



# Helpful products for bathroom safety



Bathrooms are one of the highest risk areas in our homes. Bathroom falls are also more than twice as likely to cause injury than falls in other areas of the home ([BMC 2014](#)).

- poor lighting
- slippery surfaces
- cramped space
- using bathroom fixtures and fittings for support.

Some simple inexpensive changes can make your bathroom safer.

## Improve the lighting in your bathroom

- Install an [illume flush mount skylight alternative](#) for improved daytime lighting. These are available in round, square and rectangular shapes.
- Use LED plug-in night lights such as the [arlec automatic dusk to dawn nightlight](#).
- For extra safety, use a night light in your bathroom, as well as the hallway or entry to your bathroom.

# Reduce the risk of slipping in your bathroom

- Remove toilet surround mats and other floor mats that slip or move on the floor.
- Use a non-slip shower mat to reduce the slipperiness of the bath or shower floor. These are stocked by many retailers.
- Install anti-slip tape or anti-slip strips on the floor of the shower recess or bath.
- Paint the bathroom floor with anti-slip paint to reduce the slipperiness.



## Grab rails

Grab rails can reduce the risk of falls and injury by up to 76% ([HFES 2021](#)). A towel rail with grab rail is another option to consider. Note:

- We strongly advise you to seek advice from an Occupational Therapist.
- Grab rails should be installed by a qualified tradesperson. In wet areas such as showers, the waterproof seal may need to be repaired when grab rails are installed.
- There are different government and state subsidies in Australia for home modifications like grab rails. Check your state government's website to find out what you might qualify for.

# Improve your bathroom heating and ventilation

- Use a timer switch or timer to turn heated towel rails on and off automatically.
- A wall-mounted swivel-heated towel rail can be installed as a plugin or hardwired fixture.
- There are many heated towel rail options available including freestanding heated towel rails. These need to be positioned safely to reduce the risk of accidental burns or using the towel rail as a grab rail.
- An IXL Tastic 3-in-1 bathroom heat fan light provides lighting, heating and an exhaust fan in a single fitting. Note: it must be installed by a qualified electrician.

## In the shower:

- A hot water thermostat controller lets you control the output of your hot water system for precise temperature control and safety. This can be helpful if you find it difficult to use taps. It also makes it easier if you need to mix hot and cold water.
- A 2 in 1 shower head and hand shower gives you the ability to stand under an overhead shower, or to use the handheld shower head.
- Tap turners make it easier to turn taps. Another option is to replace taps with quarter-turn ceramic disk lever taps. A quarter turn of the handle gives a full flow of water. This is ideal if you have a weak grip or arthritis.
- Consider installing lever-mixer taps if you are renovating your bathroom.



## Small personal aids

- Long handled aids such as a back brush or a long-handled toe washer help you get to difficult-to-reach body parts such as your back or feet.
- A [Bakslap lotion applicator](#) makes it easier to apply body wash, lotions or sunscreen to your back.
- Soap-on-a-rope can be looped around your wrist or hung on a hook for easy access. You can also tie a cake of soap into an old stocking, or tights, and then hang it from the shower tap.
- Use an adult hooded poncho robe or a towelling bath robe to help with getting dry after your shower.
- A hair towel wrap can make it easier to manage wet hair.

LiveUp's [assistive products directory](#) offers cost-effective solutions. LiveUp is powered by a not-for-profit, so we don't make any money from these suggestions.

We offer you some simple solutions to help. However, we strongly advise you to get advice from an experienced occupational therapist and/or home modifications expert. This ensures that your needs are met with the most appropriate products and safest placement of fixtures.

# An occupational therapist can help

## An occupational therapist (OT) can help:

1. Adapt or redesign your bathroom to best meet your needs.
2. Give you tips to make personal care easier.
3. Find products to help you do the things you want to do, now and into the future.

Find an OT in your local area with the search tool on the [Occupational Therapy Australia](#) website.

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