

How to Keep the Bathroom Safe –

Over 60% on falls occur at home the majority in the bathroom. Here are some various options for safety equipment in different areas of the bathroom.



Bedside Commode

- Provides a raised toilet seat height (17"-23") for easier standing
- Arms on either side for assistance to sit or stand
- Can be used at bedside for evening use or emergency situations
- Available in heavy duty, drop arm, folding styles



Raised Toilet Seat (With Arms)

- Fits in compact toilet areas
- Also available w/o arms
- Not as stable/supportive as freestanding commode
- No height adjustability



Wall Grab Bars

- Essential for safety in difficult areas - Common placement:
- Along wall while stepping in/out of shower/tub
- Next to toilet (if commode not in place)
- Inside bathtub to help stand from shower chair



Hand Held Shower

- Mounts easily to existing shower head
- Allows maneuverability of shower head for hygiene washing in seated position



Shower Chair W/ Back

- Allows for bathing in seated position in tub or shower
- Decreases chance of slipping or falling in tub or shower area
- Available w/o back, with hygiene cutout, or foldable



Tub Transfer Bench

- To use for bathtub option when patient is not able to step over tub
- Patient sits outside of tub, swings legs over rim, and scoots into tub area.
- Available padded

Other General Recommendations -

- ❑ Remove/secure any area rugs/mats
- ❑ Avoid walking on wet surfaces
- ❑ Do Not Use towel racks or shower doors as grab bars
- ❑ Apply non-skid surface to bottom of tub or shower (or tile floor)