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Occupational Therapy Education Tools

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### Shower Safety

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## Shower Safety

### Description

This patient education handout shares shower safety strategies.

### Keywords

shower safety, shower chair, bathroom safety, occupational therapy

### Disciplines

Occupational Therapy | Rehabilitation and Therapy

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# Shower Safety

## Ways you can stay safe in the shower:

1. Use a **shower chair**. Sit when you are in the shower to lower your fall risk.
2. Use **grab bars** when you get in and out of the shower.
3. Use a hand-held shower head.

## Why you should use a shower chair:

- Sitting in the shower lowers pain in your hips and knees.
- Sitting may also lower your risk of a fall.

## What to look for in a safe shower chair:

1. Non-slip chair legs.
2. Non-slip seat.
3. Chair back.



## Stores where you can buy a shower chair:

- Walmart
- Walgreens