

Home Safety At Your Doorstep



Avoid Tripping Or Falling In Your Bathroom



People Sometimes Trip or Fall in Bathroom Because:

- 1 The bathroom is too dark when they go there at night;
- 2 They reach for a roll of toilet tissue that is too far away;
- 3 They slip in the shower, or on a bath mat;
- 4 They lose their balance reaching for soap, shampoo, or a bath towels.

For Safety's Sake:

- 1 Night lights make it easier to use the bathroom at night. Also, a few strips of Night Glow Tape, on the toilet seat make it easier to find the toilet in the dark.
- 2 A free-standing holder helps if the toilet-roll holder on the wall is difficult to reach.
- 3 If using a seat or bench in the shower, make sure it is wide enough; and place rubber suction cups on all 4 legs.
- 4 Keep soap, shampoo and towels in easy reach.
- 5 Install grab-bars inside AND outside the shower. Always install grab-bars on the diagonal.
- 6 Install a grab-bar near the toilet, and on the diagonal.

These inexpensive items will make your bathroom safer:

- a. Night Glow Tape: masking tape which glows in the dark.
- b. Two-Sided Tape. Use this to prevent bath mats and scatter-rugs from sliding or bunching up.
- c. Free-standing holder for toilet paper. This puts toilet-paper rolls in easy reach.

***Don't shut the door on home safety.
Let us give you room-by-room
suggestions to help you avoid
tripping or falling at home.***

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Contact:

SUN-B
The Senior Umbrella Network
of Brooklyn
516-455-9612 • info@sunb.org

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