

Bathroom Safety Checklist

Practical things to check when making a bathroom safer

Bathroom / location: _____

Checked by: _____ Date: _____

Tick each item after checking it. Note anything that needs attention.

Surfaces

- ☐ Is the shower or bathroom floor suitable for wet use, with evidence of slip resistance?
- ☐ Can the surfaces be cleaned easily?
- ☐ Are you aware of what cleaning products can and can't be used on them?
- ☐ Is there visible soap or shampoo build-up creating additional risk?

Action / notes: _____

Shower

- ☐ Is there a suitable, secure seat to reduce standing time where needed?
- ☐ Are the shower controls within reach from outside and inside?
- ☐ Does water stay inside the shower area, or is it pooling where it shouldn't?

Action / notes: _____

Grab rails / grab bars

- ☐ Are grab rails placed where they're needed most?
- ☐ Are they rated to support the intended user and load?
- ☐ Were they professionally installed into suitable structural support with the correct fixings?

Action / notes: _____

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Toilet

- ☐ Is the toilet seat at a comfortable height?
- ☐ Would a raised toilet or wash-and-dry seat help support independence?
- ☐ Is the user struggling to stand or clean themselves properly?

Action / notes: _____

Lighting

- ☐ Is there enough general lighting in the room?
- ☐ Are there night lights or soft motion-sensor lighting for overnight use?
- ☐ Are shadows or glare creating visual confusion?

Action / notes: _____

Visibility

- ☐ Are key features easily identifiable through colour contrast?
- ☐ Are there markings on glass screens to show where they start and stop?
- ☐ Can someone with low vision navigate the space with minimal guidance?

Action / notes: _____

Other hazards

- ☐ Are mats removed or secured safely to the floor?
- ☐ Is the floor clear of clutter?
- ☐ Has everything been checked for the way the person uses it, seated and standing where appropriate?

Action / notes: _____

If any question raises a concern, that is the place to begin. Ask for an occupational therapy assessment where individual needs or moving and handling require it, and use a competent professional for installation.