

SEASONAL HOME MAINTENANCE CHECKLIST

Why home maintenance matters for health and well-being

At Health Forward Foundation, we know that our homes play a significant role in our overall health and well-being. A safe, stable, and well-maintained home provides comfort, security, and supports better physical and mental health outcomes.

While home maintenance is essential for protecting our home and health, we recognize that life can get busy, and resources may be limited. Tackling a seasonal home maintenance to-do list might not always be at the top of the list. Whether it's time, money, or access to professional help, we understand that it's not always easy.

The good news is that home maintenance doesn't need to be overwhelming. By focusing on a few small, manageable tasks each month and addressing bigger projects seasonally, you can keep your home in good shape without feeling stressed.



This checklist is a helpful tool to keep on hand, so you can take small steps when it's convenient for you. Your health and home matter, and even simple actions can make a difference.

MONTHLY MAINTENANCE

- HVAC filters:** Clean or replace filters to ensure efficient airflow.
- Safety checks:** Test and replace batteries in smoke detectors and carbon monoxide alarms.
- Plumbing inspections:** Check for leaks in faucets and toilets.
- Appliance maintenance:** Clean dishwasher filters and run a vinegar cycle.
- Vacuum heat registers and vents:** Remove dust and debris to improve airflow.
- Clean garbage disposal:** Grind ice cubes, flush with hot water, and baking soda.
- Clean faucet aerators and showerheads:** Soak in vinegar to remove mineral buildup.
- Exterior inspection:** Look for loose shingles, cracked siding, or insect infestations.

SEASONAL MAINTENANCE

SPRING

- Inspect the trees:** Look for dead or overhanging branches near your home. A certified arborist can help prevent falling limbs from causing damage.
- Clean the gutters:** Prevent leaks and foundation damage by clearing debris.
- Freshen exterior paint:** Touch up peeling or flaking areas before summer weather hits.
- HVAC service:** Schedule a bi-annual check of ductwork and compressors.
- Clean ducts and vents:** Remove dirt and pet hair for improved air quality.
- Wash the house:** Scrub away winter grime from siding and windows.
- Check the deck:** Replace rotten boards and consider refinishing.
- Update pest control:** Schedule monthly checks for termites, rodents, and insects.

SUMMER

- Oil garage door mechanisms:** Prevent squeaks and wear.
- Inspect for leaks:** Check around toilets and under sinks.
- Prune trees and shrubs:** Remove dead branches to promote healthy growth.
- Seal tile grout:** Prevent water damage in kitchens and bathrooms.
- Exterior power wash:** Clean siding, patios, and decks (use mild detergent to avoid damage).
- Pest control:** Continue inspections and treatments as needed.

FALL

- Gutter cleaning:** The biggest clean-out of the year; prevent roof leaks and foundation issues.
- Chimney inspection:** Schedule a cleaning and flue check before fireplace season.
- HVAC check:** Service your furnace and inspect thermostats and ductwork.
- Clean dryer vent:** Prevent fires and improve dryer efficiency.
- Flush water heater:** Remove sediment to extend appliance life.
- Seal air leaks:** Use exterior caulk on gaps around doors and windows.
- Insulate outdoor faucets and pipes:** Protect against burst pipes.

WINTER

- Cover A/C units:** Use designated covers to protect from snow and debris.
- Clean refrigerator coils:** Improve efficiency and extend lifespan.
- Post-storm roof inspection:** Check gutters, shingles, and downspouts for damage.
- Monitor pipes:** Let faucets drip on cold nights, open cabinets under sinks, and keep thermostat above 55°F.
- Snow removal:** Regularly clear walkways for safety.
- Indoor humidity checks:** Prevent mold growth during cold months.

YEARLY MAINTENANCE

- Deep clean:** Tackle carpets, windows, and major appliances at least once a year.
- Exterior painting:** Touch up or repaint every 5–10 years, depending on wear.
- Annual pest control:** Schedule a thorough inspection for termites and other pests.
- Roof inspection:** Catch small issues before they turn into expensive repairs.
- Appliance checks:** Inspect and service major appliances to extend their lifespan.