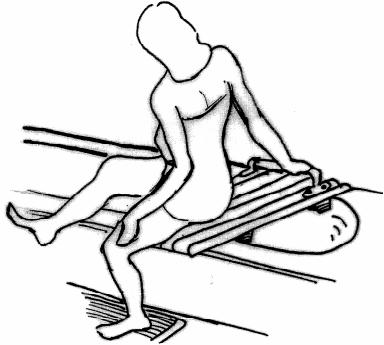


## Using the bath seat

- Place a slip resistant mat in the bath

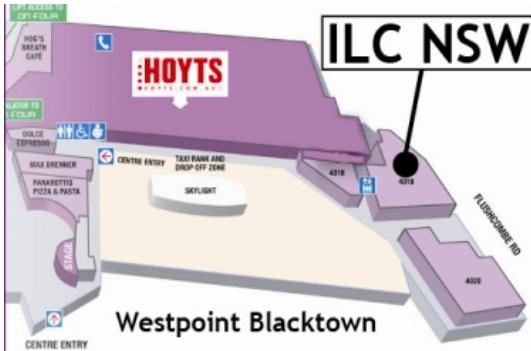


- Sit on the bath seat, holding the grab rail on the bath seat, or on the wall, swing feet over the side of the bath.



- A slip-resistant mat outside the bath will ensure safety in standing. Make sure feet are flat on the floor and stand up.

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# Selecting and Using a Bath Seat



Independent Living Centre NSW

## Bath Seats and Boards

Bath seats and bath boards provide the option of sitting to shower when the shower head is over the bath and a separate shower recess is not available. They also prevent the need to step over the edge of the bath.

They are available to suit various styles of baths and are made from timber or plastic with fittings for adjustability. Some may be available with a back support.

The bath seat may be fitted with a small grab rail for support on the edge closest to the wall. If not, you may require a rail on the wall by the bath.

To avoid sitting under a constant stream of water, use a handshower with hose. It can be fitted to the wall outlet in place of the fixed shower, in addition to the fixed shower, or to the bath taps.

## Fitting the bath board

- The board sits on the lip on both sides of the bath. If the bath has no lip where it meets the wall, a supporting block may be secured to the wall.
- Adjust seat by loosening the wingnuts and sliding the movable crossbar so that it fits up against the insides of the bath side. Tighten the wingnuts so that no sideways movement of the seat can occur.



Alternatively, use a transfer bench with adjustable height legs. The legs at one end stand in the bath, the others on the floor. Sit on the seat outside the bath and slide over.

**Check the fit of the bath seat before every use**