



GUIDE TO SLIP  
& FALL  
PREVENTION IN  
THE BATH  
STEP INTO  
SAFETY WITH  
THE TUBCUT™  
GUIDE



## UNDERSTANDING THE RISKS

Falls are the leading cause of injury & death among seniors, bathroom falls account for a significant portion of these incidents. Wet floors, slippery surfaces, and awkward bathtub maneuvers all contribute to the risk.

- **Balance:** As we age, our balance naturally deteriorates, making us more susceptible to slips and stumbles.
- **Weaker muscles:** Loss of muscle mass and strength can make it harder to regain footing if we lose our balance.
- **Vision :** Reduced vision and diminished awareness can make it difficult to navigate wet surfaces or perceive potential hazards.

## LET'S LOOK AT SOME GENERAL SAFETY TIPS YOU CAN IMPLEMENT IN YOUR BATHROOM:

- **Improve lighting:** Install bright, warm-toned lighting to illuminate potential hazards clearly.
- **Grab bars:** Strategically placed grab bars near the toilet, shower, and bathtub offer crucial support and stability.
- **Non-slip mats:** Use bath mats and rugs with textured surfaces to prevent slipping on wet floors.
- **Shower:** Installing a shower chair provides a safe place to rest and reduces the risk of falls while showering.
- **Declutter the floor:** Remove clutter from the bathroom floor to minimize tripping hazards.
- **Wear:** Opt for slippers or shoes with good traction, especially in wet areas.

# TIPS FOR SAFE SHOWERING

Even with a walk-in shower, it's crucial to practice safe showering habits:

- Use a shower chair or stool: **Take a seat** while showering to minimize fatigue and reduce the risk of falls.
- Control the water temperature: **Avoid excessively hot water**, which can cause dizziness and increase the risk of burns.
- Use non-slip soap and shampoo: look for products with reduced sudsing to minimize slippery surfaces.
- Pat yourself dry thoroughly: Wet skin is more prone to slipping, so dry yourself carefully after showering.



# THE TUBCUT™

## A GAME-CHANGER FOR WALK-IN SHOWERS

The TubcuT™ is a unique and innovative system that transforms your existing bathtub into a spacious, safe walk-in shower in just one day. The TubcuT™ is custom-fitted to your tub creating a seamless, factory appearance. The Opening you walk through can be custom sized on site from 18" to as wide as 50" The TubcuT™ threshold transition is 4" above the floor giving you easier, safer walk in access to a shower, unlike any other system in the USA . Life Time Guarantee and completely reversible should you sell your home and the new owner doesnt need it! **Not To Be Confused with Plastic kits or inserts, Always look for and ask for The TubcuT™** Call 877-882-2887 to ensure your getting a Certified Trained installer in your area.

# PRIORITIZING SAFETY AND INDEPENDENCE

Implementing the tips and recommendations in this book, can significantly reduce your risk of slip-and-fall accidents in the bathroom and maintain your independence at home. Remember, prioritizing safety doesn't have to compromise comfort or style. Innovative solutions like The TubcuT™ walk-in shower system can seamlessly blend safety features with a modern and pleasing design.

With a little proactive effort and the right tools, you can create a safe and enjoyable bathroom environment that allows you to age gracefully in the comfort of your own home.

We hope this book has been informative and empowering. We encourage you to share this knowledge with your loved ones and contribute to creating a safer and more independent future for all seniors.



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Our Mission is to enhance the quality of life of others, Help people stay in there homes longer and bathe independently with dignity, make it safer and easier.

At a reasonable cost. We love what we do. If you would like to know how you can become an Authorized dealer and help in our mission call us at 877-882-2887