

Appendix

Bathroom Safety Checklist

Home Safety Audit: The Bathroom Accessibility Checklist

A complimentary resource for Central Ohio seniors and their families.

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Authorized American Standard Repair Service for Ohio

Section 1: Critical Entry & Stability

- **The "Step-Over" Test:** Is your current bathtub wall higher than 4 inches? (Standard tubs are 14–16 inches, creating a high fall risk).
- **Grab Bar Stability:** Are there at least three wall-mounted grab bars (Entry/Exit, Inside the shower, and near the toilet)? Note: Suction-cup bars are not safe for weight-bearing.

- **Door Clearance:** Is the bathroom door at least 32 inches wide to accommodate a walker or wheelchair?

Section 2: Floors & Surfaces

- **Non-Slip Treatment:** Has the tub or shower floor been treated with a non-slip texture?
- **Rug Check:** Have all loose "throw rugs" been removed or replaced with rubber-backed, stay-in-place mats?
- **Clearance:** Is the floor kept dry and free of clutter (towels, scales, or wastebaskets) that could cause a trip?

Section 3: Fixtures & Lighting

- **The "Grip" Test:** Are all faucets and door handles "lever-style" rather than round knobs? (Round knobs are difficult for those with arthritis).
- **Night Lighting:** Are there motion-activated nightlights in the hallway and bathroom?
- **Water Temperature:** Is your water heater set to 120°F to prevent accidental scalding?
- **Handheld Showerhead:** Is there a detachable sprayer available so you can bathe safely while seated?

Section 4: Professional Upgrades for Long-Term Independence

- **Comfort-Height Toilet:** Is your toilet seat at least 17 inches high? This reduces strain on the back and knees.

- [] **Walk-In Tub / Low-Threshold Shower:** Have you considered a professional conversion to eliminate the "climb" into the tub?
- [] **Certified Installation:** Was your equipment installed by a specialist? (Incorrectly mounted grab bars can pull out of the drywall during a fall).

About Alphabaths.com

Located in Columbus, Ohio, we are locally owned and operated by Doug Vogt. With over **500 local installations** and as the **authorized repair service for American Standard**, we specialize in making bathrooms safer so you can stay in the home you love.

For a free in-home safety consultation, call Doug at 614-917-7992.