

Falls Prevention – Equipment installation & safe use

TRANSFER BENCH

These instructions are to be used in conjunction with the information that your Occupational Therapist has discussed with you.

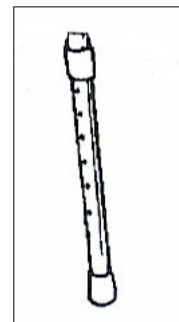
WHAT IS A TRANSFER BENCH?

- ◆ A transfer bench allows for safe transfers over a high shower hob or bath where there are safety concerns.
- ◆ Transfer benches are available in various sizes and weight capacities depending on your individual needs.



TO INSTALL

- ◆ The seat height should be adjusted to allow you to sit and stand with ease. Your Occupational Therapist can advise you regarding the appropriate height
- ◆ To adjust the leg length, push the silver button in and slide the internal leg piece up or down to the appropriate notch.
- ◆ If the floor is uneven, individual legs can be adjusted to stabilise the bench.
- ◆ Place the end with the rail in the shower/bath and adjust accordingly until stable.



HOW TO USE THE TRANSFER BENCH:

- ◆ To sit on the bench, move backwards until you can feel the seat behind your legs, then slowly lower yourself down.
- ◆ Once seated, raise and lower one leg at a time over the edge of the hob or bath. Slowly move along the bench as you move your legs in.
- ◆ When getting off the bench, ensure your feet are placed firmly on the floor and stand leading with your head and shoulders.
- ◆ Consider use of a non-slip mat in the bath under feet.

PRECAUTIONS & SAFETY:

- ◆ Check the transfer bench is stable each time before use.
- ◆ Ensure that the items required for showering are in easy reach when seated.

MAINTENANCE & CLEANING:

- ◆ Ensure that you regularly clean the transfer bench with a mild disinfectant.
- ◆ Should the equipment appear damaged, rusted or corroded –do not use. It may require replacement.

