

Grab on



You don't have to be a senior to risk falling in a steamy, slippery bathroom. Grab bars provide extra support through unique anchoring systems that can support up to 500 pounds of pressure, depending on the manufacturer, according to Lifetime Products.

When installing safety grab bars, look for places where you are most likely to lose your balance:

- **Tub/Shower.** Install grab bars at a lower level to help bathers with raising and lowering. A grab bar at waist level or slightly higher is ideal to help with stepping in and out of the tub, as well as to hold for extra balance while washing and shampooing when showering.
- **Toilet.** Install a grab bar on the wall near the toilet for support when sitting down and standing up. Some toilet-paper holders are specifically designed to double as safety bars.
- **Towel racks.** Regular towel racks aren't designed to support the weight of someone leaning on them and will loosen over time and eventually detach from the wall, which could lead to serious injury. Install safety towel bars and/or towel shelves that are designed to provide support.