

Is Your Home Good for Your Health?

It's easy not to take much notice of the things around us, especially if we've lived with them for a long time, but the little nuisances we've put up with for years can sometimes turn into major problems, and even health risks. Use this checklist to see how good your home is for your health.

Avoiding accidents and mishaps	Yes	No
Are all parts of your home well lit, including the stairs?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have sturdy steps for changing light bulbs?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have uneven floors, loose rugs and carpets that you could trip over?	<input type="checkbox"/>	<input type="checkbox"/>
Are their handrails where you need them?	<input type="checkbox"/>	<input type="checkbox"/>
Are guards fitted on portable heaters?	<input type="checkbox"/>	<input type="checkbox"/>
Are fire alarms fitted and working? Are they regularly tested?	<input type="checkbox"/>	<input type="checkbox"/>
Do all gas fires or other appliances burn with a blue flame? Are they serviced regularly?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have carbon monoxide detectors?	<input type="checkbox"/>	<input type="checkbox"/>
Are there enough electric power sockets in each room? Are there electrical cables trailing on the floor?	<input type="checkbox"/>	<input type="checkbox"/>
Is the electrical wiring old?	<input type="checkbox"/>	<input type="checkbox"/>

In the kitchen & bathroom	Yes	No
Is the fridge cold enough? (Temp between 2°C & 5°C)	<input type="checkbox"/>	<input type="checkbox"/>
Are there work surfaces close to the cooker and sink?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty turning the taps off and on?	<input type="checkbox"/>	<input type="checkbox"/>
Is it difficult to get in and out of the bath or shower?	<input type="checkbox"/>	<input type="checkbox"/>

Feeling safe and secure	Yes	No
Are there locks on the ground floor windows?	<input type="checkbox"/>	<input type="checkbox"/>
Do the outer doors shut and lock properly?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a chain and spy hole in the front door?	<input type="checkbox"/>	<input type="checkbox"/>
Is the outside of your house well-maintained? e.g. paintwork	<input type="checkbox"/>	<input type="checkbox"/>
Is your front garden tidy?	<input type="checkbox"/>	<input type="checkbox"/>
Is the roof showing signs of ageing? e.g. slipped tiles/sagging	<input type="checkbox"/>	<input type="checkbox"/>

Keeping warm and comfortable	Yes	No
Is your living room warm enough?(recommended 21°C/70°F)	<input type="checkbox"/>	<input type="checkbox"/>
Is the rest of house kept warm? (18oC/64oF – 24oC/75oF)	<input type="checkbox"/>	<input type="checkbox"/>
If you have central heating or night storage heaters, are you happy using the controls?	<input type="checkbox"/>	<input type="checkbox"/>
Is the hot water tank insulated?	<input type="checkbox"/>	<input type="checkbox"/>
Are windows & doors draught proofed?	<input type="checkbox"/>	<input type="checkbox"/>
Are there signs of dampness anywhere in your home?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have good ventilation in the bathroom & kitchen?	<input type="checkbox"/>	<input type="checkbox"/>
Are your armchair and bed comfortable and easy to get in and out of?	<input type="checkbox"/>	<input type="checkbox"/>

If you've spotted a potential problem, post this form back to the FREEPOST address below to find out if you can get help to sort things out.

Your name:

Your address:

Your telephone number:

Enter contact details of the relevant HIA/organisation here.