

# Bathroom Safety

FACT SHEET FOR TRAINING & SAFETY

Most falls are the leading cause of both fatal and nonfatal injuries among older adults. Consider using the products below to prevent falls and ensure safety in the bathroom if you are at fall risk. Please refer to the manufacturer's manual or website for specific instruction.

## Commode or Raised Toilet Seat

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



## Grab Bars

Use a grab bar in your shower or tub for support as you get in and out. Consider having a professional install your grab bars to ensure safety. Choosing a bar with a textured surface will make it easier to grip.



## Transfer Bench or Shower Chair

Use a transfer bench or shower chair in your tub or shower while you bathe.



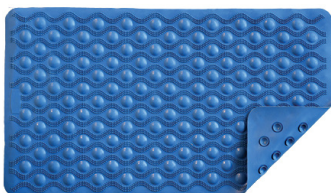
## Hand-Held Shower Hose

Use a hand-held shower hose for more accessible bathing or showering.



## Non-Slip Bath Mat

Use a non-slip bath mat to prevent slips and falls on your bathroom floor and in your tub and/or shower.



## Long-Handled Sponge

Use a long-handled sponge to wash areas that are hard to reach.

