

# Bath Board

**General Advice:** These instructions are general advice only and do not take into account your specific circumstance. These instructions are to be used in conjunction with the information provided by your health professional and any instructions provided by the equipment manufacturer. Do not exceed the Maximum User Weight specified by the manufacturer. If you are unsure on how to use or fit a piece of equipment, please contact your Health Professional or Country Care Store.

## Bath Boards Use

- A bath board is placed on the edge of a bath to provide a stable surface for individuals to sit on while showering in a bath. It is typically made of a lightweight, waterproof material, and can be easily placed into or removed from the bath
- It is generally used by people with limited mobility or those recovering from injuries or surgeries, it can also be used for people with disabilities or elderly people who have difficulty getting in and out of the bath. The board provides a safe and stable surface for them to sit on and can reduce the risk of falls and injuries. The user will require some upper body strength to move themselves across the board, and be either independent with lifting their own legs or have someone to assist them to do so
- It is generally recommended that you remain seated during showering when using the bath board - a hand held shower hose is recommended if not already in situ. If you are required to stand it is strongly advised you do not use the bath board but a secure grab rail

## To Install

**Installing a bath board typically involves a few simple steps, but it's important to follow the manufacturer's instructions for your specific model:**

1. Measure the inside of your bath and be sure to make sure the bath has thick enough edges to it that the board has enough surface space to rest on
  2. Place the board across the top of the bath, making sure it is positioned correctly - there needs to be enough space to lift legs over the bath edge without obstruction
  3. Generally bath boards have plastic stabilisers underneath that can be adjusted by sliding them against the inside of the bath so that the board fits tightly. Ensure that items you require in the bath are in easy reach
  4. Make sure the board is stable and secure before using it, it should not move if secured correctly
- **Note:** It's important to make sure that the board is securely and correctly installed to prevent accidents or injuries. If you have concerns regarding the installation of the bath board contact the supplier or your Healthcare Professional



## How to Use a Bath Board

1. Carefully sit down on the board, with the backs of your legs touching the side of the bath
2. 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 board until you are situated in the middle.
3. Exit the bath: Slowly move back along the board 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
4. It's important to use the board as directed and to not exceed your own limitations or recommendations provided by your Healthcare Professional. It's also important to use the non-slip seat and to make sure that the board is stable and secure before using it, to prevent accidents or injuries
5. If you are using a bath board for the first time, we recommend you have someone with you to assist, or have a Healthcare Professional guide you through the process

## PRECAUTIONS & SAFETY

- Ensure that the person using the bath board does not exceed the weight of its safe working limit
- Make sure your Bath Board fits the bath securely before each use
- Take care when moving to the edge of bath board - if not secured correctly bath board may tip
- Consider use of a non-slip mat in the bath
- Take care when getting off the Bath Board as floor may be slippery

## 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