

Health and Safety Checklist



Use this checklist to (1) Measure the degree to which clutter is creating unsafe or unhealthy conditions; (2) Compare how the person with clutter and an external observer or family member rates the impact of clutter. (Different perspectives can be helpful points of discussion.); (3) Measure change over time or as organization progresses; (4) Guide strategies and recommendations to improve the safety and conditions of the home. Areas that pose the greatest risk to self and others are useful starting points.

For use by: **Community Service Providers, Helpers, Therapists**

Clutter can have a significant impact on the safety and well-being of the people living in the home. Rate how much you agree with the statements below (or N/A if item is not applicable).

0 – No	1 – Somewhat	2 – Yes
Fire Hazards		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Occupants couldn't exit the home in emergency		
Emergency personnel could not access home		
Notes:		
<ul style="list-style-type: none"> • exits are free of clutter • interior windows can be accessed/opened • at least two emergency exits (doors or windows) are available • walkways provide unobstructed movement to each room and door in home • interior doors can be fully opened 		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clutter, or conditions in the home, could easily start or spread a fire		
Notes:		
<ul style="list-style-type: none"> • burn marks on pots, pans, clothes, carpets, bedding • electrical appliances, cords and outlets appear in poor condition or are frayed • fuels/flammable liquids (BBQ, generator, propane/oil lamp etc.) stored outside and in appropriate containers • occupants smoke; ashes disposed of appropriately (into toilet/non-combustible container) 		
Health Concerns		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clutter in the home could injure occupants if a pile were to fall over		
Access to phone is obstructed		
Notes:		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plumbing is not functioning		
Notes:		
<ul style="list-style-type: none"> • access to drinking water • kitchen sink available for food preparation/cleaning • tub/shower accessible for personal hygiene • toilet is accessible and working 		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heating is not functioning		
Notes:		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food is stored inappropriately		
Notes:		
<ul style="list-style-type: none"> • fridge and freezer are operational • presence of rotting food • dried goods are in sealed containers • perishables are stored in fridge 		

<input type="checkbox"/>	Garbage is unmanaged
Notes:	
<input type="checkbox"/>	<ul style="list-style-type: none"> large volumes of trash in home garbage regularly put out for pickup garbage stored in bins garbage has odour
<input type="checkbox"/>	Evidence of insect or rodent infestation
Notes:	
<input type="checkbox"/>	<ul style="list-style-type: none"> visible signs of cockroaches, bed bugs, moths, ants etc. visible signs of rodents, bats, other
<input type="checkbox"/>	Home appears notably unclean
Notes:	
<input type="checkbox"/>	<ul style="list-style-type: none"> odour or presence of rot, feces, mould, mildew, urine accumulation of dust/dirt on floors/surfaces occupants experiencing respiratory problems, allergies, headaches
Falls	
<input type="checkbox"/>	Clutter presents risk of falls
Notes:	
<input type="checkbox"/>	<ul style="list-style-type: none"> occupants have mobility impairment occupants have a history of falls in home absence of clear walkways stairs are clear and have adequate handrails chair, bed, toilet, tub transfers are unobstructed environment can accommodate required adaptive equipment (walker, wheelchair, raised toilet seat, bath chair, etc.)
Dependents in Home	
<input type="checkbox"/>	Children in home affected by clutter
Notes:	
<input type="checkbox"/>	<ul style="list-style-type: none"> Children have access to adequate plumbing facilities, heat, food, sleeping accommodations and opportunity for play or learning Children are provided with a clean and sanitary environment
<input type="checkbox"/>	Older adult (if not the clutterer) is living in home affected by clutter
Notes:	
<input type="checkbox"/>	<ul style="list-style-type: none"> Senior has access to adequate plumbing facilities, heat, food, or sleeping accommodations Senior's health potentially at risk due to falls, unsanitary conditions, or inability to exit the home in emergency (or receive emergency services into the home)
<input type="checkbox"/>	Animals are in poor condition
Notes:	
<input type="checkbox"/>	<ul style="list-style-type: none"> presence of animal urine/feces pets have access to fresh water, food, exercise excess number of animals in home pets appear to be in poor health, matted fur, odorous etc.
<p>Scoring: Add up your total score and divide it by the number of responses you provided (do not include any N/A answers).</p> <p>Total _____ / _____ Number of answers _____ = Average Health and Safety Score*</p> <p>* Potential risk to health and safety imposed by clutter: 0 – 1 Mild 1 – 1.5 Moderate 1.6 – 2 Significant</p> <p>Note that even if the average score is low, there may still be individual items identified as a significant concern. It is important to address these.</p>	

[Adapted from: Yearwood, S. et al, 2009; Tolin, Frost & Steketee, 2007]