



A MINUTE OF HEALTH WITH CDC

Stop Bathroom Breaks

Nonfatal Bathroom Injuries Treated in Emergency Departments Among Persons Aged ≥ 15 Years — United States, 2008

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

One of the most common places people sustain injuries is in their own home; many of these injuries occur in the bathroom. Women and older people are the most likely to be treated for a bathroom-related injury. The situation that usually results in an injury is slipping on a wet surface and falling while in or getting out of the tub or shower. To help prevent bathroom-related injuries, use bathtub mats or non-skid strips to prevent slips, and grab bars to help with entering and exiting bathing areas. To make your bathroom safer, talk to a home contractor about installing grab bars.

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