



Bath/Shower Board

These instructions are to be used in conjunction with the information that your Occupational Therapist has already discussed with you.

WHAT IS A BATH/SOWER BOARD?

- A bath board is placed across the bath to sit while showering.
- It allows any person with reduced balance, mobility or strength to wash safely when a separate shower recess is not available.

TO INSTALL:

- There are various methods to secure a Bath Board depending on the type and size of board. Your Occupational Therapist can recommend the appropriate type for you.
- Position the Bath Board to allow room to swing your legs in and out, yet close enough to reach the taps/hand-held shower hose.
- Note: Bath Boards with a rail need to be positioned so the rail is next to the wall.
- Generally, to secure a Bath Board you need to loosen the wing nuts, wooden bar or plastic clips underneath the board and slide them to sit tightly inside of the bath. The Bath Board should **NOT MOVE** if tightly secured.
- Check the Bath Board is secure each time before using.

HOW TO USE THE BATH BOARD:

Getting on to the Bath Board

- Sit down on the Bath Board with the back of your legs touching the side of the bath.
- Swing your legs one at a time over the bath hob, stabilising the board with your hand or by using a rail attached to the board or wall.
- Move your body to the middle of the Bath Board.

Getting off the Bath Board

- Move to the edge of the board.
- Swing your legs one at a time over the bath hob (use a rail if available).
- Make sure your feet are flat on the floor and shoulder width apart. Lean forward and using the edge of the bath, push up with both hands to stand up.



MAINTENANCE & CLEANING:

- Ensure that you regularly clean the board with a mild disinfectant/cleanser.
- Should the equipment appear damaged – **DO NOT USE**. It may require replacing.

PRECAUTIONS & SAFETY:

- Make sure your Bath Board fits the bath securely before each use.
- Take care when moving to the edge of the Bath Board. If seat projects over bath side, it may tip up.
- Consider use of a non-slip mat in the bath.
- Your Occupational Therapist will recommend whether you are safe to stand from your Bath Board to shower in your bath.
- Take care when getting off the Bath Board as the floor may be slippery.