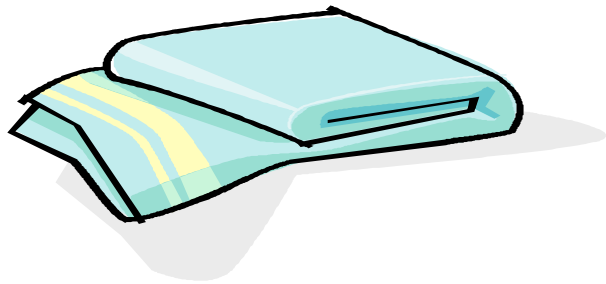


CARING FOR YOUR NON-SLIP BATHROOM MAT:

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 backing no longer sticks firmly to the bottom of bath or shower.



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.

This pamphlet was produced by the Occupational Therapy Department at St Marks Day Hospital and was adapted from "Tools for Living Well" leaflet s originally used as part of a Falls Prevention Initiative in Canada.

Tel 01753 638524

Review due 2010

TIPS ON FALLS PREVENTION

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 baths and showers.

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

Non-slip mats placed on the floor of the bath and shower, and on the bathroom floor, 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 every bath and shower.

Note: Non-slip mats should be placed inside baths and showers even if anti-slip treads are present.



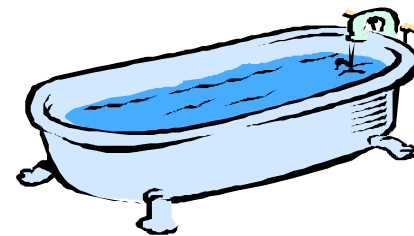
THINGS TO CONSIDER WHEN MAKING YOUR SELECTION:

1. **Inside bath and shower**

Choose a mat which:

- 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 bath and shower, preventing the mat from sliding.
- Covers the length (or most of the length) of the surface on the inside of your bath and shower. You need to measure the length of the inside of your bath and shower before purchasing.



2. **Outside the bath and shower**

When choosing a bathmat to step on when leaving the bath or shower, choose one with a non-slip latex/rubber backing (underneath side). A non-slip backing will stick to the bathroom floor, preventing the bathmat from sliding.

HOW TO PROPERLY USE A NON-SLIP MAT ON THE INSIDE OF BATH AND SHOWER

Run a little water in your bath or shower 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 to the floor of bath or shower.

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