

## Non-Permanent Options

**Clamp-on bath rails** attach to the bath edge to assist getting in and out when wall rails are not an option.

**A free-standing toilet-surround frame** provides support for getting on and off the toilet.

**Other rails** bolt onto the back of the toilet, where the seat attaches.

## Equipment for Additional Safety

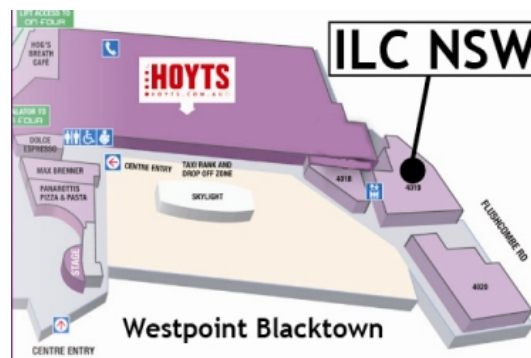
**Slip resistant mats** placed on the base of the bath, shower or adjacent floor.

**A shower stool or chair** with armrests offers optional sitting while showering, and support when rising.

For showers over the bath, a **bath board or transfer bench** eliminates stepping over the bath edge.

**Disclaimer:** The provision of this information does not constitute a recommendation. Responsibility for final selection of items rests with the individual.

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**Guidelines to help  
you select suitable**

# Grabrails for Safety in the Home



**Independent Living Centre NSW**

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**Secure grabrails** provide support in the toilet, shower and bathing areas, and when negotiating steps and ramps.

## Points to Consider

**Base materials for grabrails** can be brass, stainless steel, PVC or aluminium.

**Types of finish include** uncoated stainless steel, chrome plated, epoxy coated or slip-resistant, in various colours.

Avoid mild steel in wet areas as it may rust.

### Construction of the rail

Joins must be strongly welded.

Flanges (joint areas) may be exposed or have a coverplate.

Grabrails should not rotate in their fixings.

### Size of rail

Grabrails are available in a variety of lengths, diameters and configurations. Some companies will customise the size required.

As a guideline the external diameter of grabrails should be 30mm-50mm. The clearance between a rail and the adjacent wall surface should be 50mm-60mm.

## Where to Fix the Rail

**Brick or concrete wall** - can be safely attached in any position.

**Wall with timber or metal frame** - grabrail must be fixed at each end to the studs. If unable to place in desired position, consider:

- a longer grabrail
- securing a piece of timber to the wall from one stud to another and securing the grabrail to the timber
- a floor-mounted grabrail



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- if the wall is not close enough to the toilet, consider a floor-mounted rail or one which bolts to the wall behind the toilet, and drops down alongside the toilet.

## Position

Position the grabrail where it feels safe and comfortable within the home. An occupational therapist can advise you on the best position. Ensure the wash basin, taps, toilet-roll holder or towel rail are not used for support.

## Safety Precautions

Ensure the correct fixing bolts are used for the wall type of grabrail.

Ensure there are a minimum of two points of fixture at each end of the grabrail.

## Maintenance

Check grabrails regularly for secure attachment and signs of rusting.

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