

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.

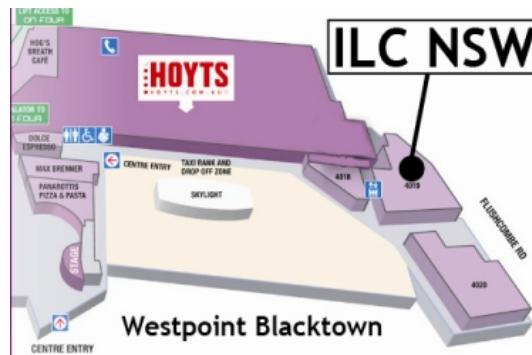
Equipment for Additional Safety

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.

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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

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.

Grabails 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



- 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.