

Senior Living Pest Safety Checklist

Evidence-based Integrated Pest Management (IPM) | Non-commercial educational printout

Scope & Protection Focus:

An accessible, low-hazard pest prevention checklist designed to protect older adults from respiratory irritants, chemical exposures, and fall risks while inspecting their homes.

1. Fall Prevention & Physical Inspection Safety

- ☐ Do NOT use step stools or ladders to inspect high shelves; request family or caregiver assistance.
- ☐ Ensure sticky monitor traps are placed flush against baseboards out of walking pathways.
- ☐ Keep hallways and room perimeters clear of cardboard boxes and clutter where pests hide.
- ☐ Ensure adequate lighting is installed along basement stairs and utility room access areas.

2. Respiratory Protection & Low-Hazard Methods

- ☐ Avoid using aerosol pesticide sprays, bug bombs, or loose powders that aggravate asthma/COPD.
- ☐ Prioritize mechanical cleaning: use damp microfiber cloths and a vacuum with a HEPA filter.
- ☐ Request that pest technicians prioritize closed gel baits and mechanical caulking over sprays.
- ☐ Ventilate rooms thoroughly if any cleaning products or treatments are applied.

3. Accessible Food & Medicine Storage

- ☐ Use lightweight, easy-open airtight plastic containers with lever flip lids rather than heavy glass.
- ☐ Store daily pantry items at waist-to-chest height to avoid bending and overreaching.
- ☐ Verify refrigerator door gaskets create a tight seal to keep roaches and fruit flies away from food.

