Additional information from your Occupational Therapist:

For further information:

P: 06 878 8109 ext. 5761 W: www.tewhatuora.govt.nz

If you have any questions or require further advice please ring the Hawke's Bay Hospital Equipment Loan Store

P: 06 878 8109 ext. 5761

Health New Zealand Te Whatu Ora



Transfer Bench

Instructions for setting up a Transfer Bench at home

> Health New Zealand Te Whatu Ora

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.

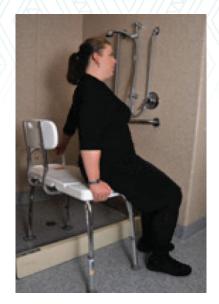
To use in bath:



- 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.