

# Bath transfer bench

## A guide for patients and their carers

Your occupational therapist is \_\_\_\_\_



9231 3850 and pager \_\_\_\_\_

Please follow these instructions to set up the bath transfer bench.

Contact your Occupational Therapist if you have any questions.

A family member or friend will need to set up the bath transfer bench for you. Your Occupational Therapist can show your carer how to do this.

### Setting up a bath transfer bench

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. Ensure the transfer bench is level.



**NB** The inside of the bath may be a different height to the floor outside of the bath. You can set the legs to different heights to make the bench level.

To change the height of the legs, push the height adjusting buttons in and pull the leg until the button clicks out of the next hole.



## 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 until you are sitting down.



5. Shuffle/move your bottom back on the bath bench while leaning back.
6. Turn (without twisting) and lift both legs into the bath while leaning back slightly.



## Getting out of the bath

1. Lean back slightly and turn (without twisting) on the bath bench. Lift both legs out of the bath.



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

