October 2, 2027 | Knoxville, Farragut & Lenoir City

# Inspect exposed-pipe insulation

**Main task:** about 30 active minutes. DIY safe access; plumber for unsafe areas.

Early October; before freezes. Annual before cold weather.

- [ ] **Check accessible unheated-area pipes**
  Look at safely reachable exposed pipes and their insulation before cold weather. Do not enter unsafe spaces.
- [ ] **Repair small insulation gaps**
  Use insulation suitable for the pipe and location to cover small accessible gaps. Keep combustion vents clear.
- [ ] **Arrange help for unsafe or uncertain areas**
  Have inaccessible pipes or unsuitable insulation assessed by a plumber. Electrical heat cable must follow its listed installation instructions.

**Safety:** Do not wrap combustion vents. Electrical heat cable must follow its listed instructions.

**Additional time:** None

**Timing basis:** Red Cross supports protecting exposed pipes before winter. Equipment instructions and actual conditions take priority.

Guidance: Source 1

Open the online checklist and how-to links

## Follow-up notes

# Other maintenance this week

Up to 33 additional active minutes if every item applies. Spread these out. Skip equipment you do not have and monthly checks already completed.

- [ ] **Walk through for leaks and humidity** (Weekly; 10 min)
  Look under sinks and at ceilings. Read a hygrometer. Log new dampness. Aim for 30-50% RH, below 60%.
  **Safety:** Fix leaks promptly. Dry wet materials within 24-48 hours. Refer extensive, hidden or contaminated damage to a professional. Guide

- [ ] **Read refrigerator and freezer thermometers** (Weekly planning check; 2 min)
  Read appliance thermometers. Refrigerator should be 40 F or below; freezer 0 F or below.
  **Safety:** Investigate unsafe temperatures promptly. An appliance setting is not a thermometer reading. Guide

- [ ] **Remove mosquito breeding water** (Weekly during mosquito season; 5 min)
  Empty and scrub or cover small water-holding containers, including birdbaths and plant saucers.
  **Safety:** Do not enter unsafe water or disturb electrical equipment. Pesticides must follow their labels. Guide

- [ ] **Test smoke and CO alarms** (Monthly; 8 min)
  Press each test button as the manual directs. Record failures and end-of-life chirps.
  **Safety:** Never disable alarms. A sounding CO alarm means leave for fresh air and call 911. Guide

- [ ] **Inspect HVAC air filter** (Monthly check; replace as needed; 5 min)
  Check size, airflow arrow and dirt. Replace or clean as the system and filter manual require.
  **Safety:** Turn the system off for access. Use a compatible filter, not an arbitrarily higher MERV. Guide

- [ ] **Inspect fire extinguishers** (Monthly; 3 min)
  Check access, pin, damage and gauge. Record the label service/replacement date.
  **Safety:** Do not discharge to test. Replace or service a damaged, used or undercharged unit. Guide

# Optional housekeeping & reminders

About 183 active minutes for cleaning: 143 for the regular routine plus this week's detail. Spread it out. Laundry and machine cycles add time.

Follow care labels, ventilate and never mix cleaning products. Use safe access and hire help for height or heavy items.

## Regular cleaning routine

- [ ] **Wipe down the kitchen**
  Counters, cooled stovetop, sink and appliance fronts.
- [ ] **Vacuum and mop floors**
  Include stairs. Use the method approved for your flooring.
- [ ] **Dust and refresh upholstery**
  Top to bottom. Vacuum cushions and fluff pillows.
- [ ] **Clean bathrooms and reachable glass**
  Toilets, sinks, tub or shower, mirrors and glass.
- [ ] **Review food storage and empty bins**
  Check leftovers. Wipe sticky trash and recycling bins.
- [ ] **Wash bedding, towels and bathmats**
  Replace sheets and pillowcases. Follow care labels.

## This week's detail

- [ ] **Wipe inside medicine cabinets** (10 min)
  Wipe medicine-cabinet interiors and put contents back safely.
  **Safety:** Keep medicines away from children and moisture. Review disposal separately under A08.
- [ ] **Wipe refrigerator interior** (15 min)
  Wipe refrigerator interior with a compatible method and dry surfaces.
  **Safety:** Protect cold-food storage while cleaning. Avoid harsh chemicals and glass temperature shock.
- [ ] **Scrub grout / wipe tub surround** (15 min)
  Clean grout and shower surrounds using a surface-compatible product. Address stains or buildup sooner.
  **Safety:** Ventilate. Never mix cleaners. Inspect failed seals separately under T23.

## Only if it applies: household and equipment

Additional time. Keep personal and financial records private.

- [ ] **Sort magazines and catalogs** (3 min)
  Sort current reading and recycle or file unwanted items.
  **Safety:** Protect personal information before recycling.

- [ ] **Review bank and card transactions** (10 min)
  Review recent transactions and flag unfamiliar charges or missing records.
  **Safety:** Use trusted account access. Keep financial details out of shared copies.

- [ ] **Review inboxes, bills and paperwork** (10 min)
  Review due bills and correspondence; file completed paperwork.
  **Safety:** Protect account numbers and avoid duplicate payments.

- [ ] **Check pool barrier and gate** (5 min)
  Confirm barriers are intact and the gate closes/latches correctly.
  **Safety:** Keep children away from an unsecured pool and arrange immediate repair. Supervision is always required.

## Optional vehicle reminders

A reminder is a due-date check. Use the manual, mileage, condition and service history.

- [ ] **Check tire pressure, tread and condition** (10 min)
  Check cold pressures against the vehicle placard/manual. Inspect tread/damage and the spare if applicable.
  **Safety:** Do not use the sidewall maximum as the vehicle target. Have damage or abnormal wear assessed.

- [ ] **Review vehicle cold-weather kit** (15 min)
  Check the kit, lights and season-appropriate supplies.
  **Safety:** Store supplies securely and follow battery/product temperature limits.

Between reminders: clean the dryer lint screen each load. Inspect after significant storms and address failed alarms, leaks or unsafe equipment promptly. Portable humidifiers in use need daily water care and cleaning every third day. Pools need more frequent care and barrier supervision during use.

Move outdoor work for heat, lightning, rain or ice. Prepare plumbing before a forecast freeze. Repairs, professional service, materials and machine cycles add time.