

WHERE CAN I PURCHASE A NON-SLIP BATHROOM MAT?

Non-slip mats for the inside and outside of bathtubs and shower stalls may be found at:

- department stores
- hardware stores
- home improvement stores
- medical supply stores
- select pharmacies

For your convenience, phone ahead to be certain that the non-slip mat you are looking for is available.

1 in 3 seniors fall each year.
It could happen to you or someone you love.



Assistive Devices to Help Prevent Falls.

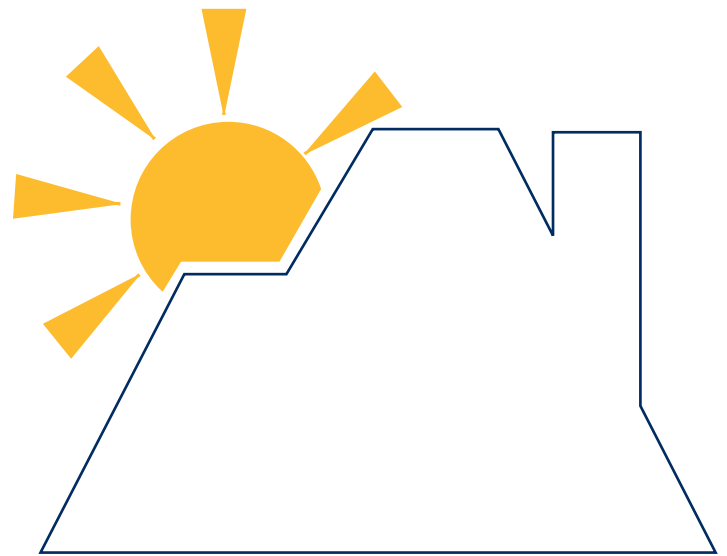
A joint venture between the University of Ottawa and the Canadian Association of Occupational Therapists (CAOT).

For more information about this project please contact the CAOT at **613-523-2268**
or **www.caot.ca**

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The views expressed herein do not necessarily represent the official policies of Health Canada.

Not medical advice: The information in this pamphlet is intended for educational purposes only. It is not and should not be taken as advice or treatment from a doctor or health care professional. Never disregard professional medical or health care advice or delay in seeking it because of something you have read in this pamphlet.



Prevent falls and
maintain your independence:

Use non-slip mats in your bathroom!

Protecting yourself from a fall is important to maintain a healthy and independent lifestyle. The following information will help you learn more about the benefits of using non-slip mats, and what to look for when buying them.



WHO SHOULD USE NON-SLIP BATHROOM MATS?

Everyone! People of all ages and abilities can benefit from using non-slip mats on the inside and outside of bathtubs and shower stalls.

WHAT CAN A NON-SLIP BATHROOM MAT DO FOR YOU?

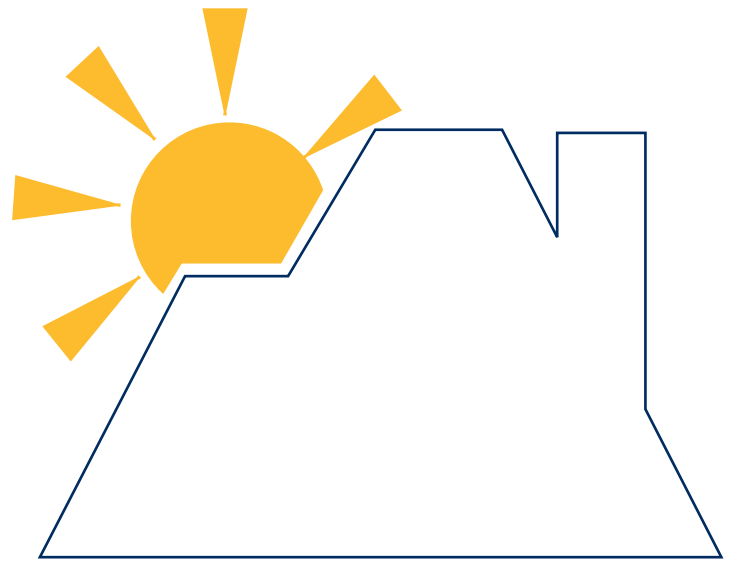
Non-slip mats placed on the inside and outside of bathtubs and shower stalls can help prevent slips and falls by providing traction for your feet when they are wet.

We recommend that you place a non-slip mat on the inside and outside of all bathtubs and shower stalls.

Note: Non-slip mats should be placed on the inside of bathtubs and shower stalls even if anti-slip treads are present.

THINGS TO CONSIDER WHEN MAKING YOUR SELECTION:

1. Choose a mat for the **inside** of bathtubs and shower stalls that:
 - has a textured non-slip surface (top side). A textured non-slip surface will help keep your feet from slipping when they are wet.
 - has a suction cup backing (underneath side). Suction cups will stick to the bottom of bathtubs and shower stalls, preventing the mat from sliding.
 - covers the length (or most of the length) of the surface on the inside of your bathtubs and shower stalls. *Before going to the store, measure the length of the inside of your bathtubs and shower stalls.*
2. Choose a mat for the **outside** of bathtubs and shower stalls that:
 - has a non-slip latex/rubber backing (underneath side). A non-slip backing will stick to the bathroom floor, preventing the mat from sliding.



HOW TO PROPERLY USE A NON-SLIP MAT ON THE INSIDE OF BATHTUBS AND SHOWER STALLS:

Run the water in your bathtub or shower stall so that the bottom is wet. Place the non-slip mat in the centre, suction cups facing down. Press firmly to anchor the suction cups.

Before stepping in, check to see that the mat is secure.

CARING FOR YOUR NON-SLIP BATHROOM MAT:

Most inside and outside non-slip mats **are machine washable**. Check the manufacturer's packaging for washing instructions.

To avoid mildew on your inside mat, make sure that you remove it after every use, hanging it to dry.

Replace your non-slip mats when the adhesive backing no longer sticks firmly to the bottom of the bathtub or shower stall.