

Safety Tip of the Week

Bathroom Safety; Shower Chair

AFRH

Safety Office reminds you that safety is priority #1. Following the included recommendations will help keep you safe in the bathroom.

While the shower is often thought of as a place of refuge to ready yourself for the day or to relax in the evening, seniors may not share that same mindset.

The slippery surfaces of the shower or tub can make bathing difficult, not to mention the decreased mobility and flexibility that comes with age. A shower chair could be the solution.

5 Steps To Using A Shower Chair

1. **Place the chair in the tub or shower stall**
2. **Be sure it's stable. Put an anti-slip mat underneath for more protection**
3. **Remove obstructions that can topple and hurt someone or cause them to slip**
4. **Alter the chair's height so it can be used for both standing and sitting**
5. **Sit in the center of the chair, never on the edge**

If you're using a shower chair for the first time, you may have some questions.

- What is a shower chair?
- Which types of shower chairs are out there and how do you choose the right one?
- How tall should the shower chair be anyway?

In this article, we'll answer those questions and more, so keep reading!

Shower Chairs Comparisons



Put A Smile On A Resident