

REMINDER

HEALTH & SAFETY: SEIZURES AND BATHING

Description of Issue and Importance

Drowning from a seizure in a bathtub represents a small, but potentially preventable, proportion of all deaths by drowning.

Recommended Action and Prevention Strategy

- Encourage showers – use a shower chair for those who cannot stand.
 - All people who have seizures (regardless of the level of control over their condition) should be encouraged to take showers while sitting instead of baths.
 - A therapist prescribed seat belt can be beneficial in providing stability for people in their shower chairs.
 - Hand-held shower sprays are great for comfortable showering.
- If someone must have a tub bath, make sure the water level is low (no more than 5 inches maximum).
- If the person has a seizure disorder that is not well controlled, do not leave them alone.
- Always keep the bathroom door open and unlocked.
- Never use electrical appliances such as a hair dryer, curling iron, or electric razor in the bathroom or near the water.
- Encourage people never to shower or bathe at a time when no one else is in the house.

Outreach Services

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For related reminders and resources, please visit DDRSOutreach.IN.gov.



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