

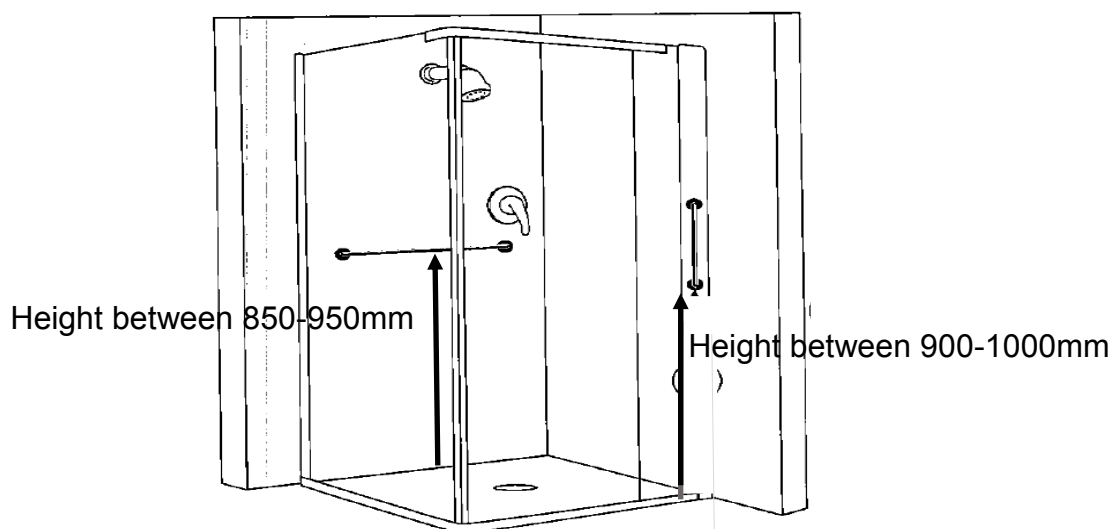
Installing Support Rails in the Shower

Occupational Therapy

Installing Support Rails in the Shower

When installing support rails in the shower, please consider the following guidelines:

1. Shower entrance: if you have a solid door frame on the shower cubicle then a small vertical rail (300-450mm) can be installed here to aid stepping in/out of the shower. This should be at a natural hand grip height. A guide line height to the base of the rail is between 900-1000mm from the floor.
2. Inside the shower: a rail can be installed either horizontally or vertically, depending on the studs available and what is best for you.
3. Rails *must* be screwed into a stud¹ or dwang/noggin². These are the wooden framing located inside the wall.
4. Stainless steel rails are recommended in wet areas as they will not rust.
5. Make sure all screw holes are sealed and watertight.
6. Standard rail-length sizes are: 300mm, 450mm, 600mm, 900mm.



7. If you have a separate shower-mixer, make sure that there is at least 150mm clear space between this and any shower rails.
8. Please contact a builder if you have any concerns such as appropriate fixation onto a moulded shower cubicle.
9. Stainless steel handrail which is knurled provided the benefit of better handgrip.

Notes

If at any time you are in doubt as to where to fit the rails, please consult a builder.

¹ stud = vertical frame beams behind the wall

² dwang/noggin= horizontal frame beams behind the wall

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 are in any doubts about fitting rails, please consult a builder.

If you have any questions about the information in this booklet, please contact the occupational therapist who has given this to you.

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