



## ***Organize your bathroom to keep your family safe***

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January 18th, 2011 7:34 am ET

By taking a few simple steps, you can make your bathroom safe for the whole family.  
Photo: [childproofmyhouse.com](http://childproofmyhouse.com)

Often the smallest spaces in the house, bathrooms can be the source of the most safety hazards: drowning, falling, poisoning, burns, and electrical shock. For Bathroom Safety Month, take a look around each of your bathrooms, and make a list of changes you might need to make to protect yourself and your family. Organize your bathrooms to focus on prevention:

### **Drowning**

- Supervise young children at all times when using the sink or tub.
- Keep children no farther than arm's length when washing or bathing.
- Prevent children's head bumps in the tub by covering the water spout with a soft cover.

### **Falling**

- You don't have to be an older adult to take advantage of grab bars. Install one each by the bathtub, shower, and toilet to help all family members stay balanced on slippery surfaces.
- Add non-skid strips or mat in the bathtub and shower.
- Each bath rug should have a non-skid back or non-skid pad to prevent slipping.
- Keep floors clean and dry by cleaning up frequently.
- Use nightlights in the hallway leading to the bathroom as well as in the room itself.

### **Poisoning**

- Examine all products that you keep in your bathroom to determine which are poisons for children or adults. This includes make-up, hair products, soaps, and bath products. On cleaning products, note warnings on the labels like "Caution," "Warning," "Danger," and "Keep out of reach of children."
- Keep products in their original containers so that you are aware of their true contents and can find and read warning labels easily.
- Protect your children from poisonous products by keeping them in a locked cabinet out of reach.
- If you have children, or if children visit you frequently, use child safety caps on all medicines.

### **Burns/Fires**

- Set your water heater to 120 degrees Fahrenheit to prevent scalding.
- If there are smokers in your home, provide them with large, deep ashtrays. Put water on cigarette butts before throwing them away to assure that remaining hot embers do not start a fire.
- If you burn candles in the bathroom, extinguish them before leaving the room.
- Keep burning cigarettes and candles away from any cloth blinds or curtains in the room.

### **Electrical shock**

- Keep all electrical appliances - hair dryers, shavers, curling irons - away from water.
- Unplug all electrical appliances when you're not using them.
- Protect children from electric shock by using outlet covers.
- If your bathroom doesn't already have a Ground Fault Circuit Interrupter, have one installed. It protects you from shock when water comes in contact with electricity.

By systematically looking for and correcting potential hazards in your bathroom, you can prevent accidents - and potential tragedies - before they happen. For more information about bathroom safety hazards and how to prevent them, link to the [Home Safety Council](#). Share your bathroom safety tips here, and click on "subscribe" to be notified of future Get Organized articles.

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