

# Living Safely

with disabilities and special health needs

## Public Restrooms Safety



Children's  
Specialized Hospital®

An RWJBarnabas Health facility



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There are times when I am away from home and need to go to the bathroom.

The purpose of a public restroom is to use the toilet, wash my hands, or check how I look in the mirror.

Public restrooms may look different than those in my house or apartment.

I can use the toilet just like I do when I'm at home.



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There are signs in public places showing me where the bathrooms are. If I can't find it, I can ask someone for help.

In a public restroom, there are signs near the door to let me know which restroom to use.

There may be words or pictures. I use the restroom that is labeled for me.



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Sometimes a public restroom is made for men. Sometimes it is made for women.

Some public restrooms can be used by both men and women.

The public restroom may have urinals or stalls with toilets.

If I have a question which one to use, I can ask a person nearby.



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There are times that there are lines to get into the restroom.  
Sometimes there are lines inside the restroom.  
It is important to wait in line until it is my turn to use the toilet.



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The toilet is a private place. When a door is closed, I knock on the door or the stall to make sure that no one is using that toilet.

People don't look at, touch, or make comments to other people while they are using the toilet in the public restroom.

I need to remember that a public restroom isn't used for other things except for using the toilet, washing, or checking how I look.



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I pick a urinal or a toilet stall that is not being used by another person.

After going into a toilet stall, I close the door.

I urinate or make bowel movements in the toilet in a stall with the door closed.

No matter if I am using a urinal or a toilet, I must be sure that the urine or bowel movement does not get on the floor or wall.



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Once I am finished using the toilet, I wipe myself to make sure I am clean.

I put the used toilet paper into the toilet bowl.

I try not to flush too much toilet paper at one time so the toilet bowl doesn't get clogged.

Once finished, I flush the toilet.





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When I am finished going to the bathroom, I wash my hands.

I dry my hands using either a paper towel or a hand-drying machine, whichever is available in that specific restroom.



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It might be a good idea for me to use the restroom if I need to, before leaving a public place, if I will be in a car or walking afterwards and might not be around another restroom for a while.

For more Living Safely resources, visit [www.rwjbh.org/cshlivingsafely](http://www.rwjbh.org/cshlivingsafely)

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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