

Bathroom Safety Checklist

43 checks to fall-proof any bathroom, room by room

Flooring & Traction

- ☐ Non-slip mat inside the tub/shower
- ☐ Non-slip mat just outside the tub/shower
- ☐ Remove rugs that curl, slide, or bunch
- ☐ Slip-resistant flooring material
- ☐ Check floor for standing water after use
- ☐ Repair cracked or uneven tile

Grab Bars & Support Rails

- ☐ Grab bar inside the tub/shower
- ☐ Grab bar beside the toilet
- ☐ Bars anchored into studs/blocking
- ☐ Height set to the user (33–36 in. range)
- ☐ Weight rating confirmed for heaviest user
- ☐ Vertical grab bar near shower entry

Tub & Shower Safety

- ☐ Shower chair or transfer bench
- ☐ Handheld showerhead, adjustable hose
- ☐ Low or no-threshold shower entry
- ☐ Curtain/door allows emergency access
- ☐ Non-slip decals/strips on tub floor
- ☐ Mold/mildew checked and treated
- ☐ Temperature-controlled shower valve

Toilet Safety

- ☐ Raised toilet seat or seat riser
- ☐ Toilet safety frame, both sides
- ☐ Toilet height suits the primary user
- ☐ Grab bar within reach of toilet
- ☐ Path from bed to toilet clear, well-lit

Lighting & Visibility

- ☐ Bright, even overhead lighting
- ☐ Night light or motion-sensor light
- ☐ Illuminated path from bedroom
- ☐ Light switch reachable from doorway
- ☐ Color contrast between floor/walls/fixtures

Electrical & Water Safety

- ☐ GFCI outlets near water sources
- ☐ Water heater set to 120°F (49°C) or lower
- ☐ Cords/appliances kept away from tub/sink
- ☐ Appliances unplugged after use
- ☐ GFCI outlets tested monthly

Storage & Medicine Cabinet

- ☐ Frequently used items within easy reach
- ☐ Medications labeled clearly
- ☐ Floor clear of baskets, bins, clutter
- ☐ Heavier items stored on lower shelves

Emergency Preparedness

- ☐ Medical alert device or call button
- ☐ Phone or intercom reachable from floor
- ☐ Emergency contacts posted nearby
- ☐ Door unlocks from the outside
- ☐ Door opens outward or lifts off hinges

Tip: work through one group per day – most take under 15 minutes, and small fixes add up fast.