

# Assessment

## Injury Prevention at Home

Name \_\_\_\_\_

Use the following assessment to see how safe your home is. Circle “yes” or “no” for each item as you check your home. For every “YES” answer, congratulate yourself! For every “NO” answer, take steps to correct the problem.

### Your Home

	YES	NO
Do you know how and where to turn off gas and electricity in case of an emergency? Do you know where the tools you will need to do this are?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an emergency family plan for you and your family in case of fire, flood, earthquake, or other disasters?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have smoke and carbon monoxide detectors in your home, and do they have fresh batteries?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep from stretching electrical extention cords across the floor?	<input type="checkbox"/>	<input type="checkbox"/>
Are electrical extention cords in good condition and do you check electrical outlets regularly for “overloading”?	<input type="checkbox"/>	<input type="checkbox"/>
Do you know the Poison Control Number? Is it posted near your phones? Are there emergency phone numbers posted on your phone as well?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have easy access to fresh light bulbs and do you replace them promptly when they burn out?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an outside porch light and turn it on before you leave when you know it will be dark when you return home?	<input type="checkbox"/>	<input type="checkbox"/>
When lifting a heavy package, do you bend your knees rather than bend over at the waist to pick it up?	<input type="checkbox"/>	<input type="checkbox"/>
Are all floor coverings fastened down? Throw rugs? Scatter rugs? Runners? Plastic carpet protectors? Doormats?	<input type="checkbox"/>	<input type="checkbox"/>

### Your Kitchen

	YES	NO
Do you always keep handles pointed away from the edge of the stove and other burners when they are on the stove?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep all drawers and cupboards closed when not in use?	<input type="checkbox"/>	<input type="checkbox"/>

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## Your Kitchen

	YES	NO
Do you keep knives in a rack or in a compartmentalized tray? Are the knife points pointed toward the back of the drawer?	<input type="checkbox"/>	<input type="checkbox"/>
Do you wipe up grease, water, and other liquids immediately?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep baking soda on hand and within easy reach for pan fire?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep frequently used items within easy reach to avoid having to climb for them?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep chemicals in cabinets away from the reach of children?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep all plastic bags, even those you plan to discard, away from the reach of children?	<input type="checkbox"/>	<input type="checkbox"/>

## Your Bedroom

	YES	NO
Do you have a light within easy reach of the bed to avoid groping in the dark? Do you keep a flashlight with working batteries near the bed?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep electric blankets in good working condition? Do they have an automatic shut-off?	<input type="checkbox"/>	<input type="checkbox"/>
Are smoke and carbon monoxide detectors in the bedroom? Do they have fresh batteries?	<input type="checkbox"/>	<input type="checkbox"/>
Do you make sure bookshelves are not overloaded with books? Are they properly put away on the shelves?	<input type="checkbox"/>	<input type="checkbox"/>
Is there easy access to the bathroom? Is the pathway clean and clear of rubble or other tripping hazards?	<input type="checkbox"/>	<input type="checkbox"/>
Are curtains away from space heaters, gas appliances, or anything else that could catch on fire?	<input type="checkbox"/>	<input type="checkbox"/>
Do the lamps in your bedroom have the right size bulb in them? (Oversize bulbs burn the shade and are a fire hazard)	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep dresser drawers closed at all times to avoid bumping into them?	<input type="checkbox"/>	<input type="checkbox"/>

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## Your Bathroom

	YES	NO
Do you have non-skid mats in bathtubs and showers?	<input type="checkbox"/>	<input type="checkbox"/>
Are there grab bars and rails installed alongside the shower, tub and toilet?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep all (as use) all electrical appliances (hair dryer, shavers, etc) in the area away from your tub or shower?	<input type="checkbox"/>	<input type="checkbox"/>
Do everyone in your family wash their hands with soap every time they use the toilet? Do you?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep plenty of toilet paper, paper towels, and/or moist towelets hand for everyone to use for personal cleanliness?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep a key to your bathroom door INSIDE and OUTSIDE the bathroom in case someone locks themselves in?	<input type="checkbox"/>	<input type="checkbox"/>

## Your Stairs, Hallways and Closets

	YES	NO
Do you keep your stairways and hallways free of clutter and debris? Are items put away promptly?	<input type="checkbox"/>	<input type="checkbox"/>
Do all your stairways have strong sturdy railings or banisters running from the top to the bottom of the stairs?	<input type="checkbox"/>	<input type="checkbox"/>
Are your stairwells well lighted? Do they have a light switch at the top and bottom of the stairs?	<input type="checkbox"/>	<input type="checkbox"/>
Do your closets have lights and are they easy to reach?	<input type="checkbox"/>	<input type="checkbox"/>
Do your closets all have sturdy shelves?	<input type="checkbox"/>	<input type="checkbox"/>
Are your closets neat and orderly?	<input type="checkbox"/>	<input type="checkbox"/>
Are shoes put away neatly on shelves or racks?	<input type="checkbox"/>	<input type="checkbox"/>
Are the bars you hang your clothes on at eye level?	<input type="checkbox"/>	<input type="checkbox"/>

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## Your Yard

	YES	NO
Do you keep your yard free of all glass, nails, yard tools, toys and items with jagged edges?	<input type="checkbox"/>	<input type="checkbox"/>
Can you recognized a black widow spider? Do you know what a brown recluse spider looks like?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use charcoal lighter fluid - neve gasoline - to start your barbecue?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep hoses, sprinklers, etc. coiled and out of the way?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep firewood stored away from the house? (firewood attracts and harbors spiders, rodents and varmits)	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep trees and shrubs well trimmed?	<input type="checkbox"/>	<input type="checkbox"/>
Do you turn on the lights early in the evening to help everyone see clearly?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep your household ladder ingood repair?	<input type="checkbox"/>	<input type="checkbox"/>
Have you filled in all holes in your yard which have been dug by humans, animals or rodents?	<input type="checkbox"/>	<input type="checkbox"/>
Do you make sure all garden sprays are non-poisonous?	<input type="checkbox"/>	<input type="checkbox"/>
Are your sheds and outer buildings always kept locked?	<input type="checkbox"/>	<input type="checkbox"/>
If your pets use the bathroom outside, do you clean up their messes immediately so others won't step or slide in it?	<input type="checkbox"/>	<input type="checkbox"/>
Is your yard fenced?	<input type="checkbox"/>	<input type="checkbox"/>