

Bathroom Safety Grab Bar Checklist

SeniorBlackoutGuide.com -- Do It at 50. Safe at 75.

Franklyns Bay LLC | Crystal River, FL

Walk through your bathroom right now. Every unchecked box is a bar you need.

ZONE 1 -- Beside the Toilet [Highest Priority]

- Grab bar installed on side wall beside toilet**
Side wall. 33-36 inches from floor. Center 6 inches from front of seat, extending toward back wall.
- Bar is 42 inches long (preferred) or 36 inches minimum**
Longer bar supports from fully seated through mid-stand. Do not compromise on length.
- Bar passes full-weight wiggle test -- zero movement in all directions**
Pull down, pull toward you, push sideways. Any movement means the bar is not safe.
- Silicone seal intact around both flanges -- no gaps or cracking**

ZONE 2 -- Shower Entry, Vertical Bar [Critical]

- Vertical bar mounted at shower entry point, adjacent to opening**
Grip height allows a person of average height to hold it naturally while stepping over the threshold.
- Bar is 24-36 inches tall -- bolted into stud or Winglts anchors (NOT suction)**
Fiberglass surrounds require solid backing behind the surface. Test before drilling.
- Bar passes full-weight load test -- this is the most critical bar in the shower**

ZONE 3 -- Shower Transit Wall, Horizontal or Angled Bar [Important]

- Horizontal or angled bar on long shower wall, 33-36 inches from floor**
36-inch length preferred over 24-inch. Provides continuous support through full washing range of motion.
- If shower bench: bar installed at front bench edge**
The bench bar is what matters when standing from seated with wet feet on a wet floor.

ZONE 4 -- Bathtub Surround [Important]

- Angled bar along long tub wall -- from 6 inches above rim to 33 inches high**
Supports lowest grip near rim entering and standing grip at transit height when upright.
- Vertical bar at faucet or entry end for step-over support**
The leg-over-the-rim moment is the most dangerous tub movement. Support it.
- No towel bars or soap dishes are being used as grab points**
Towel bars hold 2 lbs. A falling person applies 200-400 lbs of dynamic force. They will fail.

REMOVE THESE -- They Are Not Grab Bars

X Suction cup grab bars

Fail on wet tile, fail under dynamic load. Remove and replace.

X Towel bars used as grab points