



BATHROOM SAFETY CHECKLIST

Simple reminders to help improve bathroom safety and reduce fall risks at home.

Bathroom Setup

- Floors are kept dry and free from clutter
- Non-slip mats are used in the shower or tub
- Towels and toiletries are easy to reach
- Adequate lighting is available

Mobility & Transfers

- Grab bars are installed if needed
- Shower chairs or adaptive equipment are used safely
- Mobility devices are within reach when needed
- Transfers in and out of the shower or tub are completed carefully

Daily Safety

- Water temperature is checked before bathing
- Frequently used items are stored safely
- Bathroom pathways remain clear
- Emergency contact information is accessible if needed

Additional Considerations

- Supervision or assistance is available when needed
- Signs of dizziness, weakness, or fatigue are monitored
- Safety concerns are discussed with providers or support teams

Notes
