



# Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

## Getting in & out of the bath

Stepping over the lip of the bath, or sitting down to bathe can be hazardous because you may lose your balance or slip on a wet surface. If you have a shower over your bath, a bath board with a shower hose avoids the need to stand for long periods.

### Solutions

- Use a **bath board** to sit on when getting in and out of the bath. Sitting on a bath board while bathing means you won't have to stand and keep your balance.
- Use a **shower hose** to avoid having to stand under the shower.
- **Grab rails** may help make stepping over the edge of the bath safer.
- Use a **non-slip mat** in the bath to help prevent slipping.

### People who can help

**Occupational Therapist:** Advise on ways of getting in and out of the bath, safety screening & provision of assistive devices.

**Physiotherapist:** Suggest exercises to help make bath transfers easier.

**Home handyman:** Fit grab rails.

**Plumber:** Fit a plumbed-in shower hose.

**Family & volunteers:** Obtain grab rails, bath board or shower hose.

For a free fall risk assessment and tips on preventing falls:

[www.stopfallsathome.com.au](http://www.stopfallsathome.com.au)