

HOME SAFETY CHECKLIST

PREVENT HOME FIRES

- Avoid connecting too many devices to a single electrical circuit at the same time.
- Unplug devices that are not in use.
- Eliminate flammable materials around power strips.
- Install smoke alarms and test them regularly.
- Keep fire extinguishers within reach. It's recommended to keep a class B or class K fire extinguisher close to the kitchen. Also, you want to have one in the bedrooms and on each floor of your house.
- Never smoke in the bed or in an armchair where you can easily fall asleep.
- Never smoke after consuming alcohol or taking a drug that reduces alertness.
- Douse your cigarette with water before leaving it in the ashtray.
- Use heavy and stable ashtrays to avoid tipping over.
- If it's possible smoke outside.
- Always keep a burning candle within sight and always extinguish it when you leave the room.
- Make sure there's nothing flammable close to the candle.
- Never use a candle as a night light.
- Consider using flameless candles.
- Keep flammable materials at a safe distance from heating equipment (at least 3 feet away according to NFPA).
- Always turn space heaters off when you leave the room or go to bed.
- Have the chimney and the heating system checked by a professional at least once every year.

- Have a fire escape plan and share it with all your family members.

PREVENT CARBON MONOXIDE POISONING

- Install a carbon monoxide detector.
- Test your carbon monoxide detectors regularly according to the manual (at least once a month).
- Have your heating system and chimneys checked and cleaned every year.
- Never run a vehicle with a fueled engine inside your garage or any other closed space.
- Never use the stove for heating purposes.
- Always use grills and generators outside your home and at a safe distance from doors and windows.

SAFETY MEASURES IN THE KITCHEN

Reduce the Risk of Burns, Cuts and Other Injuries

- Never leave items unattended on a stove that is in use.
- Use protective mitts when handling hot pots, baking or roast pans.
- Never pour water on hot oil even if it's burning. You can use a class B or class K fire extinguisher from a safe distance or simply try to cover the pan or throw baking soda on it.
- Always turn pan and pot handles inward.
- Don't use dull knives: they are responsible for more injuries than sharp ones.
- Always cut on a cutting board.

- Keep the sharp knives separately from other cutleries (you can use a knife rack or a knife guard set).
- Consider using cut resistant gloves or a finger guard.
- If you fall a knife, don't try to catch it: instead, step away as fast as you can.
- Never keep electrical devices close to the sink or other sources of water.
- Do not wear loose clothes while cooking. Loose clothing and untied long hair can easily catch fire while using the stove burners.

Prevent Kids from Kitchen Accidents

- Make sure small children have no access to the stove, electrical appliances, hot liquids and pots, knives, matches, lighters, hazardous chemicals and other items that may injure them.
- Never leave children without supervision in the kitchen.
- Don't hold a child while cooking.
- Never give hot food or drink to a child.

Basic Food Safety Rules

- Always cook food to a safe temperature to kill all bacteria and other pathogens. Use a food thermometer to check the internal temperature of the food.
- Cooked food should never be left at room temperature for more than two hours.
- Reheat cooked food thoroughly.
- Set the refrigerator temperature at 40°F or below to prevent or slow down the growth of bacteria. Keep the freezer temperature below 0°F.
- Always wash your hands thoroughly in hot, soapy water before and after food preparation.
- Keep kitchen surfaces clean and wash them regularly.
- Avoid cross-contamination by always keeping raw meat, poultry, eggs, and seafood apart from other foods.

- Rinse fruits and vegetables thoroughly.

SAFETY MEASURES IN THE BATHROOM

Avoid Slips and Falls

- Always keep the floor dry and clean up water puddles as soon as you can.
- Use non-slip rugs (or non-slip decals) and place a bathtub or shower safety mat to avoid slips during showering.
- Remove any soap remnant in the bathtub and the shower.
- Make sure the bathroom is well-lit both day and night.
- If needed, install safety grab bars next to the toilet, shower, and bathtub. Never use a towel bar instead of a grab bar.

Avoid Electric Shock

- Always have your hands dry when you plug in, unplug or use electric appliances.
- Make sure there are no uncovered light bulbs in the bathroom. Use wet rated lights where splashes of water are a concern.
- Never use any electric appliance while bathing or showering (except those that are completely waterproof according to the manufacturer and work with a battery).
- Use the hairdryer outside the bathroom.
- Install GFCI (ground-fault circuit interrupter) outlets and test them regularly to check if they work properly.
- Do not use an electric heater in the bathroom, or if you do, make sure it's designed to use in damp spaces and always keep it at a safe distance from the bathtub, shower and other sources of water.
- If you have a child, install plug covers to further enhance safety.

Bathroom Safety for Kids

- Never leave a small child unattended in the bath, always keep your eyes on your kid while bathing.
- Never leave water in the bathtub.
- Install a toilet lock so that toddlers can't open the lid and they won't fall into the toilet.
- Consider keeping the bathroom door closed.
- Set the hot water temperature 120°F or below to prevent burns.
- Make sure children don't have access to electric appliances, chemicals, medicines, and other hazardous items.

SAFETY TIPS TO BURGLAR-PROOF YOUR HOME

Reinforce Your Doors

- Install a durable deadbolt (preferably ANSI Grade 1).
- Consider adding sash jammers to your door.
- Use a strike plate lock instead of a standard door chain.
- If you want to reinforce your door from the inside using a security bar and/or a door barricade.

Secure Your Windows

- Install a durable and reliable window lock.
- Protect your windows by installing security window films or screens. You can also use security grilles.
- Install window alarms and motion detectors.

- Plant thorny bushes around your windows.

Deter Burglars

- Install dummy or real security cameras and motion sensor lights.
- Install a video doorbell to monitor suspicious activities.
- Pretend you have a guard dog by placing a large bowl and a big muzzle in your yard where burglars can see them easily. Put a warning sign on the fence or door.
- Install a home security system or use a fake security sticker.
- Pretend someone is at home, even if it's not true: leave the TV or radio on, or use timers that turn on and off the lights randomly.
- Join a local neighborhood watch.

GENERAL HOME SAFETY TIPS

Improve Stair Safety

- Stairs should be well-lit and clutter (and toy) free.
- Make sure stairs are not slippery.
- Install handrails on each side.
- Kids should never play or jump on the stairs.
- Do not let small children use the stairs without supervision (consider using baby gates).

Improve Pool Safety for Kids

- Children should never be in the pool without adult supervision.
- If you have a small child, install a fence around the swimming pool that restricts your child's access to it.

- You should also install an automatic pool safety cover. A pool alarm adds an extra layer of safety.
- Consider teaching your child to swim to reduce the chance of drowning.

Prevent Strangulation

- Make sure small children don't have access to cords (including jewelry, bags, drawstrings in clothes, etc.).
- You can use cord wraps to keep window and other cords out of reach of your kids.

Prevent Choking

- Keep small objects (like coins, toys with small parts, batteries, etc.) out of your child's reach.
- Cut up foods into small pieces and encourage your child to chew it well.
- Make sure your kid is always in a sitting position while eating.
- Avoid small, hard and slippery foods (like nuts or candies) under the age of four.
- Small children should eat only under the supervision of an adult.

Prevent Poisoning

- Keep medications and hazardous chemicals in their original container and out of reach of kids (high up or locked in a cabinet).
- Make sure you never leave the packaging of any chemical open, not even for a moment.