

One in three older adults will experience at least one fall in their lifetime<sup>1</sup>. 80% of all bathroom injuries are caused by falls<sup>2</sup>. Here are some tips to help prevent bathroom injuries.

### 1 Install grab bars

Securely mount grab bars near the toilet, inside and outside the shower or bathtub to provide support when getting in and out.



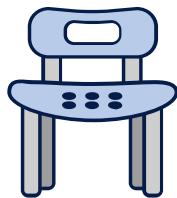
### 2 Non-slip surfaces

Use non-slip mats on the bathroom floor, inside the shower or tub, and outside the bathtub to minimize slipping hazards.



### 3 Use a shower bench or chair

Consider using a shower chair or bench to sit while showering, especially if balance is a concern.



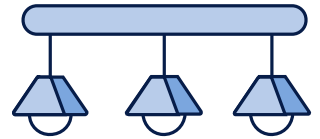
### 4 Install a raised toilet seat

Consider using a raised toilet seat to make standing up easier and to help reduce slips and falls.



### 5 Proper Lighting

Ensure good lighting throughout the bathroom, including nightlights, to improve visibility and reduce tripping risks.



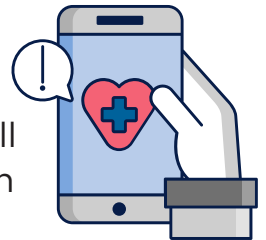
### 6 Consider a walk-in shower or tub

If possible, install a walk-in shower or tub with a curbless entry to ease access if balance is a concern.



### 7 Use technology

Consider getting Lifeline Medical Alert Service to access help quickly in the event of a fall. Our fall detection technology can even place a call for help if you're unable to press the help button.



Contact Lifeline today to learn more:

**1-800-LIFELINE**  
**1-800-543-3546**  
**[www.lifeline.ca](http://www.lifeline.ca)**

1. Statistics Canada  
2. National Institutes of Health

Lifeline's fall detection technology does not detect 100% of falls. If able, users should always press their button when they need help.