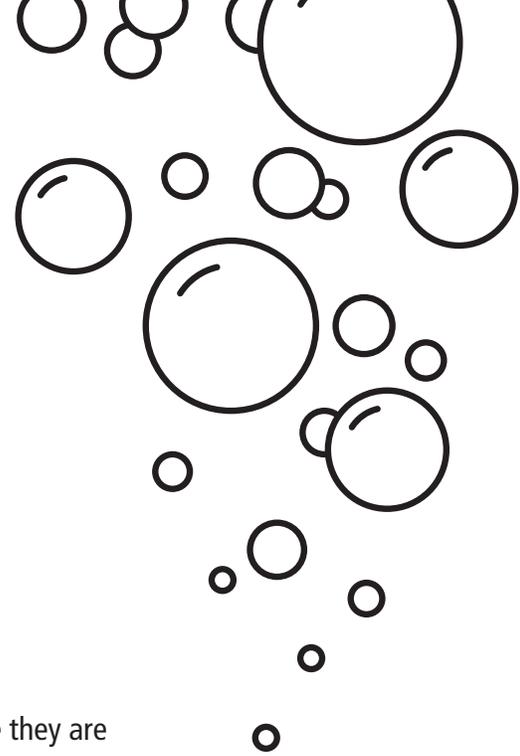




LIFESAVING SOCIETY®  
*The Lifeguarding Experts*



## Bathroom Safety Checklist for Seniors

- Gather the materials you need beforehand.
  - Towels
  - Washcloths
  - Post-bath/shower clothes
  - Soap
- Install grab bars in the shower or bath and near the toilet. Make sure they are properly anchored.
- Test the water temperature before entering.
- Use grip mats or adhesive strips in the shower or the tub.
- Ensure there's proper lighting.
- Keep electrical appliances away from the water and unplugged when not in use.
- Ensure the bathroom door can be unlocked from the outside in case of an emergency.
- Use a shower chair or bench if balance is limited.
- Install a handheld showerhead for easier bathing.
- Consider a walk-in shower or low-threshold tub.
- Clearly mark hot and cold-water controls.
- Keep frequently used items within easy reach.

**Notes:**

A large, empty rectangular box with rounded corners and a black border, intended for handwritten notes.