

## Bathroom and Showers Checklist

- Construct toilets with tanks and tops that are difficult to break. Tanks and tops can be used as a weapon or for self-harm.
- Secure toilet tank lids by running a bolt through the tank to prevent their use as weapons or for self-harm.
- Install low flush toilets to prevent self-harm by drowning.
- Limit the maximum water temperature to 110 degrees to prevent scalding.
- Hang shower curtains from ceiling mounted tracks with curtains designed to tear away when a static load of 15 pounds or more is applied. Shower curtains should be made of breathable material (not plastic or vinyl) so that they cannot be used for suffocation. Tracks in bathrooms should be the flush type and not surface mounted.

If it is not be feasible for a hospital to re-design bathrooms and shower to meet these specifications, they should decrease risk of harm to patients by requiring that the door be left open with a staff member present when the patient uses the facilities.