



Bathroom Safety Walkthrough Checklist

Print this and walk the bathroom room-by-room

Quick wins, grab bars, shower/tub, toilet setup, and everyday habits -- checkbox by checkbox.

Bathroom Safety Walkthrough Checklist

Print this and walk the bathroom room-by-room, checking off each item

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Quick, Inexpensive Wins

- ☐ Non-slip mat or adhesive strips inside the tub/shower
- ☐ A non-slip bath mat outside the tub for stepping onto wet feet
- ☐ Loose throw rugs removed (they're a trip hazard, not a safety feature)
- ☐ Brighter lighting, plus a night light for after-dark trips
- ☐ A raised toilet seat installed
- ☐ A long-handled sponge and a handheld shower head in place

Grab Bars

- ☐ A drilled, stud-anchored bar installed beside the toilet
- ☐ A vertical bar at the tub entry, for stepping in and out
- ☐ A horizontal/angled bar along the tub wall, for sitting and standing
- ☐ Any suction bars checked before use and never relied on for full body weight
- ☐ No towel bars or soap dishes being used as handholds

Never use a towel bar or soap dish as a handhold -- they pull straight out of the wall.
Only a properly anchored, drilled grab bar is safe to lean on or pull up from.

Bathroom Safety Walkthrough Checklist

Shower/tub, toilet setup, and everyday habits

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Shower and Tub

- ☐ A shower chair or transfer bench in place, if standing is unsteady
- ☐ A handheld shower head installed, so washing doesn't require standing or twisting
- ☐ Non-slip footing confirmed inside the tub/shower
- ☐ Step-over height at the tub considered -- a walk-in shower or cut-out for bigger needs



Toilet Setup

- ☐ Raised toilet seat, if sitting/standing is a strain
- ☐ Toilet safety rails or a surround frame, for armrest-style support
- ☐ A drilled grab bar beside the toilet
- ☐ Comfort-height (taller) toilet considered for a longer-term fix

Everyday Habits

- ☐ Household moves slowly on wet surfaces -- no rushing
- ☐ A moment taken to let blood pressure settle after standing
- ☐ Everything needed is within easy reach -- no stretching or twisting off-balance
- ☐ A waterproof medical alert device or bathroom call button considered
- ☐ Balance exercises kept up, and any mobility aid confirmed to fit through the door



Bigger changes worth considering:

A walk-in (curbless) shower, a tub-to-shower conversion, a comfort-height toilet, a wider doorway, or non-slip flooring -- worth an occupational therapist's input before a big remodel spend.