

Falls Prevention – Equipment installation & safe use

BATH SEAT

These instructions are to be used in conjunction with the information that Health Professional has discussed with you.



WHAT IS A BATHSEAT?

- ◆ A bath seat is placed across the bath to sit while showering.
- ◆ It allows any person with reduced balance, mobility, or strength to wash safely when a separate shower recess is not available.

TO INSTALL

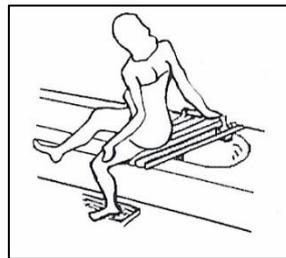
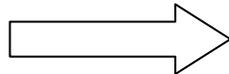
- ◆ There are various methods to secure a bath seat depending on the type and size of the bath seat. Your health professional can recommend the appropriate type for you.
- ◆ Position the bath seat to allow room to swing your legs in and out, yet close enough to reach the taps / hand-held shower hose.
- ◆ *Note:* Bath seats with a rail need to be positioned so the rail is next to the wall.
- ◆ Generally, to secure a bath seat you need to loosen the wing nuts, wooden bar or plastics clips underneath the bath seat and slide them to sit tightly inside of the bath. The bath seat should NOT MOVE if tightly secured.
- ◆ Check the bath seat is secure each time before using.

Getting onto Bath seat

- ◆ Sit down on the bath seat with the back of your legs touching the side of the bath.
- ◆ Swing your legs one at a time over the bath hob, stabilising the bath seat with your hand or by using a rail attached to the bath seat or wall.
- ◆ Move your body to the middle of the bath seat.

Getting off Bath seat

- ◆ Move to the edge of bath seat.
- ◆ Swing your legs one at a time over the bath hob (use a rail if available).
- ◆ Make sure your feet are flat on the floor and shoulder width apart. Lean forward and using the edge of the bath, push up with both hands to stand up.



PRECAUTIONS & SAFETY

- ◆ Make sure your bath seat fits the bath securely before each use.
- ◆ Take care when moving to edge of bath seat. If seat projects over bath side, seat may tip up.
- ◆ Consider use of a non-slip mat in the bath.
- ◆ Your health professional will recommend whether you are safe to stand from your bath seat to shower in your bath.
- ◆ Take care when getting off the bath seat, as the floor may be slippery.

MAINTENANCE & CLEANING

- ◆ Ensure that you regularly clean the bath seat with a mild cleanser/disinfectant.
- ◆ Should the equipment appear damaged or corroded – do not use. It may require replacement.

Acknowledgement to:
NSLHD and CCLHD Community Falls
Prevention Committees.

For further information scan this with your smart phone



Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au

