

Senior Kitchen Safety Checklist (Printable - 2025)

Free resource – no affiliate links. Built for older adults and caregivers.

Appliance Safety

- ☐ Auto shutoff (kettle, toaster oven, air fryer, coffee maker).
- ☐ Boil-dry / overheat protection is enabled.
- ☐ Stable, non-slip feet; level countertop; cords not dangling.
- ☐ Cool-touch handles/knobs where possible.
- ☐ Child/safety lock used when appropriate (microwave).
- ☐ Timer cut-off tested and working.

Controls & Visibility

- ☐ Large, high-contrast buttons or knobs; easy to read.
- ☐ Backlit indicators; interior light for ovens/toaster ovens.
- ☐ One-touch presets labeled clearly for daily tasks.
- ☐ Glass water window on kettles is readable at a glance.

Ergonomics

- ☐ Lightweight baskets/jars; avoid heavy glass when possible.
- ☐ Easy-grip handles; minimal wrist rotation to pour.
- ☐ Front-pull trays instead of reaching into hot cavities.
- ☐ Right-size capacity: 2–4 servings to keep units light.

Noise & Vibration

- ☐ Microwave sound turned OFF (mute) if needed.
- ☐ Balanced fans; rubber feet reduce rattle/vibration.
- ☐ Avoid slamming doors/lids; soft-close if available.

Setup & Placement

- ☐ Clearance around vents; follow manual for air flow.
- ☐ Keep away from sink/steam; dry zone for outlets.
- ☐ Anti-slip mat under small, light appliances.
- ☐ Cords managed safely; no tripping hazard.

Cleaning & Upkeep

- ☐ Dishwasher-safe parts removed and cleaned regularly.
- ☐ Nonstick surfaces cleaned with soft sponges (no metal).
- ☐ Crumb tray emptied weekly; liners replaced if dirty.
- ☐ Descale kettles monthly with mild vinegar rinse.

Emergency Prep

- ☐ Class K (or appropriate) fire extinguisher accessible.
- ☐ Smoke alarm tested; batteries replaced on schedule.
- ☐ Emergency contacts printed and visible on fridge.
- ☐ Use a proper surge protector; avoid daisy-chaining.

Caregiver Tips

- ☐ Label favorite presets (e.g., oatmeal, tea, reheat).
- ☐ Keep a large-print 'How-to' card near appliances.
- ☐ Schedule a 10-minute demo day each season to refresh.