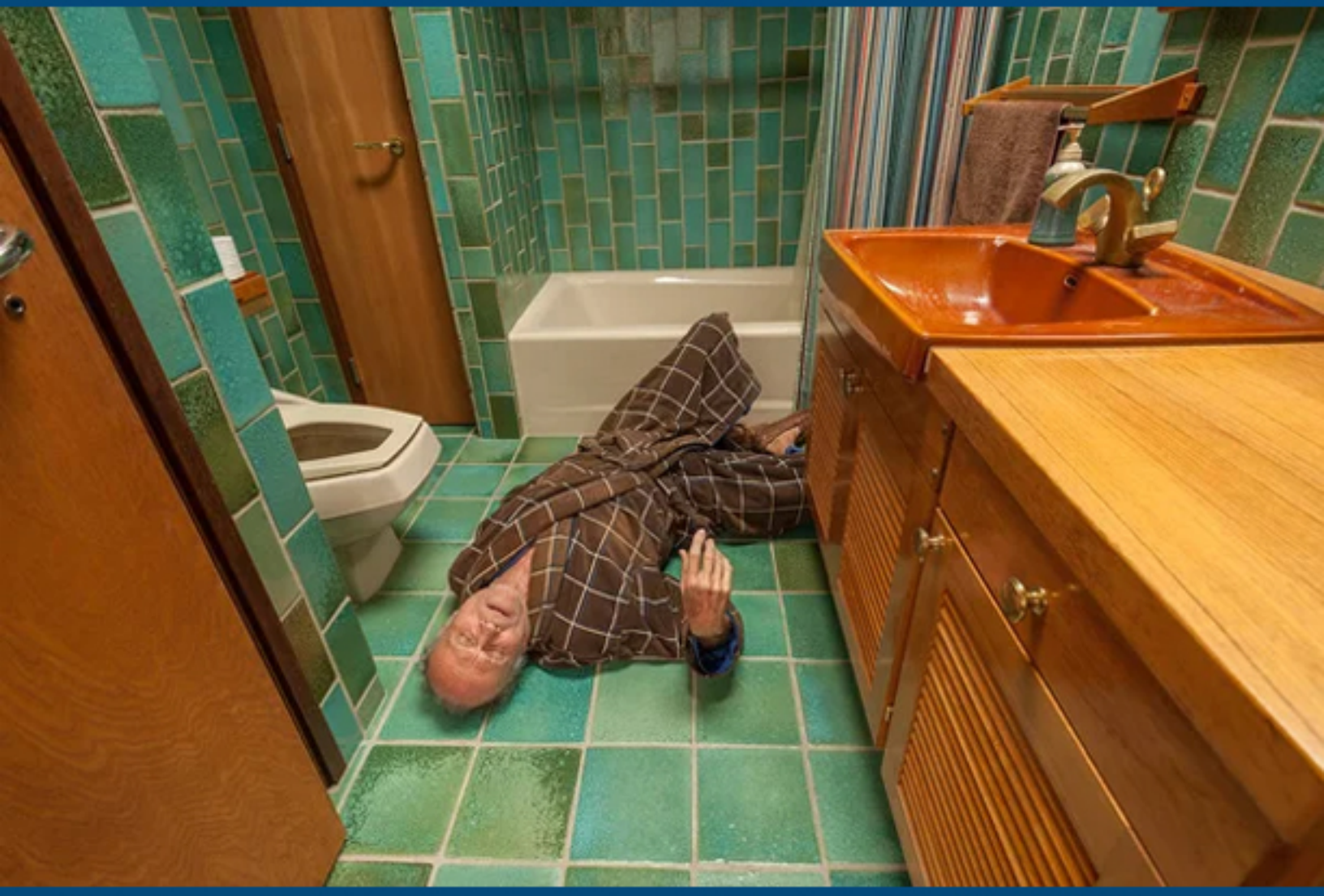
SLIP SLIDING AWAY



Bentley Baths®
Walk-in Therapy Tubs™

SLIP SLIDING AWAY…

HOW TO SELECT THE CORRECT FLOORING FOR YOUR BATHROOM, SHOWER, OR STAIRS

As you likely know by now, the rate of baby boomers and seniors injuring themselves in the bathroom is epidemic. We developed the tagline "Call Before You Fall®" nearly 20 years ago. But a little knowledge goes a long way to counteract that problem.

So here is a quick overview of the most common materials for bathroom flooring. I am also expanding this beyond the bathroom because stairs and showers are the second most dangerous area for serious falls.

In deciding, appearance is important, but safety, durability, and price are also major factors, with safety at the top of my list.

1. Non-Slip Floor Tiles for Bathrooms

If there's one place that will make you prone to injuries at home, it would be the bathroom. Even if you try to maintain it as dry as possible with a separate shower area, bathrooms are still subject to water splashes and spills.

So, when you construct a bathroom or remodel an old one for rest-of-life, it's very important to pay attention to the floor materials you select. You have several options for non-slip bathroom floor tiles.

Ceramic and porcelain tiles are the most popular choice for bathrooms due to their benefits like water resistance, durability, and beautiful appeal. They are a long-term investment for your bathrooms and would serve great in homes with children and pets.

It's important to note that these kinds of tiles come in two varieties. One has a shiny/glazed surface, which can become slippery when water stagnates, and the other is a rough/matte texture that provides ample grip to walk. You have to select non-slip bathroom floor tiles. Make sure any tile you are considering has a COF rating of 0.44 or higher. O.64 is preferable.

Waterproof vinyl tiles are also a good option as it offers great slip resistance. It's more affordable and durable, so regular wear and tear is not a problem. Even in cases of slips and falls, vinyl's foam layer will reduce injuries by acting as padding. In modern homes, the use of vinyl non-slip bathroom floor tiles is very common.



If your bathroom has ample ventilation, cork and bamboo are also good non-slip bathroom floor tiles. Their major benefit is water absorption or water resistance (if they are constructed to be waterproof) so that water doesn't stagnate on the surface. But, they need to dry fast to avoid the buildup of mold, which can make things worse.



We wouldn't recommend carpet flooring for bathrooms as it will absorb moisture and take a long time to dry.

So, while they are a good option for slip-resistance and cushioning in a fall, carpeting doesn't make a very good choice, especially if your bathroom has less ventilation. Wet carpets can also release a bad odor.

And, as for aging-in-place, carpets can be a difficult surface for assistive devices such as walkers and wheelchairs.

Floor Grip Mats. Rubber, vinyl, or plastic floor grip mats are a common sight in bathrooms. They consist of an underside with suction cups that stick on the floor and a textured, high-grip topside to stand on.



They are highly effective and simple at overcoming the problem of slippery tile and can be used on virtually any bathroom surface like polymers, wood, or masonry.

Easy to find online or in retail outlets, floor grip mats can be a simple solution in this area.

There are some considerations with using grip mats:

- They present an uneven surface that can potentially be tripped on.
- This significantly-altered surface can also be aesthetically undesirable.
- Floor grip mats are less hygienic, as they accumulate soap and general shower grime which requires ongoing cleaning as well. When not totally clean, bacteria and mold will grow on and under their surface and the irregular shape of the mat is difficult to clean thoroughly.
- Floor grip mats will wear out over time and need replacing. This will cost money and becomes waste for landfills.
- Floor mats, when damaged or not properly installed, can slide underfoot.

Shower floor grip mats are also available in natural materials which are more visually appealing and will biodegrade. Some can be found with anti-bacterial additives. Many of the other considerations remain, however.

Adhesive Strips. Anti-slip floor adhesive strips are strips of traction tape that can be stuck onto the shower tile surface.



Application is simple, and the rough top surface provides grip in wet or dry conditions. There is less of an alteration to the surface than floor grip mats, but more alteration than Slip Grip. They do not need removal and cleaning in the same way that grip mats require, however they do wear out and need frequent replacing.

Anti-slip adhesive strips can be cut to the right size and dimensions of the surface to leave no slippery areas.

The rough surface can be uncomfortable for some people, so find the right degree of roughness for you.

2. Non-Slip Floor Tiles for Showers

Many modern homes have an in-built shower space in their bathroom with features to accentuate its functionality and safety. Showers can be extremely slippery areas, and it's not just because they are exposed to water continuously. The lotion and soap solutions and even the condensation on tiles from steam showers can make the floor slippery!





If you want to keep unexpected injuries at a minimal level, go for the best non-slip floor tiles for your shower. Many modern homes have an in-built shower space in their bathroom with features to accentuate its functionality and safety.

Showers can be extremely slippery areas, and it's not just because they are exposed to water continuously. The lotion and soap solutions and even the condensation on tiles from steam showers can make the floor slippery! If you want to keep unexpected injuries at a minimal level, go for the best non-slip floor tiles for showers.

Ceramic or porcelain tiles are the best solutions for showers as they are excellent at water resistance or absorption. They won't compromise the elegant look of the bathroom as these tiles are available in a wide range of designs, colors, and textures!

But, it's important to buy anti-slip ceramic floor tiles specifically designed for showers. They usually have a matt or rough texture to give an added grip.



Another good option for non-slip floor tiles for showers is rubber. Although they may not feel or look great as porcelain/ceramic, they are one of the best choices for homes with aged residents. Even in situations of a fall, the rubber will minimize the injuries as it feels like a thick cushion.

When buying non-slip floor tiles for showers, go for tiles with a rating of R 13 or a grading C. Alternatively, you can look for a COF more than 0.64 or a PTV value of 45+.

3. Non-Slip Floor Tiles for Stairs

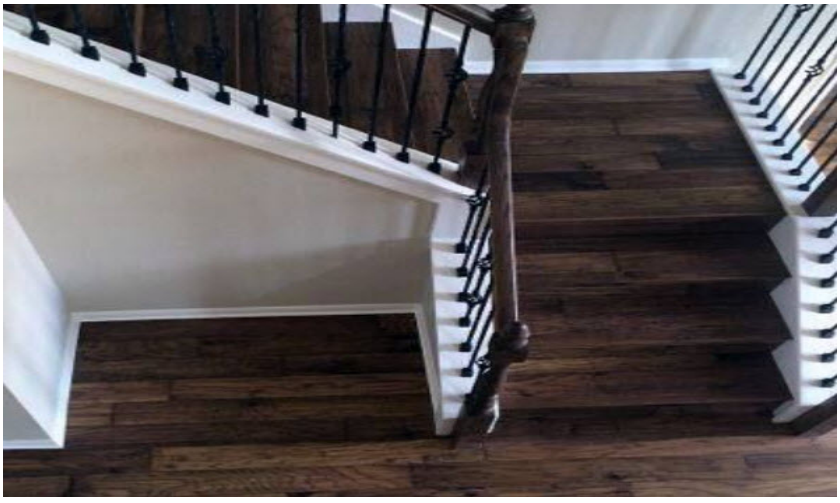
It's always a good decision to choose non-slip floor tiles for staircases, which are a high-traffic area, and frequently must be used multiple times per day. Are you wondering why?

Think about it. We use stairs very often, and sometimes, when we descend them in a hurry, the chances of slipping and falling are high. Also, if you have kids and/or senior citizens at home, slip resistant floor tiles are a must to avoid potential injuries.

Vinyl non-slip tiles for stairs are an affordable as well as a trendy option for residential as well as commercial spaces. Since these tiles are available in many different colors and designs, you can install them to suit the interior of the property.

Rubber tiles are one of the best options for anti-slip floor tiles where functionality is the main priority. Rubber provides excellent slip resistance and minimizes the impact of injuries. As you move around the space not paying attention, rubber non-slip floor tiles can provide the required protection and convenience.

If your stairs are made from hardwood and you want to increase their friction, carpets could work. Many traditional or luxury houses that are entirely furnished with wood go for this option as exquisite-looking carpets and rugs enhance the attractiveness. However, it's difficult to clean and maintain them as they accumulate dust soon.



Ceramic and porcelain tiles are also good options if your entire property is tiled and you want to extend the uniform look for the staircase as well. They are suitable for both indoors and outdoors. Just make sure, they are anti-slip tiles with maximum friction. Also, be aware that this material is very hard and unforgiving.

Although I am not a big fan of carpet on stairs because depending on the shoes you are wearing, they can be pretty slippery, especially when descending the stairs. You must always be vigilant to keep your feet flat on the tread and not overlap the stair bullnose.



For stairs, look for non-slip tiles R10 or above, although R9 can also be considered. You can go for a grading of A-C depending on who uses stairs more often and the level of resistance you need. A COF less than 0.44 or a PTV value of 24+ is good.

The bottom line for me – I really like LVT (Luxury Vinyl Tile). You can find totally waterproof materials with very good slip resistance at an affordable price.

Also, you have a vast range of styles and looks to select from – wood, stone, tile, you name it.

And one final thought – we now have anti-slip coating materials that we can apply to virtually any surface to make it non-slip. This is a comparatively inexpensive and great option if you are wanting to make your bathroom (shower or stairs) safer right now, but you cannot afford to replace what you have now. Just something to think about.

If you have any questions, or want to set a time to chat about any of this, please CLICK HERE to book a time on my calendar, or call 800-688-0055, and we can set an appointment to talk.