

## HANDRAIL INFORMATION

The Occupational Therapy Service at Hawke's Bay Hospital does not accept or requests or referrals for supply or installation of hand rails.

You may choose to install the hand rail yourself, or utilise the contact list below. This list is not exclusive, and Hawke's Bay DHB accepts no responsibility for any works undertaken by them or any other contractor.

Hand rails may be purchased at DIY shops such as Bunnings, Mitre 10, Hector Jones (Hastings) and some pharmacies or some of the contacts below may also supply the hand rail.

Alternatively try one of the following organisations:

[www.lifeunlimitedstore.net.nz](http://www.lifeunlimitedstore.net.nz) 0800 008 011

[www.carecraft.co.nz](http://www.carecraft.co.nz) 0800 356611

[www.superquip.co.nz](http://www.superquip.co.nz) 0800 734 224

MENZ shed -06 8454064

Other information that is relevant about hand rails and equipment, also useful information about falls prevention.

[Livestronger.org.nz](http://Livestronger.org.nz)

<https://ourhub.hawkesbay.health.nz/our-teams/older-persons-mental-health-allied-health-and-nasc/occupational-therapy/>

<http://www.ourhealthhb.nz/health-services/coming-to-hb-hospital/occupational-therapy/>

Tu Brightwell, Tu Brightwell Builders Ltd, Licensed builder	0272942796 or 06 878-4198 after 5pm. <a href="mailto:tubrightwell@xtra.co.nz">tubrightwell@xtra.co.nz</a> <i>Based in Hastings and Napier, but covers all areas</i>
Ron Allen, Builder	0274 438 993 <i>Covers all areas</i>
Karl Johnson – Gemco Builder	8738791 or 0272260883 <i>Covers all areas</i>
Colin Price, Builder	021416295 <i>Covers all areas</i>
Jim Taylor	876 1065 or 021 733 609 <a href="mailto:Jim.lynley@vodaphone.co.nz">Jim.lynley@vodaphone.co.nz</a> <i>Covers all areas up to Wairoa, down to Waipukarau</i>
Colin Oliver Builder	06 8588955 or 0211549544 <i>Covers Central Hawkes Bay</i>

## Hand rail placement tips

- Ensure the hand rail is safely secured into a stud or dwang so it can withstand regular use.
- Hand rails placed horizontally are useful for pushing up on.
- Hand rails placed vertically are useful for pulling up on, or forwards.
- Hand rails placed on the diagonal can be useful beside the toilet or to assist with getting out of the bath.
- Choose a hand rail with an approximate diameter of 32mm
- Common lengths of hand rails include the following.
- Selection of length may be dictated by stud and dwang location
  - 300mm
  - 450mm
  - 600mm
- Choose a stainless steel etched hand rail for wet areas such as the bath or shower, and for the outdoors.
- We would not recommend using towel rails or door handles for the purpose of a hand rail.
- Consider changes in step depth and length, install “easy steps”.