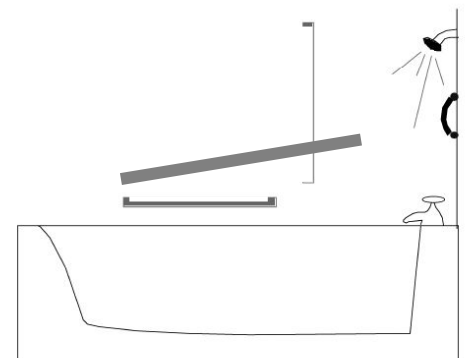
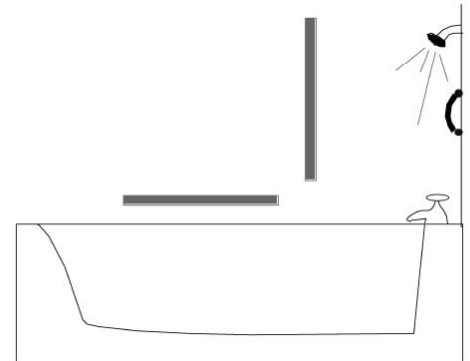


How to install support rails by the bath

Occupational Therapy

Installation of support rails by the bath

1. Stainless steel rails **MUST** be screwed into a stud¹ or noggin². The stud or noggin is a piece of wood behind the wall.
2. If you cannot find a stud or they are not in the right place, put a piece of treated wood up. This wood should be screwed into the studs and then you should screw the rail onto this.
3. Vertical rails are useful when stepping into the bath and when standing up for a shower. To find the best height, stand at the side of the bath and see where you would like the support when stepping in. This is often at about waist height. If you are going to be sitting on a bath board remember to make it long enough so you can reach it when sitting as well as when standing. For the rail in the shower, again check for the most comfortable height.
4. A horizontal rail or a rail on a slight angle (rising towards the tap end) is useful when getting up from the bath. A recommended height is approximately 100mm above the bath rim.
5. If you have studs and noggins in the appropriate places you may wish to purchase a rail with the horizontal and vertical rails combined.



Disclaimer:

The enclosed information is to be used as a guide only. Canterbury DHB and the authors accept no responsibility for decisions made, work carried out or losses suffered (by anyone) in reliance upon this information. If you have any doubts about fitting rails, please consult a builder. If you have any questions about this information, please contact the occupational therapist who gave this to you.

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