

# House Safety Checklist

By Nicole Nichols-West

## ☐ Kitchen Safety

- ☐ **Sharpen Your Knives** Believe it or not you have less risk of getting cut if your knife is sharp because you won't have to try to saw through something in order to cut it.
- ☐ **Install Child Proof Latches On Cabinet Doors and Drawers** Especially on doors and drawers that contain sharp objects and chemicals and cleaning supplies.
- ☐ **Store Sharp Objects Out Of Reach** Store sharp objects out of children's reach, in a cabinet or drawer with a childproof latch.
- ☐ **Never Leave The Stove Unattended** Never leave the stove while you have something cooking. Inquisitive children can grab hold of the pot handle and spill the hot contents right onto their heads.
- ☐ **Clean Up Spills Promptly** Avoid slips and falls by cleaning up spills as soon as they happen.
- ☐ **Remove Clutter From Around Stove** Never have chairs or anything else that children can climb on near the stove.
- ☐ **Store Cleaning Supplies Safely** Make sure all chemicals and cleaning products are stored safely out of children's reach in a cupboard or cabinet with a childproof latch.
- ☐ **Store Plastic Bags Out Of Reach** Store plastic bags and garbage bags safely out of children's reach, again, in a cabinet with a childproof latch.
- ☐ **Unplug Appliances When Not In Use** Unplug appliances and make sure the cords are out of reach of your children.
- ☐ **Get A Fire Extinguisher** Every kitchen should have a fire extinguisher near the stove but out of your children's reach. And make sure you know how to use it.

## ☐ Bathroom Safety

- ☐ **Check Your Water Heater** Set your thermostat below 120 degrees F to prevent serious burns.
- ☐ **Install Handrails In Tub/Shower** Handrails aren't only for the elderly or infirm. Anyone can slip in the shower and if you reach for the soap dish to break your fall, you're just going to rip it right out of the wall on your way down.
- ☐ **Use Non-Slip Mats In Tub/Shower And Bathroom Floor** Slips and falls are the number one cause of accidents in the home. And most of them happen in the shower.
- ☐ **Unplug All Appliances When Not In Use** Unplug and store all electrical appliances when not in use to avoid possible electrocution.
- ☐ **Store Medications In A Locked Cabinet Or Drawer** If you have children in the home, make sure all of your medications have childproof caps and store them in a locked drawer or cabinet.
- ☐ **Store Cleaning Supplies Safely** Don't forget to store your bathroom chemicals and cleaners safely, too.

## ☐ Garage Safety

- ☐ **Remove Doors On Unused Appliances** If you're storing an old refrigerator or freezer, or even a large cooler that latches, in your garage, remove the doors so children can't become trapped inside.
- ☐ **Store Chemicals/Flammables Safely** Garages are the number one storage place for chemicals and flammable products such as paints, paint remover, weed killer, oils, cleaning supplies, greases. Make sure everything is stored safely, away from any heat source and out of children's reach.
- ☐ **Unplug Mowers And Power Tools** Never, ever, leave your power tools plugged in and within reach of your children. Always unplug them and store them out of reach.
- ☐ **Whole House Safety**
  - ☐ **Install Finger Guards On Doors** Install foam finger guards on your doors, especially doors that children will be using, to prevent their little fingers getting caught in the door.
  - ☐ **Install Adequate Lighting On Stairways** The number one cause of most stairway accidents is bad lighting. Make sure you have adequate lighting installed on all stairways.
  - ☐ **Guard Your Windows** One of the top 5 accidents that happen in the home is falling out the window, especially when children are playing unsupervised. Always be sure to supervise children when you have a window open and consider installing a window wedge to prevent this horrible accident from happening.