



# Bath Transfer Bench

## INSTALLATION & SAFE USE GUIDE

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

### What Are Bath Transfer Benches Used For?

- 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 a Bath 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.
- When getting off the bench ensure your feet are placed firmly on the floor and stand leading with your head and shoulders.



### PRECAUTIONS & SAFETY

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

**TO BE USED AS PER THE MANUFACTURERS WEIGHT RECOMMENDATIONS**

### MAINTENANCE & CLEANING

- Ensure that you regularly clean the transfer bench with a mild disinfectant.
- Should the equipment appear damaged – **DO NOT USE**. It may require replacing.