

Bath Transfer Bench

A guide for patients and carers

Your Occupational Therapist is

☎ 9288 2211 or pager _____

Setting up a bath transfer bench

Your bathboard will need to be installed by a family member/friend or an equipment company. Your Occupational Therapist will show your carer how to do this if required.

1. Ensure the transfer bench is placed in the bath so the backrest and armrest are over the bath (this may need to be adjusted). The backrest can be moved to suit.
2. The two legs with the suction caps on the bottom are to be placed in the bath.



3. If the inside of the bath is a different height to the outside of the bath, the legs may need to be set to different heights to ensure the bench is level.
4. To change the heights of the legs, push the height adjusting buttons in and pull/push the leg until the button clicks out of the next hole or until an adequate height is achieved.



Getting in the bath

1. Ensure the bath bench is secure.
2. Back up to the bath bench until you can feel the back of your legs against it.
3. Reach for the bath bench with both hands.
4. Lower yourself onto the bath bench.



5. Slide back on the bath bench.



6. Turn and lift both legs into the bath while leaning back slightly.



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Getting out of the bath

1. Lean back slightly and turn on the bath bench and lift both legs out of the bath.



2. Push up into the standing position using both hands.



If you have any questions regarding this equipment or task, please contact your Occupational Therapist.