



15 BATHROOM SAFETY RISKS EVERY HOMEOWNER SHOULD INSPECT






A 5-Minute Bathroom Inspection Checklist

Bonus: How to Fix Them Yourself if Your Bathroom Fails the Test



DOES YOUR BATHROOM FIT THIS PROFILE?



-  10+ years old and still has the original shower
-  Have a tub you must step over to enter
-  Have not been resealed or maintained annually

Most homeowners never inspect their bathroom until something fails. This quick checklist helps you identify risks before they cause injuries or expensive damage.

The bathroom is the most dangerous room in the home.



Over 235,000 emergency room visits occur every year from bathroom injuries.



Many home falls happen in the bathroom.(80%)



Many accidents are caused by simple design issues that can be fixed.



Use this quick inspection to see if your bathroom may be putting your household at risk.





SECTION 1 ENTRY & FALL RISKS

Bathroom Safety Inspection

1. Tub Entry Height

Does your tub require stepping over 14 inches to enter?

Yes No

 Note: Standard stairs are around 7–7.5 inches high. Many tubs require nearly double that height while standing on a wet surface.

2. Slippery Floor

Does your shower or bathroom floor become slippery when wet?

Yes No

 Note: Smooth fiberglass or polished surfaces become very slippery when wet.

3. Grab Bars

Are there no properly mounted grab bars near the shower entry?

Yes No

 Note: Suction grab bars are not designed to support body weight.

4. Shower Curtain

Does your shower use a curtain instead of a fixed enclosure?

Yes No

 Note: Curtains provide no structural support during a slip.

5. Tile or Grout Damage

Do you see cracked tile or missing grout?

Yes No

 Note: Grout is porous and may allow moisture behind walls.





SECTION 2 HIDDEN WATER DAMAGE

6. Mold Indicators

Do you see pink, yellow, green, or black discoloration near the shower?

Yes No

 Note: A UV flashlight can help identify mold that is not visible under normal lighting.

7. Soft Drywall

Is drywall near the shower soft, swollen, or discolored?

Yes No

 Note: This often indicates hidden moisture inside the wall.

8. Valve Placement

Do you have to reach through the water spray to turn on the shower?

Yes No

 Note: Sudden cold water exposure can cause instinctive recoil and loss of balance.

9. Shower Age

Is your shower 10 years old or older or still the original shower from when the home was built?

Yes No

 Note: Many older showers relied on minimal waterproofing systems.

10. Storage Hazards

Are shampoo bottles, soap, or shower items stored on the tub edge, floor, or hanging from the shower head?

Yes No

 Note: Items stored inside the shower can create trip hazards and water pooling areas.





SECTION 3 EQUIPMENT & LIFESTYLE RISK



11. Shower Size

Is your shower smaller than 28 inches wide in the standing area?

Yes No

Note: Small showers increase the chance of losing balance while turning.

12. Age Risk

Is the bathroom used by someone 55 years or older?

Yes No

Note: Fall injury risk increases significantly with age.

13. Mobility Limitations

Does anyone in the household:

Yes No

use a cane

use a walker

have limited mobility

14. Old Valve System

Does your shower have separate hot and cold handles?

Yes No

Note: Modern plumbing codes prohibit these systems due to scald risk.

15. Style Hazard (Humor)

Is your shower outdated enough that your spouse has mentioned it recently?

Yes No

Note: Ignoring bathroom style concerns may result in domestic negotiations.





BATHROOM SAFETY SCORE



Most homes score between 6 and 10. If you scored above that, your bathroom may have several hidden risks worth addressing.

 **Count your YES answers and circle your score.**



Fix if you answered yes to question 15 only

(Fix 1-5 Items)

(Fix 6-11 Items)



REFLECTION QUESTION

After completing this inspection, which issue concerns you most?

- Fall risk entering or exiting the shower
- Slippery flooring
- Hidden water damage
- Outdated shower equipment
- Bathroom style or comfort





IF YOUR BATHROOM FAILED THE INSPECTION

HERE ARE WAYS HOMEOWNERS FIX THESE ISSUES

If your bathroom failed the inspection — don't panic. Most of these issues can be improved with simple upgrades.

INSTALLING GRAB BARS

Proper installation guidelines:

- 👣 Anchor directly into wall framing
- 👣 Install approximately 33–36 inches above the floor
- 👣 Use stainless steel fasteners
- 👣 Bars should support 250+ pounds

WATERPROOFING BEHIND WALLS

Modern showers often include:

- 👣 waterproof membranes
- 👣 sealed seams
- 👣 proper drainage slope

Older installations often relied only on tile and grout.

IMPROVING FLOOR TRACTION

Common traction improvements:

- 👣 Anti-slip shower mats
- 👣 Waterproof bath flooring systems
- 👣 Textured shower bases

IMPROVING STORAGE

Common improvements include:

- 👣 recessed wall niches
- 👣 wall mounted shelves
- 👣 corner storage units

IMPROVING FIXTURES

Modern plumbing codes require pressure-balanced or thermostatic valves.

Older showers with separate hot and cold handles can cause sudden temperature changes.





DIY VS CONTRACTOR VS BLUE MOUNTAIN BATHROOMS

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Project Stage	If You Do It Yourself	Questions to Ask Your Contractor
Research	You will need to research materials, installation methods, and product compatibility.	Where do you recommend selecting materials? Do you help with design or product choices?
Permits & Licensing	You may need to determine permits or licensed trades for plumbing/electrical changes.	Are you licensed and insured? Will permits be required, and who handles them?
Measurements	You will measure the space and plan layout; mistakes can affect orders and installation.	Will you measure the space during consultation? Will I receive a layout or plan?
Estimating	You must estimate materials; small items are often missed and affect cost.	Do you provide a detailed estimate including all materials and labor?
Materials	You must research, purchase, and coordinate all materials.	Do you supply materials or recommend manufacturers?
Delivery & Transport	You must haul, store, and lift materials; some items require multiple people.	How are materials delivered, stored, and brought to the jobsite?
Tools	You may need to purchase or rent specialized tools.	Do you use specialized tools designed for the products being installed?
Install Time	The project may take several weekends or evenings.	How long will installation typically take?
Bathroom Downtime	Bathroom may be unusable for an extended time; may affect plumbing in other areas.	When will the bathroom be ready? How long will water be shut off?
Communication	You may rely on videos, forums, or trial-and-error.	How will we communicate? Will there be updates or a schedule/customer portal?
Warranty	You are responsible for repairs if something fails later.	What warranty do you provide on installation and materials?

FINAL REFLECTION QUESTION

After reading this guide, which upgrades would you feel confident doing yourself?

- Fall risk entry improvements
- Flooring traction improvements
- Hidden water damage repair
- Shower valve upgrades
- Bathroom style improvements
- None – I prefer professional help

