Bathroom Safety Checklist

10 things to check today | Easy Senior Living

- [ ] **1. A real grab bar by the tub or shower**
  A towel bar is not a grab bar. Mount it into wall studs.
- [ ] **2. Non-slip mat or strips inside the tub**
  Clean them often so they don't get slimy.
- [ ] **3. A shower chair or tub bench**
  Sit to wash. A handheld shower head helps too.
- [ ] **4. Toilet is easy to get on and off**
  If you push off the sink, add a raised seat or safety rails.
- [ ] **5. Bath rug stays put, or is gone**
  Use a rubber-backed rug or rug grippers.
- [ ] **6. Night light or motion light**
  Light the path from the bed to the bathroom, too.
- [ ] **7. Water heater at 120°F or lower**
  Test the water with your hand before you step in.
- [ ] **8. Soap and towels within easy reach**
  Keep them between hip and shoulder height.
- [ ] **9. A phone or alert button you can reach**
  Could you call for help from the floor?
- [ ] **10. Non-slip socks or slippers**
  Bare wet feet and plain socks slip on tile.

Start with the two that matter most:
a real grab bar and a non-slip surface in the tub. Then fix one item a week.

General home-safety information, not medical advice. An occupational therapist can do a full home check.

Full guide and product reviews: easy-senior-tech.com