

## Home Safety: Bathroom

- Flooring should be in good repair, secure and free from tripping hazards.
- It is important to ventilate your bathroom to reduce the likelihood of steam making your floors wet and slippery. Ensure you can access the window or extractor fan without over stretching.
- A non-slip bath/shower mat can help to reduce the risk of slipping. Ensure it is securely in place before use and after use it is removed, rinsed and allow to dry.
- It is advised to let the water out of the bath **BEFORE** trying to get out and review the products you use to bath or shower. Oil based products create a higher risk of slipping.
- Consider fitting grab rails to aid getting in/out of the bath or shower. Bath seats/benches or shower seats installed securely can help.
- If you struggle to get in and out of the shower or bath, it is advisable to use the facilities when someone else is present in the house.



- To reduce your risk of a burn or scald, run the cold water into the bath first, then add the hot.
- Ensure the bathroom lock can be opened from the outside in an emergency. If it cannot, close the door but leave it unlocked.
- If you live alone bring a cordless phone (or pendant alarm if you have one) into the bathroom. Set it on the floor so it is accessible if you fall.
- If you are finding it difficult or potentially unsafe to use the shower or toilet then you can request an assessment from the Northern Health & Social Care Trust Community Occupational Therapy (OT) Service. The Community OT Service supports individuals assisting them to live as safely and independently as possible within their own home. Following an assessment, intervention may include providing advice, equipment or recommendations for adaptations to the home environment.
- You can ask the GP refer or you can self refer to your local Community OT:
  - *Antrim*                      **028 9442 6100**
  - *Newtownabbey*        **028 9034 1555**
- Alternatively, if you receive a Home Safety Check the Home Safety Officer can then refer you to this service.

For more information please contact the Home Safety Officer  
T: 028 9034 0160 E: [envhealth@antrimandnewtownabbey.gov.uk](mailto:envhealth@antrimandnewtownabbey.gov.uk)  
Or visit the home safety section on our website:  
[www.antrimandnewtownabbey.gov.uk](http://www.antrimandnewtownabbey.gov.uk)