

Senior Bathroom Safety Checklist

18-Point Physical Home Audit & Fall Hazard Inspection

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Aging-in-Place Resource

Inspector: Bathroom Location: Audit Date:

ZONE 1: ENTRY & LIGHTING**CHECK 1-4**

- ☐ **Clearance:** Entryway is at least 32" wide (36" ideal) for walker or wheelchair passage.
- ☐ **Hardware:** Lever-style latch installed that can be unlocked from outside in an emergency.
- ☐ **Threshold:** Floor transition threshold is flush/beveled (< 0.5") with zero trip edges.
- ☐ **Pathway Light:** Automatic motion-activated night lights illuminate route from bed to bath.

ZONE 2: FLOOR & TRACTION**CHECK 5-7**

- ☐ **Rug Backing:** All mats have vulcanized, textured non-skid rubber backings.
- ☐ **Low Profile:** Rug edges are ultra-thin (< 0.25") and do not catch walker or cane tips.
- ☐ **Wet Tile Traction:** Floor surface provides active foot friction when damp/soapy.

ZONE 3: TOILET & VANITY**CHECK 8-11**

- ☐ **Seat Height:** Commode crown measures 17"-19" (Comfort Height / ADA compliant).
- ☐ **Support Rails:** Frame-mounted or wall-anchored rails support sit-to-stand weight.
- ☐ **Reach Hygiene:** Bidet attachment installed to prevent body-twisting balance loss.
- ☐ **Sink Anchorage:** Vanity cabinet is stud-secured; faucet uses easy-turn single levers.

ZONE 4: SHOWER & TUB AREA**CRITICAL ZONE**

- ☐ **Stud Bars:** Grab bars are bolted into wall framing studs (No suction cups).
- ☐ **Seated Bathing:** Stable transfer bench/shower seat with rubber suction feet is in place.
- ☐ **Spray Wand:** Handheld shower head with thumb-pause switch reachable while seated.
- ☐ **Scald Control:** Water heater or valve is calibrated to a maximum output of 120°F.

ZONE 5: EMERGENCY ALERT & SAFETY PROTOCOL**CHECK 16-18**

- ☐ **Floor-Level Alert:** Pull-cord or alert button mounted 6"-12" from the floor.
- ☐ **Wearable Device:** Senior wears a 100% waterproof alert pendant into the shower.
- ☐ **Drying Station:** Dry-off bench located directly outside shower to avoid balancing on one foot.

Warning: Test every grab bar with a firm two-handed pull before trusting body weight. If any fixture shifts or flexes, secure it into wall framing immediately.