

# Safe-ari Age-Based Chore & Hazard Awareness Checksheet

## *Toddlers (Ages 2–3)*

Chore	Possible Hazard	Eyes Up Tip
Put toys away	Chest of drawers tipping over	One drawer at a time
Feed pets	Slipping on spilled kibble	Steady pouring; sweep up after
Place clothes in hamper	Lid slamming	Use open bins
Dust baseboards	Outlets or cords nearby	Sock gloves with supervision

## *Preschoolers (Ages 4–5)*

Chore	Possible Hazard	Eyes Up Tip
Clear the table	Broken dishes or sharp utensils	Silverware first
Water plants	Slippery floors	Use towel; water over sink
Sort laundry	Heavy bins or detergent contact	Pre-sorted bins, safe soap storage
Pull weeds	Bugs or thorns	Wear gloves; look before grabbing

## *Primary Schoolers (Ages 6–9)*

Chore	Possible Hazard	Eyes Up Tip
Sweep/mop floors	Slips from wet spots	Mop and stop
Load dishwasher	Sharp knives or steam	Knives tip-down, open door carefully
Take out trash	Leaks or hidden sharps	Double bag; avoid pushing with hands
Walk the dog	Sudden pulling or unsafe areas	Two-hand leash hold, calm commands

## *Middle Schoolers (Ages 10–13)*

Chore	Possible Hazard	Eyes Up Tip
Use washer/dryer	Overload, tangled cords	Even load, keep cords clear
Wash the car	Slipping	Grip shoes, dry zones
Babysit siblings	Choking or climbing hazards	Scan environment pre-play
Cook simple meals	Burns or knife cuts	Oven mitts, safe knife zone

## *High Schoolers (Ages 14+)*

<b>Chore</b>	<b>Possible Hazard</b>	<b>Eyes Up Tip</b>
Mow the lawn	Flying rocks, foot injury	Clear yard, wear closed shoes
Deep clean kitchen	Chemical exposure	Ventilate, no chemical mixing
Home repairs	Falls or sharp tools	Gloves, 3-point ladder contact
Drive for errands	Distractions	Plan route, phone off, eyes up