

January is National Bath Safety Month

5 Here are Smart Tips

- 1 • Install non-slip strips or mats in the bottom of your bathtub and at the entry/exit of the shower
- 2 • Keep a portable phone in your bathroom in case of emergencies
- 3 • Use shower chairs and bath benches
- 4 • Make sure your bathroom floor stays clean and free of spills
- 5 • Have reachable safety handles for climbing in and out of the tub or shower, and by the toilet as well