

# Home SAFE Initiative



## 4. Install Grab Bars

The following checklist can help older adults reduce their risk of falling at home:

- Seniors standing on one leg can be dangerous at the best of times, but particularly when having to stand on one leg while raising the other leg up and over a high tub wall.
- Any elderly person would benefit from bathroom grab bars as a tool to prevent falls in this high risk area.
- Grab bars that have a non-slip surface as part of the grab bar. The metal types will have a "knurled" surface, a set of ridges to help with getting a firm grip.
- Most bathroom safety equipment comes with a weight capacity. Be sure to check this for your loved one's weight.
- Bathroom grab bars come in many different shapes and sizes, average is 12"-18".
- Angled or L-shaped grab bars can also be very handy for beside the toilet.

## Falls are Preventable!



Connect People to Opportunities

To learn more, visit  
[www.bho2020.org/home-safe](http://www.bho2020.org/home-safe)  
(910) 253-0699

