

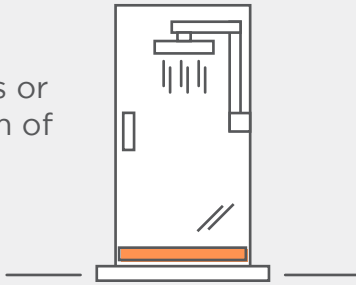
# National Bath Safety Month



Nearly 200,000 people are injured in their bathrooms annually, and one of activities most likely to cause injury is getting in and out of the bathtub. Seniors are often at the highest risk for bathroom injuries, but these tips can help reduce risks:

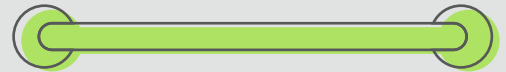
1

Place no-slip strips or mats in the bottom of your shower.



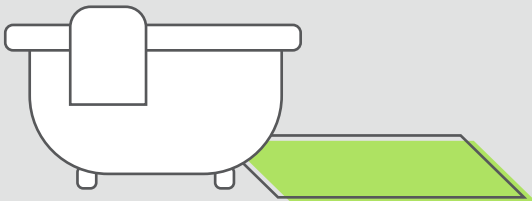
2

Install safety handles in the tub or shower and by the toilet to make getting up and down easier.



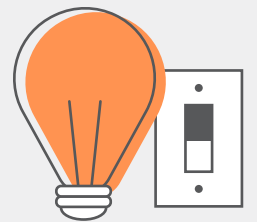
3

Keep a no-slip rug or bathmat beside the bathtub or shower to avoid falls.



4

Vision issues increase your fall risk, so make sure you have bright lighting that's easy to reach.



In addition to preventing falls, it is important to have support quickly when you need it. Consider resources, like VRI's water resistant emergency response pendants, to connect you to assistance at the press of a button.

