

# Safer Bathing Checklist



Whether you're ready to make minor modifications to your bathrooms or considering a complete remodel. This checklist can help to increase safety and accessibility when reorganizing or redecorating your home.

## Tips and Tricks

- De-clutter your bathroom. Remove items from the floor and in main traffic areas.
- Secure bath mats with anti-skid tape, as they can be a tripping hazard.
- Lean up any spills immediately.
- Rounded edges on countertops help ease discomfort.
- Bathtubs with nonslip surfaces offer more secure footing.
- Allow enough maneuvering space to accommodate a 60-inch turning radius.
- Use lever-style knobs on doors and lever-style handles on faucets for ease of use.

## What You May Need

### Grab Bars & Grips

- Consider installing a minimum of three grab bars: one for getting in and out of the tub and shower, one for stability while standing in the shower, and one near the toilet to make sitting and standing easier.
- Tub grips can be used to help individuals get into and out of the bathtub more easily and affix directly to the tub. NOTE: Tub grips do not have a specific weight rating that they support.

### Tubs & Showers

- Add a bath seat or transfer bench to aid in getting in and out of the bathtub.
- Add a shower seat to minimize slippery conditions while showering, and provide a place of rest for those who tire easily.
- Curbless or walk-in and barrier free showers are accessible to those who struggle with climbing over thresholds or who use wheelchairs.
- Swapping your existing showerhead for a handheld, adjustable-height showerhead with simple controls offers flexibility and independence. Select a showerhead with massage features to soothe sore muscles.
- Consider a transfer bench, which can help in crossing over the threshold of a traditional bathtub.
- Walk-in bathtubs offer many safety and luxury features and include a lower threshold to make getting in and out much easier.

### Toilets

- Chair-height toilets that sit 16-1/2 - 19 inches off the floor are easier and more comfortable to use.
- Raised toilet seats offer an economical alternative to the expense of replacing your current toilet with the chair-height option.

### Vanities, Faucets, & Sinks

- A vanity 34 inches from the floor with knee space under sink is helpful for seated users and those in wheelchairs.
- Place a sink closer to the front of a vanity cabinet to make it easier to reach the basin and faucet.
- Selecting rounded edges for vanity tops can ease discomfort.
- Choose D-shaped or pull-style cabinet and drawer handles for vanities.
- Anti-scald faucets on sinks, bathtubs, and showers help prevent hot water burns, and lever-style handles are easier to turn on and off.

### Nonslip Flooring & Bath Mats

- Reduced slip tile or non-skid flooring helps reduce the chance of slipping on a wet floor.
- Select mosaic tiles, which offer more grout lines or tiles with rougher texture for better traction.
- Using nonslip tub mats and grip strips are inexpensive ways to create a safer bath and reduce falls.

### Lighting & Mirrors

- Extra non-glare lighting increases visibility to reduce the chance of slipping.
- Full-length mirrors or tilt-mirrors can be used while seated or standing.