

SAFETY AT HOME: IN THE BATHROOM

- When towels, washcloths, and bath mats need replacing, purchase solid colors that contrast with the tub, floor, and wall tile.
- Select a toothbrush with a dark handle that contrasts with the white or light-colored sink and countertop.
- Float a brightly colored sponge in the bathtub to help determine the water level and avoid overflow.
- Transfer soap, shampoo, and other bath products to brightly colored plastic bottles or wall-mounted containers that contrast with the tub and wall tile.
- Use soap-on-a-rope or a wash mitt with a soap pocket to help you locate your soap more easily and prevent you from slipping on it or dropping it in the tub or shower.
- Place a contrasting non-skid mat in the shower or tub to prevent falls. Check the mat regularly for signs of wear.
- Use a contrasting, non-slip rug immediately outside the tub or shower and keep non-skid slippers nearby.

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SAFETY AT HOME: IN THE BATHROOM (cont.)

- Drape a contrasting bath mat over the edge of the tub or apply a strip of contrasting colored tape along the entire edge of the tub to make it easier to see.
- For additional safety and security, install grab bars by the toilet, in the shower, and in the tub area. Wrap them with brightly colored non-slip contrasting tape to make them more visible in case you need to reach out quickly.
- Don't use the soap dish, towel rack, or toilet paper holder in place of grab bars. They can pull out of the wall if you lean on them too heavily.
- To adjust the water temperature, turn the cold water on first, and then add hot water until you reach a water temperature that is comfortable for you.
- Don't store medications or medical equipment in the bathroom. Heat and humidity can affect their safety and reliability.

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