



# Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

## Grab rails in the bathroom

Bathrooms get wet and slippery and can pose a risk for falling. Grab rails give you something to hold onto in the bath and shower. Rails are also useful next to the toilet, helping to keep you steady and stable as you sit and stand.

Bathroom grab rails need to be substantial, and towel rails should not be used as an alternative as they are not strong enough to hold a person's weight. Grab rails should be fixed securely to the wall and positioned in a spot that doesn't require stretching or leaning as this may throw you off balance.

### Solutions

- **Install grab rails** in your bath, shower recess and next to the toilet.
- **Check walls** are strong enough to support any new grab rails.
- Select grab rails that are **long enough** and are **easily gripped**.

### People who can help

**Occupational Therapist:** Advise on the position of grab rails, recommend safe methods of bathing & provide assistive devices.

**Physiotherapist:** Suggest exercise to improve strength & movement.

**Handyman/builder:** Fit suitable grab rails.

For a free fall risk assessment and tips on preventing falls:  
[www.stopfallsathome.com.au](http://www.stopfallsathome.com.au)