padded when bathing small children?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is all medication out of the reach of children?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- do you dispose of medication properly? (return to drugstore or toxic waste roundup)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- if someone is injured in the bathroom, can other household members be alerted easily?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is hot water temperature restricted to 54° C or 130° F in order to prevent scalding?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<b>5. Utility Area</b>					
- are small children taught about the hazards of hot water and the washing machine?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are bleach and other laundry agents kept in a safe place and out of the reach of children?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- is the iron stored safely, out of the reach of children, unplugged, with the cord tucked away?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are the furnace, pipes and chimney inspected and cleaned periodically?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are filling cabinets and bookcases properly attached to the wall?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<b>6. Halls and Stairways</b>					
- do halls and stairways have sufficient lighting?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are stair rugs and carpeting fastened to prevent slips and falls?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are stairway handrails attached securely?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are stair treads in good condition?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- are halls and stairways clear of toys and other tripping hazards?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- if there are children, do stairs have proper closing gates at the top and bottom?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>

**Home Safety  
Check List**

**7. Kitchen** YES NO

- are cleaning agents, etc., stored in original containers and properly labeled?
- are cleaning agents, insecticides and matches stored where children cannot reach them?
- if there are kitchen floor mats, are they non-skid?
- is the toaster unplugged first when crumbs are cleaned out?
- is there an ABC rated fire extinguisher and do you know how to use it?
- are electrical cords kept short and to the back of the counter?
- are there any electrical appliances near the sink or edge of the counter?
- are handles of hot pots and pans turned inward on the stove?
- are knives, scissors and sharp articles kept in a safe place, out of the reach of children?
- if there is a step stool or ladder is it sturdy and equipped with rubber feet?
- are large and heavy objects stored in lower cupboards and smaller items higher up?
- are plastic bags stored where small children cannot reach them?
- are all electrical equipment and appliance cords in good condition?

**8. Yard and Patio**

- is the yard, patio and walkways free of toys and clutter?
- are steps and walkways clean and free of snow and ice in winter?
- is there adequate night lighting for steps and walkways?
- are leaves cleaned up from walking areas to avoid a slipping hazard when wet?
- if you have a pet, are animal droppings removed from the yard?
- is the BBQ in a safe place and is the gas shut-off valve closed after each use?
- when installing X-mas lights, do you move the ladder to avoid overreaching?

**9. Vehicles and Driving** YES NO

- are seatbelts always used by everyone?
- are child restraints used for small children?
- is the emergency brake on or shifter in Park when the vehicle is not in use?
- are loose items securely stored (not in back window ledge)?
- do you observe posted speeds?
- do you obey schoolzone and playground speeds?
- do you drive with lights on?
- do you always signal when changing lanes?
- is your vehicle(s) inspected periodically to ensure it is in safe operating condition?
- do you check behind the vehicle before backing up?
- do you back in to a garage or parking area to eliminate backing up when leaving?
- have all household drivers received training in safe performance driving?
- do you always observe the rule "if you drink, don't drive"?
- do you agree with the statement "You can prevent collisions"?

**10. Garage and Work Area**

- is the garage door open when the car engine is running?
- is the garage opener safety stop mechanism checked semi-annually?
- are sharp and heavy tools safely stored?
- are power tools unplugged when not in use?
- is power tool use restricted to competent users?
- are fertilizers and poisonous substances (e.g. windshield washer fluid, ethylene glycol) stored out of children's reach?
- are paint, solvents, gasoline and flammable substances stored away from ignition sources?
- are things stored in the rafters or hanging from the walls properly secured?
- is the garage or work area free from unnecessary clutter?



**North American Occupational  
Safety and Health Week**

**Home  
Safety  
Check  
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