

Bathroom Safety

Each year, millions of adults suffer falls that can cause hip fractures and head traumas, and can increase the risk of early death. Most falls occur in the bathroom where slippery surfaces and poor lighting can make getting on and off the toilet or in and out of the tub more dangerous.

Plan now to prevent falls in the bathroom. Show a family member or friend the graphic below and ask for help making your bathroom safer. Have a professional install assistive devices, use non-slip mats, and avoid overreaching. The grab bar guidelines the next page will help guide proper installation.

According to the **Centers for Disease Control (CDC)**, falls are the leading cause of both fatal and nonfatal injuries among older adults.

Making Your Bathroom Safe

Use a **commode chair** or **elevated toilet seat** to raise the height of your toilet and steady yourself when standing up from the toilet.

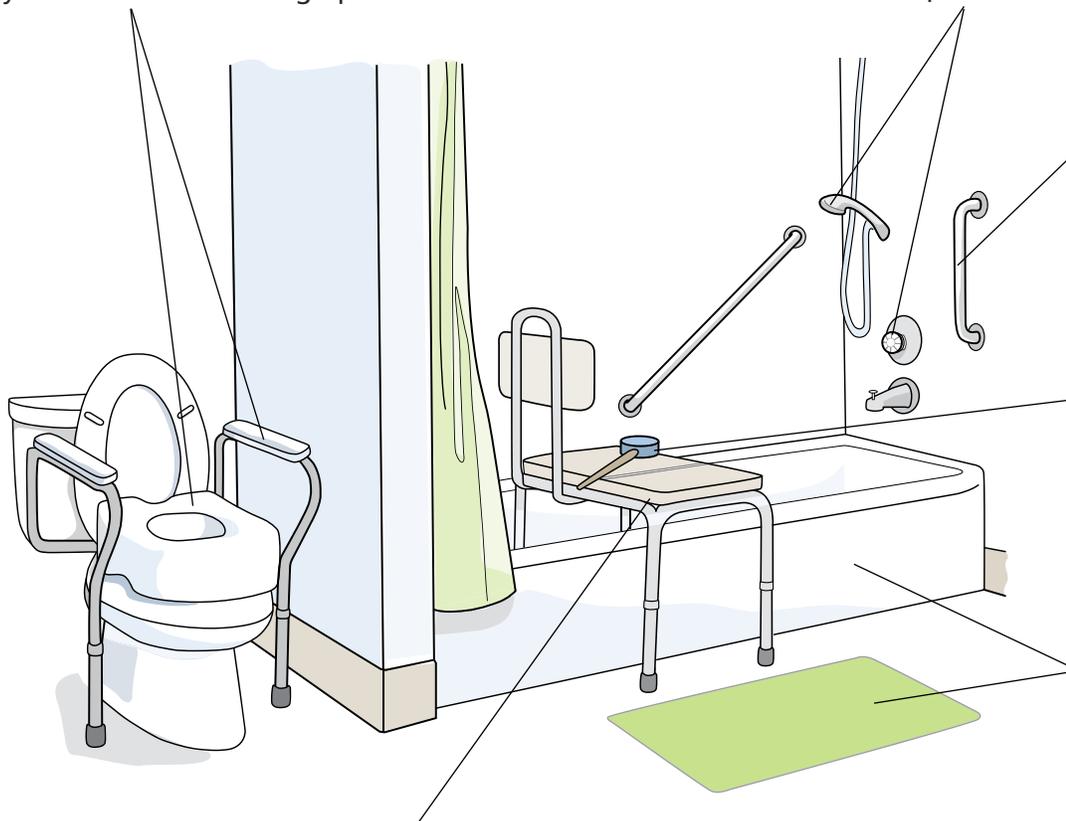
Install a **hand-held shower hose** and **single-lever water mixing faucet** for better temperature control.

Use **grab bars** in your shower or tub for support as you get in and out. (See **Grab Bar Guidelines** on the next page.)

Keep a **long-handled sponge** handy to wash hard-to-reach areas.

Prevent slips and falls by using **non-slip bathmats** on your bathroom floor and in your tub and shower.

Sit on a **bath bench** or **shower chair** while you bathe. A shower chair can also be used for dressing and grooming at the sink.



Key Bathroom Safety Measures

- Install a toilet riser
- Use a commode chair
- Install grab bars in the tub enclosure and on the shower head wall (see below for guidelines)
- Get a long-handled sponge
- Use a hand-held shower hose
- Install a single-lever, water-mixing faucet
- Keep a non-slip bath mat or decals in tub or shower floor
- Ensure non-slip flooring and carpeting
- Remove throw rugs, or only use those with a non-slip, rubberized backing
- Keep hot water heater at 120 degrees maximum
- Make sure bath has bright lighting
- Use a night light
- Put bath items on easy-to-reach shelves
- Avoid using bath oils in the tub or shower

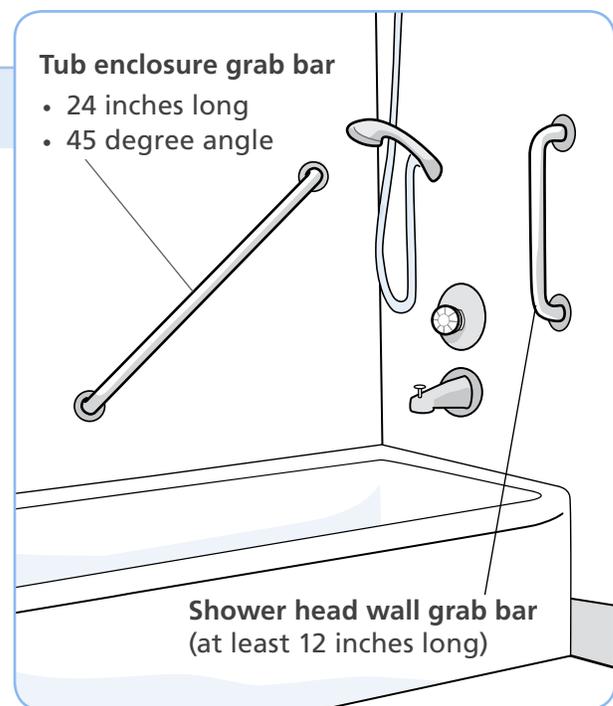
Grab Bar Guidelines

Consider having a professional install your wall-mounted grab bars. If not installed properly, you may not be able to trust your grab bars as safe.

A little bit of additional cost when the bars are installed will help save a lot of heartache and potential medical costs later.

Your grab bar(s) should be 1¼ to 1½ inches in diameter. Choosing a bar with a textured surface will make it easier to grip. Use the diagram at right as a guide for the installation.

If you want to add a second grab bar for support on the shower front wall, it should be at least 12 inches long and installed vertically.



Content created and approved by Intermountain Homecare & Hospice

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。

© 2015–2019 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions of concerns. More health information is available at intermountainhealthcare.org. Patient and Provider Publications FSHC045 - 11/19