

# Bath Board



Instructions for setting up a Bath Board at home

For further information please contact:  
06 878 8109 ext 5761



Reviewed June 2014



## Instructions for setting up a Bath Board at home

### To fit bath board:



- There needs to be at least 5cm of a lip on each side of the bath to support your weight —DO NOT USE IF THE LIP IS LESS THAN 5CM WIDE
- Loosen the four adjustment legs
- Position the board across the bath with the handle closest to the wall, as the picture on the front page shows
- The board should be well supported on the ledges of the bath
- Adjust the four legs to fit firmly against the inside wall of the bath and re-tighten them
- Check that the board is firmly in place before using.

**DO NOT USE IF YOU HAVE A SHOWER DOOR TRACK ON THE BATH TUB**

### To use:



- Sit on the bath board; move your bottom back towards the centre of the bath board
- Swing your legs over the side of the bath, position yourself in the centre of the board while showering.



- Move yourself to the centre of the bath board for maximum safety
- Use the handle on the end of the board if required.

**MAXIMUM WEIGHT CAPACITY IS 150KG**

### Additional information from your Occupational Therapist:

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If you have any questions or require further advice please ring the

Hawke's Bay Hospital Equipment Loan Store  
Phone: 06 878 8109 ext 5761