

Bathroom Safety

The combination of water, medications and electrical appliances make safety precautions in and around the bathroom essential for every family member. Safe storage of supplies, swift cleaning of slick surfaces and adult supervision around water should be common practice to help avoid falls, poisoning and drowning dangers.

General Safety

- Install grab bars in bath and shower stalls. Don't use towel racks or wall-mounted soap dishes as grab bars. They can easily come loose, causing a fall.
- Use a non-slip mat or install adhesive strips or decals in bathtubs and showers
- Keep the bathroom floor clean and promptly wipe up all spills
- Handling potentially contaminated or soiled clothes and bed linens
- Use a bath mat on the floor that has a non-skid bottom
- Avoid using cleaning supplies that may leave a slippery residue
- Use nightlights to help light hallways and bathrooms during night time hours
- Never leave children unattended near standing water
- Keep trashcans covered with a lid
- When bathing children, put cold water on first, then mix with warmer water until temperature is about 100°F.
- Stay within touch supervision of young children during bath time
- Never touch an electrical appliance while bathing
- Keep small electrical appliances such as hair dryers, curling irons and razors away from water, unplugged and stored when not in use
- Make sure all electrical appliances, cords and fixtures in your home are listed by an independent testing laboratory such as Underwriters Laboratories (UL).

Poison Safety

- Medications-including vitamins, supplements, prescription drugs, and over-the-counter drugs should have child-resistant closures.
- Lock medications, cosmetics and cleaning supplies in a secure cabinet.
- Keep medications and cleaning products in their original containers with the original labels intact.
- Prescription medications may not list ingredients. In an emergency, the prescription number on the label will allow rapid identification of ingredients by your pharmacist.
- Read and follow product use, storage instructions and safety recommendations for cosmetic, personal care and cleaning products.
- Flush all unidentified and out-of-date medicine down the toilet. As medicines age, the chemicals inside them can change. Rinse the container well and discard.
- Do not store medicines inside purses, nightstand drawers or other locations easily accessed by children.
- Treat all medicines and supplements as potential poisons, especially to young children.

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