



# Instructions for setting up a transfer bench at home

## To adjust height:



- Push in the metal buttons on the legs and adjust height until bench becomes level, ensure buttons are completely popped out.
- The height must be adjusted so the bench is level when in the shower/bath.

## To fit bench:

### Bath

- Position the bench with the handle and suction feet inside the bath.
- Ensure the suction cups are holding the transfer bench firmly in place.

### Shower

- Position the transfer bench with the handle and suction feet inside the shower.
- Ensure there is enough room when seated on the transfer bench for your legs to swing into the shower.
- **BACK REST ON BENCH CAN BE REMOVED IF NOT REQUIRED.**

## To use in bath:



- Sit down on the end of the transfer bench.
- Move your bottom backwards towards the middle of the bench.
- Swivel your bottom round and lift legs over the bath edge.
- Use handle if required.



## To use in shower:



- Sit down on the end of the transfer bench.
- Slide your bottom along the bench until you are inside the shower.
- Use handle if required.

## To get out of bath or shower:



- Do the previous steps for bath and shower in reverse and ensure you push off the bench with two hands.
- **MAXIMUM WEIGHT CAPACITY IS 130KG.**