Prevent slippin and a slidin while in the bathroom

By ACSH Staff — August 19, 2011

Splish splash, be careful when you take that bath! A recent analysis published by the Centers for Disease Control and Prevention in *Morbidity and Mortality Weekly Report* found [1] that, each year, 235,000 people aged 15 and over end up in the ER due to a bathroom injury. In fact, over a third of injuries occurred while bathing or showering, which, somewhat surprisingly, were most frequent among those aged 15 to 24. For people over the age of 85, over half of injuries sustained took place near the toilet.

However, it should come as no surprise that the most hazardous bathroom area for people of all ages is the slippery terrain of the bathtub or shower, which is why everyone would benefit from installing grab bars both inside the tub or shower and near the toilet. In addition, placing traction pads on the bottom of the bathtub or shower will help prevent falls and injuries.