Checklist

*For Safe and Healthy Homes*

**This room-by-room checklist was developed by the National Healthy Homes Partnership at** [**www.healthyhomespartnership.net**](http://www.healthyhomespartnership.net) **and** [**www.extensionhealthyhomes.org**](http://www.extensionhealthyhomes.org)**. It is useful for establishing a healthy home assessment protocol with the families you serve.**

**Living, Dining, and Family Rooms**

* Vacuum carpets regularly to reduce asthma triggers
* Move blind cords out of reach of children to prevent strangulation
* Avoid leaving food and water out overnight
* Avoid furniture with sharp edges
* Check lighting and extension cords for fraying or bare wires
* Purchase children’s toys that do not have small parts for choking and do not contain lead
* Secure heavy items (televisions, bookcases) to walls to prevent tip overs

**Kitchen**

* Use a range hood (or open window) to ventilate while cooking
* Clean up liquids and foods right after spills
* Keep matches, glassware, knives, and cleaning supplies out of reach of children
* Avoid leaving food and water out overnight
* Place Poison Control Hotline number on refrigerator
* Mop floors weekly
* Clean drip pan under refrigerator every year
* Do not allow children to be in kitchen unsupervised when the range or oven is on

**Bedroom(s)**

* Move blind cords out of reach to prevent strangulation
* Make sure room has a working smoke detector
* Make sure the hall outside of bedrooms has a working carbon monoxide detector
* For nurseries, make sure cribs are approved products and have not been recalled
* Use mattress and pillow covers to reduce asthma triggers
* Vacuum carpets regularly to reduce asthma triggers

**Entry**

* Repair or install weatherstripping around the perimeter of doors
* Use floor mats to reduce bringing in lead and other toxins into the home
* Remove shoes at entry if lead is present in the soil or paint

**Bathrooms**

* Use an exhaust fan to ventilate after shower or bath use
* Use slip resistant mats in showers and tubs
* Clean up water from floors right after spills
* Keep medicines and cleaning supplies out of reach of children
* Mop floors weekly
* If an older adult is present in the home, install grab bars at toilets, showers, and tubs

**Laundry**

* Vent clothes dryer to the outside (through roof or wall, not into the attic)
* Keep laundry soaps and detergents out of reach of children
* Wash sheets and blankets weekly to reduce asthma triggers
* Regularly remove lint from dryer screen

**Attic**

* Clean up clutter to prevent rodents and insects from finding places to nest
* Check exposed attic insulation for asbestos and consult with professional for removal
* Make sure eave and roof vents are not blocked with insulation

**Basement (or Crawlspace)**

* Seal holes in walls and around windows and doors to prevent rodents and pests
* Clean up clutter to prevent rodents and insects from finding places to nest
* Test the home for radon. If test shows above EPA recommended safer levels, consider installing a radon mitigation system
* Keep pesticides and cleaning supplies out of reach of children
* Check sump pumps every 6 months and keep in working order
* Seal all cracks in slabs and foundation walls

**Garage**

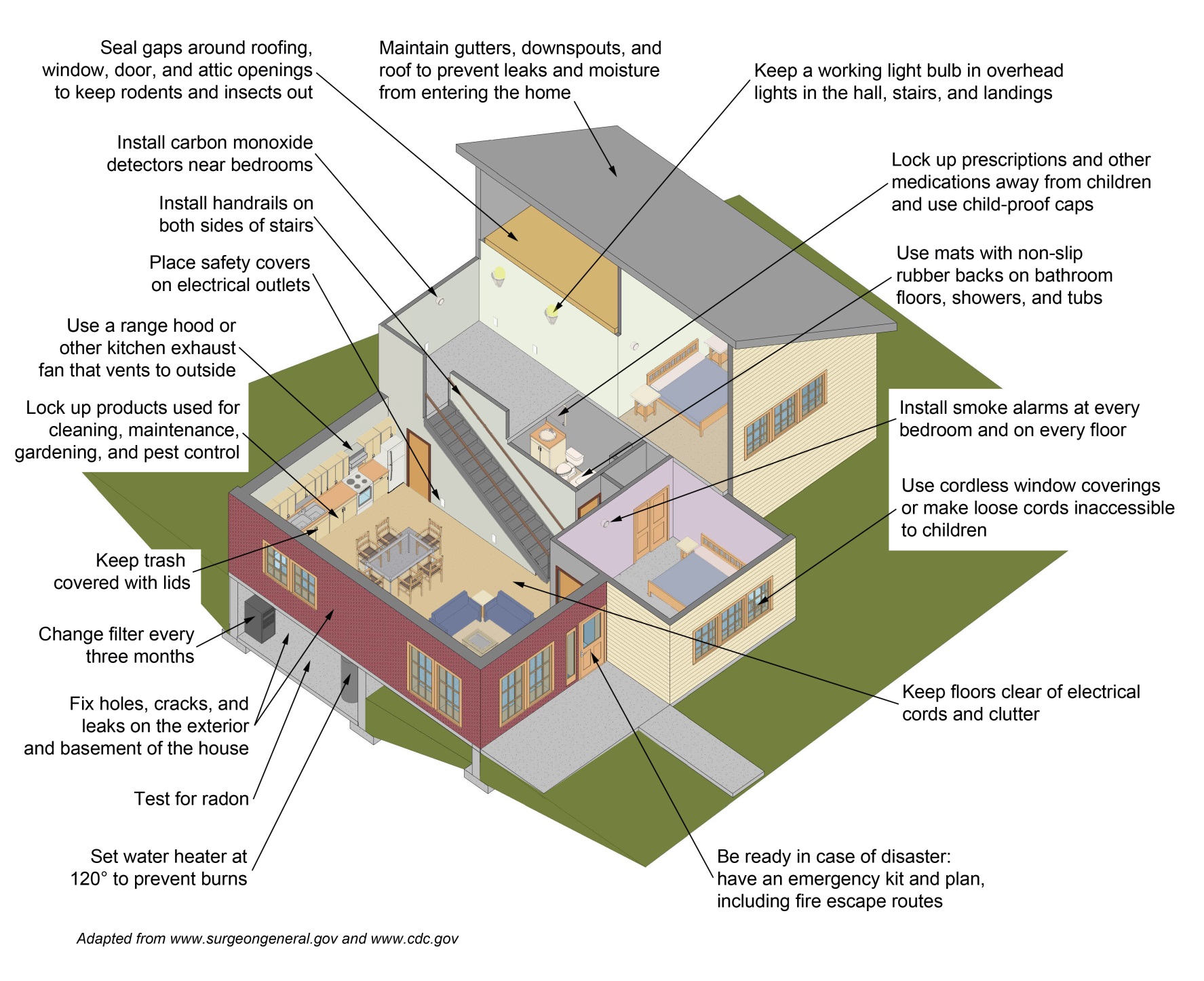
* Never run lawnmowers, cars, or combustion equipment inside the garage with garage door closed
* Keep gasoline, pesticides, and cleaning supplies out of reach of children
* Clean up oil, gasoline, and other spills immediately
* If a floor drain is present, make sure it drains to well beyond the outside of the home

**Outside**

* Seal holes in walls and around windows and doors to prevent rodents and pests
* If the home was built before 1978, check paint for lead and avoid exposure to peeling paint
* Remove leaves and debris from gutters regularly
* Extend downspouts to drain at least 6 feet from the outside wall of the house
* Replace missing or broken shingles or flashings
* Clean window wells of trash and debris
* Maintain fences around pools
* Tuckpoint (fill with mortar) all cracks in brick and stone walls
* Avoid watering within 4 feet of the outside wall of the home
* Make sure private wells are sealed and capped
* If the home has a private well, test water yearly for toxic chemicals
* If home was built before 1978, check hardboard siding for asbestos
* Do not leave open garbage containers near the home
* Repair broken glass in windows and doors

**General**

* No smoking inside the home, especially with children in the same home
* All renovation and repairs must use lead-safe work practices
* Test children in the home for lead exposure
* Have a professional install and maintain yearly all gas appliances and check for carbon monoxide leaks
* Keep water temperature at 120 degrees or less to prevent scalding
* Secure balcony and stair railings, and install no slip nosings
* Run a dehumidifier if the indoor humidity is above 50%
* Replace burned-out bulbs in lights over stairs and landings
* Test water in older homes for lead piping. Run water for two minutes before drinking if lead is present
* Make sure all gas burning appliances, furnaces, heaters, and fireplaces ventilate to the outside
* If condensation is visible on windows and glass, use a dehumidifier
* Do not use candles or incense in the home when adult supervision is not present
* Keep firearms in locked safes
* Replace the furnace filter with a MERV 8 or better every 3 months
* If mold is visible in any room, refer to mold removal guidelines from the EPA, CDC, or HUD
* Do not allow children to be present when pesticides are being sprayed
* Install child-proof locks on cabinets and child-proof covers on electrical outlets
* Use pest management recommendations or safer alternative products before applying pesticides
* Keep all cleaning products in original containers and do not mix two products together
* Install or maintain a programmable thermostat to keep temperature and humidity in a comfortable range
* If there are young children in the home, install window guards on second floor windows

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