



WHITEHORSE
CITY COUNCIL

Your Home Safety Checklist

Feeling Fine and Confident

We all want to feel safer and more secure. There are some simple things you can do for your own health and safety. This checklist will help you identify what action you can take.

This kit contains a brief self-assessment about fire safety, personal security, injury prevention and home security.



If you require further information about the checklist, please contact the Community Safety Department of Whitehorse Council on **9262 6333** or email **customer.service@whitehorse.vic.gov.au**

Fire Safety

Read each question and tick either 'Yes' or 'No' in the box provided. A 'No' response indicates that you may need to make a few changes around your home to improve your safety.

Do you have at least one smoke alarm correctly installed in your house?	☐ Yes	☐ No
Do you check that each smoke alarm is working every month?	☐ Yes	☐ No
Do you change the batteries in the smoke alarm when daylight-savings starts and ends? Note: the new lithium batteries will last 10 years, which is the life of the detector, therefore, if your alarm/s have lithium batteries, please ensure you test your alarm when daylight-savings starts and ends.	☐ Yes	☐ No
Do you change your smoke alarm every 10 years?	☐ Yes	☐ No
Are all your electrical cords and appliances in good condition?	☐ Yes	☐ No
Do you have, and do you practice an emergency home fire escape plan?	☐ Yes	☐ No
Can you open all your doors and windows easily from the inside and are your deadlocks disarmed when you are home (or the keys always kept in the door) for a quick exit in an emergency?	☐ Yes	☐ No
Do you turn on your electric blanket for only 30 minutes before going to bed?	☐ Yes	☐ No
Do you switch off your electric blanket once you are in bed?	☐ Yes	☐ No
Do you avoid placing heavy objects on the electric blanket/bed? Note: electric blankets are not suitable for fold-out beds.	☐ Yes	☐ No
Do you always have your electric blanket turned off when you aren't home?	☐ Yes	☐ No
Do you ensure your electric blanket is in good working order by replacing it regularly in accordance with the manufacturer's instructions, including checking it annually and storing it flat when not in use?	☐ Yes	☐ No
Do you have a fire screen in front of your open fire?	☐ Yes	☐ No
Do you extinguish your cigarettes and candles completely before going to bed or leaving the house?	☐ Yes	☐ No
Do you avoid smoking in bed?	☐ Yes	☐ No
Do you dry your clothes at least one metre away from the heater?	☐ Yes	☐ No
Do you clean out the lint filter in your clothes dryer every time you use it?	☐ Yes	☐ No
Do you always stay in the kitchen when you are cooking?	☐ Yes	☐ No
Have you had your heater cleaned and checked by a qualified person in the last two years?	☐ Yes	☐ No
Do you do a spot check of your home each night before going to bed to make sure that all cooking appliances have been turned off and all heating appliances are safe?	☐ Yes	☐ No

If you answered **NO** to any of the above questions, you may need further information or advice on fire safety. You can either visit the Fire Rescue Victoria (FRV) website at www.frv.vic.gov.au or call **1300 367 617**.

The FRV also provides speakers (free of charge) to seniors community groups/clubs. For more information call the FRV Community Resilience Department on **1300 367 617**.

Contact Energy Safe Victoria about heater maintenance on **1800 800 158** or website: www.energysafe.vic.gov.au

The FRV and CFA recommend that you only use a fire extinguisher or fire blanket if you feel physically and mentally able to use this equipment safely.

Personal Safety

Read each question and tick either 'Yes' or 'No' in the box provided. A 'YES' response indicates that you may need to make a few changes around your home to improve your safety.

Has anyone prevented you from getting food, clothes or access to your money?	☐ Yes	☐ No
Has anyone prevented you from getting medication, glasses, hearing aids or any medical care that you need?	☐ Yes	☐ No
Has anyone prevented you from being with the people you wanted to be with?	☐ Yes	☐ No
Has anyone made you afraid, touched you in ways that you did not want, or hurt you physically?	☐ Yes	☐ No
Has anyone forced you to sign papers or used your money against your will?	☐ Yes	☐ No

If you have answered **YES** to any of these questions, you may like to discuss any concerns with someone who understands.

Contact Seniors Rights Victoria on **1300 368 821** or www.seniorsrights.org.au

Injury Prevention

Many falls around the home are easily preventable. Reducing risk factors will reduce your likeliness of a fall. Read each question and tick either 'Yes' or 'No' in the box provided.

A 'No' response indicates that you may need to make a few changes around your home to reduce your risk.

Do your external paths and steps have non-slip surfaces and are they in good condition?	☐ Yes	☐ No
Are your lights bright enough to allow you to see clearly?	☐ Yes	☐ No
Are the edges of your steps easily seen?	☐ Yes	☐ No
Do you have a lamp or torch in easy reach at night?	☐ Yes	☐ No

Many falls occur due to poor lighting. Ensure your safety when getting up at night to use the toilet. Touch lights by the bed are helpful.

Are all your home walkways clear of electrical cords, or excess furniture and clutter?	☐ Yes	☐ No
Are your mats securely fixed to the floor?	☐ Yes	☐ No
Do you use non-slip rubber mats in your shower and bath?	☐ Yes	☐ No
Many falls occur due to people rushing to answer the phone. Are your phone points well planned and where you need them?	☐ Yes	☐ No
Do you have a touch phone (or mobile phone) beside your bed?	☐ Yes	☐ No

You should call Triple Zero (000) and ask for an Ambulance if someone in your home falls and can't get up.

If you answered **NO** to any of the questions above and you have any queries or require assistance, please contact Health Ability on **13 74 75**. For details about their Life! Program go to: lifeprogram.org.au

Remember to Call Triple Zero (000)

If you need the Fire Brigade, Police or Ambulance to attend.

Home Security

Read each question and tick either 'Yes' or 'No' in the box provided. A 'No' response indicates that you may need to make a few changes around your home to improve your security.

Is your house number clearly visible so that emergency vehicles can easily find your home?	☐ Yes	☐ No
Is the front of your home clearly visible from the street?	☐ Yes	☐ No
Is your garden well-kept and maintained and front door free from dust and spiderwebs?	☐ Yes	☐ No
Do you have a sensor light at the front door?	☐ Yes	☐ No
Do you have a lockable security screen door for both front and back?	☐ Yes	☐ No
Do you have a security doorbell, peephole, or window near your front door that enables you to see who is outside before opening the door?	☐ Yes	☐ No
Do you have deadlocks on all external doors?	☐ Yes	☐ No
Don't engage deadlocks while you are home, this can be hazardous in case of a fire.	☐ Yes	☐ No
Do you make it a habit to disarm the deadlock when you are home?	☐ Yes	☐ No
Do you have locked gates between the front and back yard?	☐ Yes	☐ No
Are your windows lockable?	☐ Yes	☐ No
Are your keys always kept close to the door and window locks for an easy exit in an emergency? (Have you considered an anti-theft faraday pouch for car keys or steering lock for your car?).	☐ Yes	☐ No
Are your garden tools and ladders kept locked away?	☐ Yes	☐ No

Burglars always look for a key hidden outside your home. Don't make it easy for them.

When you are not home, do you make it look like somebody is there by leaving on a light or radio?	☐ Yes	☐ No
Do you avoid giving away personal details in person, in writing or through your answering machine message, such as who lives in your house, when you are going away on holidays and so forth?	☐ Yes	☐ No
Do you have your nominated emergency contacts stored under ICE (In Case of Emergency) on your mobile phone and written down in a safe place too.	☐ Yes	☐ No
Does a trusted neighbour, relative or friend have a key to your house in case of an emergency?	☐ Yes	☐ No

If you answered **NO** to any of the above questions you should review your home security practices. If you have any questions, please call your Whitehorse Crime Prevention Officer (Victoria Police) on

Ph: **8892 3200** or email: **crimeprevention-whi@police.vic.gov.au**

Online Safety and Scam Prevention

Read each question and tick either 'Yes' or 'No' in the box provided. A 'No' response indicates that you may need to make a few changes around your online safety to improve your security.

Do your passwords include a mix of uppercase and lowercase letters, numbers, and symbols?	☐ Yes	☐ No
Have you enabled multi-factor authentication (MFA) on important accounts (eg banking, email, government services)?	☐ Yes	☐ No
Do you avoid sharing your passwords, PINs, or security codes with anyone, even if they seem trustworthy?	☐ Yes	☐ No
Do you update your passwords regularly or immediately after a possible security breach?	☐ Yes	☐ No
Are your devices set to automatically install software and security updates?	☐ Yes	☐ No
Do you run antivirus or anti-malware scans regularly to detect potential threats?	☐ Yes	☐ No
Do you have backup copies of important files saved securely (eg external drive, cloud storage)?	☐ Yes	☐ No
Do you avoid clicking on links or opening attachments in emails or texts from unknown senders?	☐ Yes	☐ No
Do you ignore pop-up warnings claiming your computer is infected with a virus?	☐ Yes	☐ No
Do you use secure, trusted internet connections for sensitive activities like banking or online shopping?	☐ Yes	☐ No
Do you avoid using public Wi-Fi for entering passwords or financial transactions?	☐ Yes	☐ No
On social media, do you limit what personal information you share publicly?	☐ Yes	☐ No
Do you only accept friend requests or messages from people you know personally?	☐ Yes	☐ No
Have you reviewed your privacy settings on social media and adjusted them to protect your information?	☐ Yes	☐ No
If you receive a suspicious message from a family member or friend, do you contact them through another channel to confirm it's really them?	☐ Yes	☐ No
Do you know how to contact the Australian Cyber Security Centre's 24/7 Hotline (1300 CYBER1 or 1300 292 371) for urgent cyber security support?	☐ Yes	☐ No
Do you let calls from unknown numbers go to voicemail to avoid potential scam calls or phishing attempts?	☐ Yes	☐ No

Crime Stoppers – Reporting Crime Safely and Anonymously

Read each question and tick either 'Yes' or 'No' in the box provided. A 'No' response indicates that there may be opportunities to strengthen your crime reporting practices to better protect yourself and community.

Do you know that you can report information about any crime or suspicious activity anonymously to Crime Stoppers by calling 1800 333 000 or visiting crimestoppersvic.com.au	☐ Yes	☐ No
Are you aware that you can report a wide range of criminal or suspicious activities such as drug dealing, theft, illegal weapons, arson, or wanted persons through Crime Stoppers.	☐ Yes	☐ No
Do you understand that if a crime is happening now, or someone is in danger, you should contact Police on Triple Zero (000) instead of Crime Stoppers?	☐ Yes	☐ No
Do you avoid posting or discussing suspected crimes on social media, and instead choose to report securely through official channels like Crime Stoppers or Police Assistance Line and Online Reporting?	☐ Yes	☐ No
Do you encourage others in your community to share what they know with Crime Stoppers reminding them their identify will remain confidential and their information could help prevent or solve a crime?	☐ Yes	☐ No

Report an incident or crime

For immediate crime or safety issues, call **Triple Zero (000)** and ask for Police assistance (Note: this is the preferred option rather than calling a Police station directly).

If a crime has happened in the past or for non-urgent matters, call the Police Assistance Line on **131 444** or report online: <https://www.police.vic.gov.au/police-assistance-line-and-online-reporting>

You can also share your crime information anonymously with Crime Stoppers by phone on **1800 333 000** or online:
www.crimestoppersvic.com.au/report-a-crime

Mental Health and Wellbeing Support Card

The Mental Health & Wellbeing Support Card was created by each of the Rotary Clubs in Whitehorse in partnership with Eastern Health and Whitehorse City Council. The Card is designed to assist people in the Whitehorse area with important information relating to mental health and wellbeing support.

The card not only provides Crisis phone support but also important information relating to physical health and other support services namely, addiction, drugs and alcohol services, homelessness and accommodation support, family violence, LGBTQIA+ and Wellbeing support.

For details scan the following QR code
Or request a hardcopy version by email:
secretary@boxhillburwoodrotary.org.au



Whitehorse Community Support Register

The Whitehorse Community Support Register is a joint initiative between Whitehorse Churches Care and Victoria Police, with support from Whitehorse City Council and Neighbourhood Watch.

The Register is a free program run by accredited volunteers at the Forest Hill Chase Community Space. It helps seniors living in Whitehorse to feel safe and connected to their community.

Once on the Register, participants are offered regular phone calls to check their welfare. The Register contains information that can be used by Emergency Services.

The Whitehorse Community Support Register gives residents, relatives and friends peace of mind, knowing that someone is watching out for their welfare.

Contact the Register by phone on **1800 954 772** or email
communityregister@gmail.com.au