Bathroom Safety: Slips and Falls

80% of senior falls happen in the bathroom due to slippery floors and surfaces as well as high structures, according to the National Institute of Aging.

Two-thirds of all injuries occurred in the tub or shower.

According to the CDC, every year about 235,000 people over 15 years old visit ERs due to injuries suffered in the bathroom - of those 14% are hospitalized.

In 2008, approximately 21.8 million persons aged ≥15 years sustained nonfatal, unintentional injuries, resulting in approximately $67.3 billion in lifetime medical costs.

Follow these tips to fall-proof your bathroom:

- Place a non-slip mat both inside and outside of the tub
- Install grab bars by the toilet
- Use nightlights in and around the bathroom
- Install a bath step or walk in tub to make it easier to get in and out of the shower or bathtub.

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