

## Precautions

- Do not stand up in the bath.
- Make sure your bath board fits the bath securely.
- To prevent excess water on floor, ensure shower curtain tucks down inside the bath.

## Cleaning and Maintenance

- Rinse bath board with clean water.
- Clean weekly with non-abrasive disinfectant/cleaner and allow to dry.
- Check wing nuts weekly for tightness and soap scum build up.
- Check that the wood has not deteriorated.
- Report any damage to Hunter Equipment Service.

## Further Information

- Different types of bath boards are available.
- **Please consult your occupational therapist for the most appropriate type.**
- Handheld shower hose may need to be purchased.
- If you have any questions about the equipment use, cleaning or maintenance please contact:

### Hunter Equipment Service

Longworth Avenue  
Wallsend NSW 2287  
Tel: (02) 4924 6281



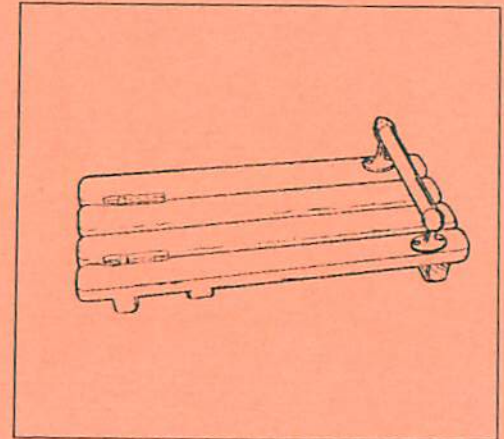
HUNTER HEALTH  
*Improving Health in the Hunter*

### Acknowledgements

- Occupational Therapy Department, Prince Henry Hospital & Royal South Sydney
- Lower Hunter Community Health Centre
- Anne Cathers, Occupational Therapist, Independant Living Centre NSW Inc, drawings by Fiona Shield

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## Care, Fit & Safety of Your Bath Board



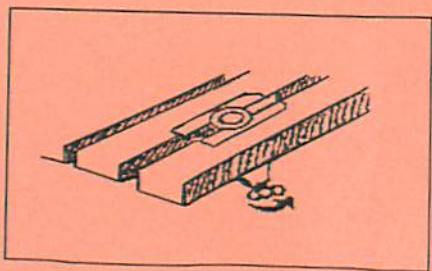
A bath board is placed across the bath to sit on when showering where a separate shower recess is not available.

**Hunter Equipment Service  
Wallsend NSW**

**A Facility of Hunter Health**

## Fitting Your Bath Board

- Bath board is adjustable.
- Adjust bath board by loosening the wing nuts and sliding the moveable cross bar.
- The side of the bath board with the handle should be placed next to the wall.
- Make sure both bars underneath fit snugly against the sides of the bath, so no sideways movement can occur.
- Tighten wing nuts when bath board is in place.

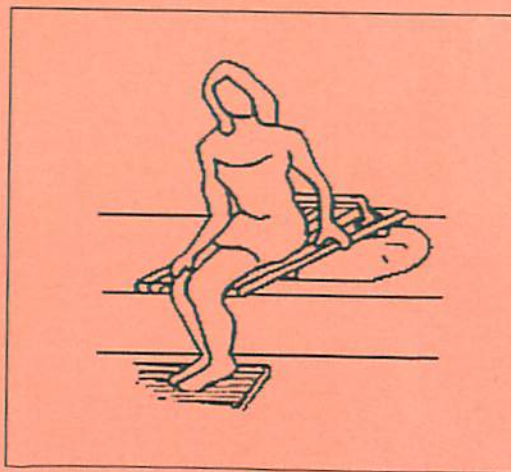


- Check the fit each time before using.

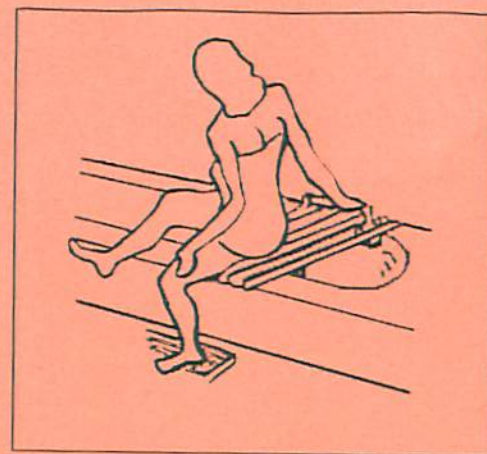
- Remember to place a non-slip suction mat at the bottom of the bath, keeping it clear of the plug hole.

## Getting Onto the Bath Board

- With your non-slip bath mat firmly in place:
- Sit down on the bath board



- Holding the grab rail on the bath board, or on the wall, swing feet over the bath



- Move your body to the centre of the board.
- Please ensure you remain seated whilst showering.

## Getting Off the Bath Board

- Move your body towards the edge of the bath board.
- Hold on to the grab rail, swing feet over side of bath.
- Make sure feet are flat on the floor.
- Lean forward and stand.