

BATHROOM SAFETY

SLIPS AND FALLS



80%

of senior falls happen in the bathroom due to slippery floors and surfaces as well as high structures, according to the National Institute of Aging.



In 2008, approximately
21.8 million

persons aged ≥ 15 years sustained nonfatal, unintentional injuries, resulting in approximately \$67.3 billion in lifetime medical costs.



Two-thirds of all injuries occurred in the

tub or shower.



According to the CDC, every year about

235,000

people over 15 years old visit ERs due to injuries suffered in the bathroom - of those 14% are hospitalized.



Follow these tips to fall-proof your bathroom



Place a non-slip mat both inside and outside of the tub



Install grab bars by the toilet



Use nightlights in and around the bathroom



Install a bath step or walk in tub to make it easier to get in and out of the shower or bathtub.



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