

Healthy Home Checklist

Dust, damp, airflow and everyday care · check one room at a time



Tick when checked or when a next step is recorded. This is a planning worksheet, not a health score, property inspection or air-quality test.

HOME / ROOMS

DATE

BEDROOMS AND LIVING AREAS

- ☐ Note surfaces where dust returns
- ☐ Choose a reachable area to clear and clean
- ☐ Check fabric care labels before cleaning
- ☐ Plan bedding and pet-area routines
- ☐ Keep access to existing vents clear

BATHROOM AND LAUNDRY

- ☐ Record recurring damp or condensation
- ☐ Note leaks for maintenance follow-up
- ☐ Check exhaust-fan care instructions
- ☐ Check appliance filter instructions
- ☐ Plan drying and storage for used cloths

KITCHEN AND PRODUCTS

- ☐ Check extraction instructions
- ☐ Read the cleaner's intended use
- ☐ Check dilution and surface exclusions
- ☐ Keep product labels with containers
- ☐ Check secure storage away from children

FLOORS AND ROOM LAYOUT

- ☐ Identify floor material and finish
- ☐ Check the maker's care instructions
- ☐ Remove accumulated grit from mats
- ☐ Inspect suitable furniture protection
- ☐ Choose a convenient home for supplies

WHAT NEEDS A CLOSER LOOK? ROOM, OBSERVATION AND WHEN IT HAPPENS

For recurring dampness, leaks or equipment concerns, arrange appropriate maintenance advice. For health concerns, seek health advice. Do not mix cleaning products; follow their instructions.

Your next steps

A useful plan has an action, a person and a review date

Separate ordinary household tasks from repairs, product questions and specialist work. A short note such as 'condensation on the bedroom window in the morning' is more useful than a general score.

ROOM / OBSERVATION	NEXT ACTION	WHO	REVIEW DATE

- BEFORE STARTING A TASK
- ☐ I have identified the surface or appliance
- ☐ I have read the current care and product instructions
- ☐ I know what needs someone else's help ☐ Supplies can be stored appropriately when I finish

WHAT CHANGED WHEN WE CHECKED AGAIN?

Guides: simplymaid.com.au/cleaning-101/healthy-home

Sources: NSW Health mould guidance; US EPA indoor-air strategies; ACCC Product Safety household-chemical guidance. Direct source links are on the download page.

Original Simply Maid worksheet, prepared with AI assistance on 14 October 2026. Not the former Healthy Interiors app, paid checklist or handbook. No inspection, health certification or author endorsement is implied.