# Bathroom Safety

## Common Problem Areas

### Problem: Unsafe bath rug
- Use a thin, color-contrasting, bath mat with non-skid backing
- Remove bath mat when not bathing to minimize risk of falls

### Problem: Lighting not adequate
- Increase bulb wattage as allowed
- Install motion sensor nightlights to bathroom
- Add overhead light- motion sensor, clap lights

### Problem: No grab bars
- Add grab bars to toilet & shower/tub area
- Grab bars should be securely mounted into walls- do NOT use suction cup grab bars as they do not support body weight
- Consult an occupational therapist to determine the best position

### Problem: Slippery tub/shower floor
- Add adhesive non-skid decals to bottom of tub
- Add non-slip bath mat in shower- MUST be high quality, secure bath mat
- Non-slip coating can be applied to tub/shower & bathroom floor

## Modifications

- Shower chair
- Tub Transfer Bench
- Grab bars
- Raised toilet seat
- Toilet Safety Rails
- Handheld Shower Head
- Long-handled sponge/loofah
- Long-handled razor handle
- Push button or automatic soap dispenser
- Pump shampoo/conditioner
- Water thermometer

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## Energy Conservation Strategies

- Sit in chair when putting on makeup, styling hair, shaving, etc.
- Use wipes or sponge bath to freshen up if too fatigued to shower
- After bathing in hot water, body temperature drops causing tiredness
  - Consider turning down temperature before getting out
  - Figure out best time to shower for you
    - Shower before sleep if causes fatigue, but if already fatigued, hold off on showering until you have enough energy
- Use dry shampoo to prolong need to wash hair

## Bathroom DON'TS

- Stay away from suction cup grab bars- don't support body weight
- Don't use towel racks or sinks as grab bars- can come out of the wall
- Don't have unnecessary rugs/mats- pick up off floor when not bathing
- Never step on a loose towel
- Minimize slippery areas as much as possible
  - Make sure shower curtain or door is able to keep water off floor
- Minimize clutter- can contribute to falls

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Resource made by: Katie Henderson, Occupational Therapy Student
References


