

Bathrooms can be a particular hazard for falls because we often:

- Have to turn in a tight circle when we are getting on and off the toilet.
- Have to step higher than usual to get over the side of the bathtub.
- Have to navigate slippery bathtubs especially when they are wet and have a soapy residue.
- Have to stand longer than usual while preparing for the day or for bed.

HOW CAN I STAY SAFE?

Bathmats

- Use non-slip mats in the bathtub and on shower floors.
 - Have a non-slip surface in the bathtub (a non-slip mat or adhesive strips)
 - Have a rubber-backed bathmat to step onto when coming out of the bathtub.
 - A towel or a cloth bathmat can be dangerous if it starts to slip while you are moving from the bathtub to the mat.

Grab Bars

- Have grab bars installed on the wall next to the bathtub, shower and toilet.
 - Grab bars are an important safety feature to help you get up out of the bathtub or to stabilize you when you are in the bathtub.
 - Grab bars should be positioned for each person and then securely screwed into the wall.
 - Suction cup grab bars seem convenient but can release and fall off the wall.



Liquid Spills

- Wipe up any spills immediately.
 - This includes the water pooling around the tub, water that might have splashed onto the floor when using the sink, or other accidents.
 - Floors are more slippery when wet and are often the cause of a fall.
 - If you can't get down to wipe up a spill, perhaps you could throw a small towel or cloth on the floor and use your cane or Helping Hand Reacher to move it around and mop up the water.

Other Tips

- If you are showering, make sure you have a good wide base of support by placing your feet a little wider.
- Have a cell phone or cordless phone close in the bathroom.
- Consider having a shower instead of a bath if your legs are weak.
- Consider using a bath stool in the bathtub or shower for added safety.

