

Home Health Checklist

Spot anything that doesn't feel right? Tick the boxes and let us know, we're here to help.

Y = All good

N = Needs checking

General safety

- Is your home free from damp or mould? (*HHSRS 1*)
- Is it warm enough in winter (18–21°C)? (*HHSRS 2*)
- Is your home cool and ventilated during hot weather? (*HHSRS 3*)
- Can you lock your doors and windows securely? (*HHSRS 12*)
- Do you feel safe exiting in case of an emergency? (*HHSRS 21, 22*)

Heating, plumbing and electrics

- Is your boiler working properly? (*HHSRS 2, 6*)
- Do your radiators heat up fully?
- Are your taps, sinks, and toilets working without leaks or blockages? (*HHSRS 17, 18*)
- Are plug sockets and light switches secure and working? (*HHSRS 23*)
- Have you ever noticed a smell of gas or unusual flames on gas appliances? (*HHSRS 6, 9*)

Kitchen, bathroom and hygiene

- Is your kitchen under 20 years old?
- Is your bathroom under 30 years old?
- Is there enough space to move around safely?
- Do you have hot water at all taps? (*HHSRS 17, 18*)
- Do you have a clean, safe space to prepare and store food? (*HHSRS 16*)
- Are there any signs of pests (mice, rats, insects)? (*HHSRS 15*)

Insulation, air, and comfort

- Do your windows and doors shut properly to keep heat in? (*HHSRS 2*)
- Do you have insulation in the loft, walls, or floors? (*HHSRS 2, 3*)
- Do you feel protected from outdoor noise? (*HHSRS 14*)
- Do new furnishings or paint cause strong smells or make you feel unwell? (*HHSRS 10*)

Lighting, space, and design

- Is there enough natural and artificial light in your home? (*HHSRS 13*)
- Is there enough space for your family to live, sleep, cook, and relax comfortably? (*HHSRS 11*)
- Are there any sharp corners, low ceilings, or tight spaces where you could bump or trap fingers? (*HHSRS 26, 28*)

Shared and structural areas (flats or multi-storey homes)

- Are the entrance areas clean, well-lit, and easy to navigate? (*HHSRS 13, 21*)
- Is the fire escape route clearly marked and free from obstacles? (*HHSRS 24*)
- Do you know where the fire exits are and how to use them? (*HHSRS 24*)
- Are stairways, balconies, and landings safe and secure? (*HHSRS 21, 22, 29*)

Fire, chemicals, and hidden risks

- Do you have working smoke alarms on every floor? (*HHSRS 24*)
- Are you aware of fire safety features in your building? (*HHSRS 24*)
- Has your building had a fire risk assessment in the last 5 years?
- Are there any old materials in your home that might contain asbestos? (*HHSRS 4*)
- Have you used any chemical treatments for mould or pests? (*HHSRS 5*)
- Are there any old pipes or paint that might contain lead? (*HHSRS 7*)
- Do you live in an area where radon gas is a risk? (*HHSRS 8*)