

**General Advice:** These instructions are to be used in conjunction with the information your Health Professional has discussed with you. All equipment is to be used following the manufacturer's weight recommendations. If you are unsure on how to use or fit a piece of equipment, please contact your Allied Health Professional.

## Bath Transfer Bench Use

- Bath transfer benches are generally used for individuals who have a shower over a bath, and can also be used to bridge the hob in a shower. This assistive device helps individuals with mobility impairments safely enter and exit the bath or shower. They are designed to provide a stable surface for the individual to sit on while they are transferring in and out of the bath. The bench typically has a backrest and a non-slip seat that is placed over the edge of the bath. Some transfer benches also have armrests for added support and stability
- It is advised that you remain seated during showering when using the transfer bench – a hand held shower hose is recommended if not already in situ. The user will require some upper body strength to move themselves across the bench and be either independent with lifting their own legs or have someone to assist them to do so
- Installing a bath transfer bench typically involves a few simple steps, but it's important to follow the manufacturer's instructions for your specific model

## Installing A Bath Transfer Bench

1. Measure the height of the bath to ensure the bench can be adjusted high enough to fit over the bath edge. Make sure there is enough space at the side of the bath for half of the bench and that you have enough room to be able to sit on the bench and lift legs into the bath without any obstruction
2. Follow the manufacturer's instructions to assemble the bench, making sure all parts are securely fastened
3. Place the bench in the bath, making sure it is positioned correctly with the backrest half of the transfer bench situated inside the bath, and the rest of the transfer bench outside the bath
4. Adjust the leg length. The bench needs to be level, so typically you will find the legs in the bath will be a shorter length to account for this
5. Make sure the bench is stable and secure before using it. Some transfer benches have suction cups on the legs to hold the bench in place
6. It's important to make sure that the bench is securely and correctly installed to prevent accidents or injuries. If you have any safety concerns consult your Healthcare Professional
7. It's also important to regularly check the stability and condition of the bench and to replace it if any damage or wear is noticed



## How to Use a Bath Transfer Bench

1. Position the bench inside the bath as per installation instructions above
2. Carefully sit down on the part of the bench which is outside the bath
3. Once seated raise and lower one leg at a time over the edge of the bath until both legs are in the bath. Then slowly move along the bench
4. It is not recommended that you stand in the bath while using the transfer bench. If you are required to stand it is strongly advised that you use a grab rail and not the transfer bench itself. Transfer benches are designed to sit on while showering. Ensure that items you require in the bath or shower are in easy reach when seated to avoid standing
5. Exiting the bath: Slowly move along the bench and raise and lower one leg at a time back over the edge of the bath. Ensure your feet are placed firmly on the floor before standing. Ensure the bathroom floor is not wet to avoid slipping
6. It's important to use the bench as directed and to not exceed your own limitations or recommendations provided by your therapist or doctor
7. It's also important to use the non-slip seat and to make sure that the bench is stable and secure before using it, to prevent accidents or injuries

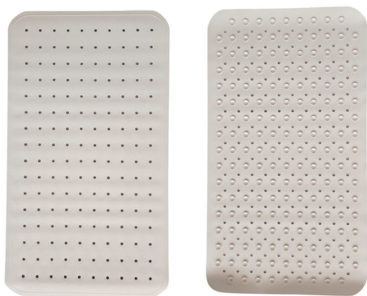
## Precautions & Safety

- Ensure that the person using the bath transfer bench does not exceed the weight of its safe working limit
- Check the transfer bench is stable each time before use
- Do not use the transfer bench itself to stand up as it can easily move, use a secure grab rail
- Ensure that the items required for bathing or showering are in easy reach when seated

## Maintenance & Cleaning

- Please check the product label / user manual for specific cleaning instructions
- If the equipment appears damaged, **DO NOT USE**. It may require replacing

## Complementary Assistive Devices



Suction Bath Mat



Long Handled Sponge



Toe Washer



Grab Rails



Hand Held Shower Hose