

# Calculating the Environmental Risk Tool

The amount of accumulation, the types of items included in the accumulation, and the way the items are stored determines the risk that the accumulation represents. When you rate the degree of accumulation you or a loved one are living with, think of what it represents as a risk. Think of the entire house as a box, and each room in the house as a smaller box.

## SECTION A: Area-by-Area Risk

### Instructions:

1. In Column 1, imagine each room or area in your environment and ask yourself, how full is this area 3-dimensionally? Imagine that all of the contents in each area is piled up at one side of the room. What percentage (%) of the room (floor to ceiling) would be filled? The items should be imagined as they are typically used in the room; for example, a table should remain upright, although chairs and boxes can be piled on and under the table.
2. In Column 2, enter the percentage that the 3-dimensional pattern of accumulation represents.
3. If you answer NO to a question in Column 3, add 2% in the box marked RISK .
4. Now add Column 2 and Column 3 together, and place the TOTAL % in Column 4. Do this for each area in your home.
5. Add up all percentages in Column 4 and place the total in SECTION A TOTAL box on page 6.

### Use this as an EXAMPLE:

I estimate that my Entry Way is 70% filled 3-dimensionally, so I place 70% in Column 2. Then I look at the questions in Column 3. Because I can open the door completely, I put a 0% risk in the Risk box. I cannot walk through the Entry Way without having to step on or over things (2 %), and I cannot get to the front door without having to move anything (2 %), so my score for additional risks is 4%. I add Column 2 + Column 3 (70 + 2 + 2), and place the TOTAL for this area (74%) in Column 4.

1. AREA	2. 3-DIMENSIONAL ACCUMULATION	3. ADDITIONAL RISKS (If you answer NO to a question below, add 2 % to the RISK)	RISK	4. TOTAL % (Total of Column 2 + all risks in Column 3)
Entry Way	70%	Can you open the door completely? If not, add 2 % ->	0%	74%
		Can you walk through the entry way without having to step on or over things to get to the front door? If not, add 2 % ->	2%	
		Can you get to the front door without having to move anything? If not, add 2 % ->	2%	

## Let's start by answering the following questions:

1. AREA	2. 3-DIMENSIONAL ACCUMULATION	3. ADDITIONAL RISKS (If you answer NO to a question below, add 2 % to the RISK)		4. TOTAL %  (Total of Column 2 + all risks in Column 3)
			RISK	
Entry Way	____%	Can you open the door completely? If not, add 2 % ->		____%
		Can you walk through the entry way without having to step on or over thing? If not, add 2 % ->		
		Can you get to the front door without having to move anything? If not, add 2 % ->		
Living Room	____%	Is there a place for you and one or more guests to sit? If not, add 2 % ->		____%
		Is the entrance to this room clear of clutter? If not, add 2 % ->		
		Are the majority of tablespots and other flat surfaces clear of clutter? If not, add 2 % ->		
Kitchen	____%	Is the floor clear of clutter? If not, add 2 % ->		____%
		Are foods in the fridge newer than their expiry date? If not, add 2 % ->		
		Are the spaces on both sides of the stove clear, so that nothing can catch fire or topple onto the stove while it is hot or operational? If not, add 2% ->		
		Does the plumbing work? If not, add 2 % ->		
		Is the water in the kitchen drinkable? If not, add 2 % ->		
Dining Room (if there is one)	____%	Are flat surfaces clear of clutter? If not, add 2 % ->		____%
		Is the floor clear? If not, add 2 % ->		

1. AREA	2. 3-DIMENSIONAL ACCUMULATION	3. ADDITIONAL RISKS (If you answer NO to a question below, add 2 % to the RISK)	RISK	4. TOTAL % (Total of Column 2 + all risks in Column 3)
Main Level Hallway	____%	Are there 2 unobstructed APPROVED ways to exit your home in case of emergency? Check with your local fire code (estimate 33-36 inches) If not, add 2 % ->		____%
Main Level Powder Room	____%	Does the plumbing work in the powder room,? If not, add 2 % ->		____%
		Are all fixtures (sink, toilet) working and uncluttered? If not, add 2 % ->		
		Can you use the sink or toilet without having to move stored items? If not, add 2 % ->		
Staircase to 2 <sup>nd</sup> level	____%	Are stairs entirely clear of obstruction? If not, add 2 % ->		____%
		Are all landings at the top, midway, and bottom clear? If not, add 2 % ->		
Master Bedroom	____%	Is there a clear (according to local fire regulations), unobstructed path into each room? (use 33-36 inches) If not, add 2 % ->		____%
		Is the floor clear of tripping hazards? If not, add 2 % ->		
		Is the bed entirely clear of clutter and available for sleeping? If not, add 2 % ->		
		Can you access the bed from all sides that the placement of it would normally permit? If not, add 2 % ->		
Bedroom #2 (If one exists)	____%	Is there a clear (according to local fire regulations), unobstructed path into each room? (use 33-36 inches) If not, add 2 % ->		____%
		Is the floor clear of tripping hazards? If not, add 2 % ->		
		Is the bed entirely clear of clutter and available for sleeping? If not, add 2 % ->		

1. AREA	2. 3-DIMENSIONAL ACCUMULATION	3. ADDITIONAL RISKS (If you answer NO to a question below, add 2 % to the RISK)		4. TOTAL % (Total of Column 2 + all risks in Column 3)
			RISK	
		Can you access the bed from all sides that the placement of it would normally permit? If not, add 2 % ->		
Bedroom # 3 (If one exists)	____%	Is there a clear (according to local fire regulations), unobstructed path into each room (use 33-36 inches) If not, add 2 % ->		____%
		Is the floor clear of tripping hazards If not, add 2 % ->		
		Is the bed entirely clear of clutter and available for sleeping? If not, add 2 % ->		
		Can you access the bed from all sides that the placement of it would normally permit? If not, add 2 % ->		
Main Bathroom and each additional Bathroom	____%	Does the plumbing work? If not, add 2% ->		____%
		Are all fixtures (sink, toilet, bathtub, shower stall) working and uncluttered If not, add 2% ->		
		Can you use the sink, bathtub, or shower without having to move stored items? If not, add 2% ->		
<b>For any other rooms not in use the test of whether this is problem clutter is, can you use this room for its intended purpose or are you having to multi-purpose this or any other space because this room is cluttered?</b>				
Other Room # 1 (e.g., Laundry Room, TV room, den, exercise room, library, additional bedroom)	____%	Is there a clear (according to local fire regulations), unobstructed path into this room? (use 33-36 inches) If not, add 2 % ->		____%
		Is the floor clear of tripping hazards? If not, add 2 % ->		
		Can this room be used for its intended purpose? If not, add 2% ->		

1. AREA	2. 3-DIMENSIONAL ACCUMULATION	3. ADDITIONAL RISKS (If you answer NO to a question below, add 2 % to the RISK)	RISK	4. TOTAL % (Total of Column 2 + all risks in Column 3)
Upstairs Hall	____%	Is there a clear (according to local fire regulations), unobstructed path into each room? (use 33-36 inches If not, add 2 % ->		____%
		Can you walk down the entire hallway without having to step on or over anything? If not, add 2 % ->		
		Are stairs entirely clear of obstruction? If not, add 2 % ->		
Staircase to Basement	____%	Is there a clear path through the basement? If not, add 2 % ->		____%
Basement	____%	Does the clutter block entrance or exit to the basement? If not, add 2 % ->		____%
<b>ENTER THIS NUMBER ON PAGE 7</b>				<b>Total # for Section A</b> _____

## SECTION B: Risk From Heat Sources

### Instructions:

- If you have an accumulation of combustible material (anything that can smolder, catch fire, and burn) NEAR or ON any of the Heat Sources listed below, check the YES box beside the heat source.
- Complete all areas in Section B that apply to your environment. If a Heat Source does not apply in your environment, check the NO box beside the heat source.
- Give yourself 5 points for every YES answer and place the total in SECTION B TOTAL box at the bottom of the page.

<b>Risks from Heat Sources Below</b>			
1. Is the accumulation within 33-36 inches of (or ON) this Heat Source? (NOTE: Check with your local fire code).			
2. Do you have to step ON or OVER anything that is in your path to get to this Heat Source?			
Hot water tank	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Electrical panel <input type="checkbox"/> Yes <input type="checkbox"/> No
Fireplace	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Baseboard Heaters <input type="checkbox"/> Yes <input type="checkbox"/> No
Furnace	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Clothes Dryer <input type="checkbox"/> Yes <input type="checkbox"/> No
Woodstove	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Uncovered light bulbs <input type="checkbox"/> Yes <input type="checkbox"/> No

Stove	<input type="checkbox"/> Yes <input type="checkbox"/> No	Toaster Oven	<input type="checkbox"/> Yes <input type="checkbox"/> No
Portable Ceramic Heater / Space Heater	<input type="checkbox"/> Yes <input type="checkbox"/> No	Kettle without Auto Shut-off	<input type="checkbox"/> Yes <input type="checkbox"/> No
Heating Pads	<input type="checkbox"/> Yes <input type="checkbox"/> No	BBQ	<input type="checkbox"/> Yes <input type="checkbox"/> No
Candles (normally used)	<input type="checkbox"/> Yes <input type="checkbox"/> No	Hot Plate	<input type="checkbox"/> Yes <input type="checkbox"/> No
Other small appliances	<input type="checkbox"/> Yes <input type="checkbox"/> No	Christmas Tree (natural or synthetic)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Curling Iron	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<b>SECTION B COMPLETE!</b>  <b>Score 5 points for every YES answer above; put your total here &gt;&gt;</b>		<b>Total Points for Section B</b>  <b>_____ ENTER THIS NUMBER ON PAGE 7</b>	

## SECTION C: Risk From Other Sources

### Instructions:

1. Answer all questions in Section C.
2. For each YES answer, **enter 2%** in Column 2, otherwise **enter 0%** in Column 2.
3. Add up Column 2 and place the total in SECTION C TOTAL box.

<b>COLUMN 1: OTHER RISKS</b>	<b>COLUMN 2:</b>
Is your accumulation combustible i.e. (will it catch fire or give off toxic gases when exposed to sufficient heat / flames)?	_____ %
Do you use extension cords on a permanent basis?	_____ %
Is there evidence of mice or other rodents in your environment? (residual scat, chewing)	_____ %
<b>SECTION C COMPLETE!</b>  <b>Add up all the total for Column 2; put your total here &gt;&gt;</b>	<b>Total # for Section C</b>  <b>_____ ENTER THIS NUMBER ON PAGE 7</b>

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## SECTION D: BONUS POINTS FOR REDUCING YOUR RISK

**Instructions:**

1. If you answer YES to any of the questions in Column 1 below, enter 2% to the box in Column 2.
2. Complete both questions in Section D.

COLUMN 1: REDUCING YOUR RISK	COLUMN 2: TOTAL RISK REDUCTION
Do you have working smoke alarms and are they installed in accordance with local fire regulations? <b>If YES, enter 2 % in Column 2.</b>	_____ %
Do you have carbon monoxide detectors installed according to local fire regulations if you have wood, gas, or propane as a fuel source? <b>If YES, enter 2% in Column 2</b>	_____ %
<b>SECTION D COMPLETE!</b> Add up all the total for Column 2 and put your total here >>	Total # for Section D –  _____ <b>ENTER THIS NUMBER ON PAGE 7</b>

## YOUR FINAL RISK SCORE

Enter your total from Section A on Page 5 ->	_____
Add your total from Section B on Page 6 ->	+ _____
Add your total from Section C on Page 6 ->	+ _____
<b>Subtotal =</b>	_____
Subtract your total from Section D on Page 7->	– _____
<b>FINAL RISK SCORE =</b>	_____

IF YOU SCORED...	YOUR HOARDING LEVEL IS ...	Notes
0 - 294	1 – No Hoarding Accumulation	You probably have a mild clutter situation in your home. Welcome to the real world!
295 - 483	2 – Mild Hoarding Accumulation	You are probably in a normal range of accumulation and have to pay special attention from time to time to get back to uncluttered. It's time to have a closer look at why it keeps happening.
484 - 767	3 – Moderate Hoarding Accumulation	Unless you have moved in the last 3 to 4 months, the situation is getting serious. Before you get any more overwhelmed, ask someone you trust (see characteristics of a good clutter coach in <i>Chapter 1: Overview of Hoarding</i> for help to get out from under the piles and or boxes. Be aware, the accumulation in your home is approaching a severe level. This is about more than being “messy” or “too busy”. Would you agree that you are overwhelmed? Do you repeatedly start but get nowhere? It's time to get the help you need. Do it sooner rather than later. OVERWHELMED is a destructive place to stay in.
768 - 1147	4 – Severe Hoarding Accumulation	At this point, things have become serious. Normally, people living in such severe conditions are very overwhelmed when it comes to clutter and cope by blocking out their awareness, by just not seeing it, avoiding coming home except to sleep, etc., or denying the reality exists. Almost certainly, you cannot remedy the situation alone. If you are telling yourself that you should be able to, or want to do it alone yourself, try one last time for 2 weeks. If you have not been successful in that time, don't wait. Two weeks becomes a year very easily. Find out where you can get the help you need.
1148 - 1893	5 – Extreme Hoarding Accumulation	The accumulation in your home has reached an extreme point. Make no mistake; the people (and animals) may be in danger. If you live in attached housing, your neighbors share your risk. Without a doubt, it is time to get help before the situation gets worse and becomes an enforcement issue. If you delay until your situation is discovered, enforcement officials will have to apply regulations and deadlines that will add to your stress. PLEASE MAKE THE CALL FOR HELP NOW!