

# CHECKLIST: IS YOUR BATHROOM LIGATURE RESISTANT?

Use the checklist to determine if a loop can be tied around any bathroom fixtures or accessories. If there are any ligature points in a bathroom, it cannot be considered "ligature resistant."

This list was developed to use to review inpatient mental health units for environment hazards on locked mental health units. The purpose is to identify and mitigate environmental hazards that could increase the chance of patient self-harm via strangulation. Each product is designed to decrease the probability that it may be utilized as an apparatus for ligature. It is not a replacement for professionals who are trained in the proper evaluation, management and supervision of persons at risk of suicide.

Revised 06/08/2015 - LZ									
Mental Health Environment of Care Checklist for Bathrooms									
The checklist was developed based on the Veterans Administrations Mental Health Environment Checklist. It is used to review inpatient mental health units for environmental hazards.									
Ques. No.	Site / Item	Questions / Criteria:	Rationale / Assessment Methods:	N/A	Met	Partially Met	Not Met	Applicable Pictures (Not Exhaustive)	
1	Grab Rails	1a. Are grab bars installed around the toilet and shower areas? 1b. If so, are they designed to prevent ligatures from being wrapped around them? 1c. Do the grab bars meet ADA requirements? 1d. Are the grab bars designed to self drain?	<i>The grab bar should be designed to permit them to be easily grasped while preventing materials from being threaded through or wedged to create a ligature point and still meet ADA/ABA standards. The grab bars should be made with a filler plate that extends down from the bottom side of the grab bar and extends to meet the wall. These grab bars should still have very small holes for drainage, or be designed slanted with two anchoring points for top and bottom only - that still meet ADA/ABA standards.</i>						CCSWH1109, CCSWH1110 series
<b>Comments</b>									
2	Toilet Paper Holders	2a. Are toilet paper holders recessed in the wall or surface mounted and designed to hold the toilet paper without providing materials that could be used as a weapon? 2b. Are toilet paper holders free of ligature points?	<i>Toilet paper holders may have metal spring clips used to hold the paper roll in place. These clips may be used as weapons. Toilet paper holders should be a soft plastic rod or have release hooks that hold the toilet paper in place, yet release with small amount of pressure.</i>						CCSWH1840 series
<b>Comments</b>									
3	Paper Towel Holders	3a. Are the paper towel dispensers recessed in the wall or surface mounted and designed to hold the paper towels without providing materials that could be used as a weapon? 3b. Are paper towel dispensers free of ligature points?	<i>Paper towel dispensers must be free of ligature points and secured to the wall using tamper resistant hardware. Make sure the unit cannot be pulled off the wall. Also ensure that any locks are tamper resistant and cannot be easily opened. An anchor point can also be created on some paper towel dispensers by knotting the end of a bath towel, sheet, or other ligature and "wedging" it into the opening of the paper towel holder (where the paper towels exit the holder). Once a ligature is jammed into the paper towel holder's opening, it can be used for hanging.</i>						CCSWH1846FA, CCSWH1848

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4	Towel Bars	4. Have towel bars been removed and replaced with flip-down type towel hooks designed to collapse under excessive weight?	<i>Towel bars can be used as ligature points. Towel hooks are designed to collapse with a small amount of weight. New market designs can collapse between 20 - 40 lbs of weight</i>						CCSWH1828-SPT, CCSWH1830-SLPT
<b>Comments</b>									
5	Shelves	5a. Are shelves secured using tamper resistant screws? 5b. Are shelves flush mounted and designed so they cannot serve as an anchor point for hanging? 5c. Are shelves shatter proof or made of non breakable material? 5d. Are shelves in closets secured with tamper resistant fasteners and designed so they cannot be used as an anchor for hanging? 5e. Are heavy items on shelves placed low to the floor and secured in place to prevent them from being removed?	<i>Shelves can be used as a ligature point if not designed and installed flush to the wall. If there is a television or other electrical or heavy item on the shelf, it should be secured so that it cannot be pulled off onto someone, and the electrical cord must be short and plugged directly into the electrical receptacle. Sets of shelves should be short or low in height (low profile) to prevent the patient from reaching the ceiling. If shelf is surface mounted, the top should be sloped to prevent a ligature point.</i>						CCSWH1820FA - CCSWH1826 SLPT
<b>Comments</b>									
6	Mirrors	6. Are mirrors shatter proof or other non breakable material and affixed to the wall using tamper resistant fasteners and <u>unable to be used as an anchor point for hanging?</u>	<i>Polished stainless steel mirrors are preferred. An institutional look can be avoided by coating the frame of the mirror with a different finish than standard stainless steel.</i>						CCSWH1813-SLPT, CCSWH1811-SLPT
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7	Fire Extinguisher Cabinets	<p>7a. Are surfaces either mounted flush to the wall or designed so the top is angled down at least 30 degrees to prevent a ligature point?</p> <p>7b. Are cabinets secured with tamper resistant fasteners and designed so they cannot be used as an anchor for hanging?</p> <p>7c. Are cabinet doors tamper resistant and fabricated without glass?</p>	<p><i>Access to fire extinguishers should be unobstructed from staff, but should also be lockable and secured with tamper resistant fasteners. Fire extinguishers can be used as a ligature point if not designed and installed flush to the wall. If fire extinguisher is surface mounted, the top should be sloped to prevent a ligature point.</i></p>						<p>CCSWH1704-FS-ANTL, CCSWH1724-FS-ANTL, CCSWH1754-FS-ANTL</p>
Comments									
8	Toilets	<p>8a. For new units, are toilets floor mounted with no exposed piping that could serve as a ligature point for hanging and free of removable seat covers? (Only New Units)</p> <p>8b. For existing units, are all pipes and plumbing that could be used as a ligature point enclosed?</p> <p>8c. Do toilets partitions have no cross connections that could be used for hanging?</p> <p>8d. In areas accessible to patients in seclusion, are toilets shatter proof (e.g. metal)?</p>	<p><i>For new installations or heavy renovation, toilets should be floor mounted, and have concealed flush valves installed in the wall. Any exposed piping could serve as a ligature point for hanging. All facilities should replace removable toilet seats with integrated seats where feasible. Toilet seats are considered a potential below head level ligature point and should be avoided. For existing units, or light renovations; all pipes and plumbing should be enclosed to minimize risks to the patient. Top supply flush valves should be enclosed with flush valve covers; and off-floor toilets should be replaced with floor mounted fixtures. If possible, avoid shatter prone porcelain toilets; porcelain toilets can be broken and the pieces used as a weapon or self-harm.</i></p>						<p>CCSWH2142 series, CCSWH 2802 series, CCSWH2803 series</p>
Comments									
9	Urinals	<p>9a. In areas accessible to patients in seclusion, are urinals shatter proof (e.g. metal)?</p> <p>9b. For existing units, are all pipes and plumbing that could be used as a ligature point enclosed?</p>	<p><i>For new installations or heavy renovation, urinals should have concealed flush valves installed in the wall. Any exposed piping could serve as a ligature point for hanging.</i></p>						<p>CCSWH2158-T-EB, CCSWH2158-W-SLPIEB, CCSWH2802SLPT-0.125, CCSWH2802SLPT-0.5, CCSWH2803-1</p>
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10	Showers	10a. Are showers free of ligature points? 10b. Are the Shower heads vandal-proof? 10c. Is the Soap holder recessed? 10d. Do the Floor drain plates have tamper-resistant screws? 10e. Is the shower valve handle ligature resistant?	<i>Ligature Resistant shower heads are designed to not provide an anchor point for hanging. The shower head and controls should be free of ligature points. Consider using automatic on/off faucets to eliminate the faucet handles. Push button controls for the shower are also an acceptable alternative. Shower floor drains should be resistant to tampering and vandalism.</i>						CCSWH418 series, CCSWH538 series, CCSWH458 series, CCSWH1741 series, CCSWH1741, CCSWHCSH15, CCSWHCSH25, CCSWHSV16
<b>Comments</b>									
11	Drains	11a. Are drains secured with tamper resistant fasteners? 11b. Are drain holes small enough to prevent looping into one hole and out another, thus creating a ligature point? 11c. Are drains recessed or mounted flush to the surface?	<i>Drains should be secured and mounted flush to the floor with tamper resistant fasteners. Drain holes should be perforated in a way to prevent looping through one hole and out another.</i>						CCS9666
<b>Comments</b>									
12	Basins	12a. Are sinks securely mounted to the wall and all supply and waste plumbing concealed with a bottom shroud and inaccessible (with tamper resistant fasteners)? 12b. Do ligature points exist on the sinks or faucets (or other accessories)? 12c. Is the sink resistant to vandalism?	<i>Sinks should be secured and mounted to the wall to avoid removal or damage to the basin. All sink pipes should be enclosed with a bottom shroud that is tamper resistant. Sink pipes can be used as a weapon and an anchor point. Sinks must not have any ligature points and the patient should not be able to hang from the sink itself.</i>						CCSWH3775-9, CCSWH3740-9
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13	Faucets	13a. Are faucets securely mounted to the basin or wall so there is no ability to wedge material between faucet and basin? 13b. Are faucets free of ligature points, including a ligature resistant alternatives to standard faucet handles? 13c. Are faucets installed with tamper resistant screws or fasteners? 13d. Are faucets free of removable parts that can be used to inflict self-harm?	<i>Faucets should be secured with tamper resistant fasteners. Faucets should contain no small parts that can be easily removed. Faucets should be sloped to prevent tying or other ligature points. Faucets should be either push button, piezo, or sensor operated to avoid ligature points.</i>						CCSWH3373 series, CCSWH3374 series
<b>Comments</b>									
14	Water Fountains	13a. Are surface mounted bottle fillers securely mounted to the wall, leaving no space to wedge material? 13b. Are bottle fillers free of ligature points through the use of push buttons or sensor operation? 13c. Are bottle fillers installed with tamper resistant screws or fasteners? 13d. Are bottle fillers free of removable parts that can be used to inflict self-harm? 13e. Is the front portion of the unit lockable, and is the unit made out of vandal resistant material?	<i>Currently, traditional water fountain designs contain ligature points which cannot be eliminated. While future designs may be considered ligature resistant, bottle fillers are a ligature resistant alternative. Bottle fillers should be kept in a supervised common area. Bottle filler front should be lockable and made of a vandal resistant material. Ligature points should be eliminated with either a push button or sensor operation. If surface mounted, front should be sloped to an angle of at least 30 degrees.</i>						CCSWHBF3, CCSWHBF4
<b>Comments</b>									
<b>Additional Notes</b>									