

**Important Note:** These instructions are general information only and do not take into account your specific circumstance. These instructions are to be used in conjunction with the information provided by your health professional. Do not exceed the Maximum User Weight specified by the manufacturer. If you are unsure on how to use or fit a piece of equipment, please contact your Health Professional.

## Safety Information and Precautions

- Bath transfer benches are generally used for individuals who have a shower over a bath, and can also be used to bridge the hob in a shower. This assistive device helps individuals with mobility impairments safely enter and exit the bath or shower. They are designed to provide a stable surface for the individual to sit on while they are transferring in and out of the bath. The bench typically has a backrest and a non-slip seat that is placed over the edge of the bath. Some transfer benches also have armrests for added support and stability
- It is advised that you remain seated during showering when using the transfer bench - a hand held shower hose is recommended if not already in situ. The user will require some upper body strength to move themselves across the bench and be either independent with lifting their own legs or have someone to assist them to do so
- Installing a bath transfer bench typically involves a few simple steps, but it's important to follow the manufacturer's instructions for your specific model

### How to use the Bath Transfer Bench

1. Position the bench inside the bath.
2. Carefully sit down on the part of the bench which is outside the bath.
3. Once seated raise and lower one leg at a time over the edge of the bath until both legs are in the bath. Then slowly move along the bench.
4. It is not recommended that you stand in the bath while using the transfer bench. If you are required to stand it is strongly advised that you use a grab rail and not the transfer bench itself. Transfer benches are designed to sit on while showering. Ensure that items you require in the bath or shower are in easy reach when seated to avoid standing.
5. Exiting the bath: Slowly move along the bench and raise and lower one leg at a time back over the edge of the bath. Ensure your feet are placed firmly on the floor before standing. Ensure the bathroom floor is not wet to avoid slipping.



6. It's important to use the bench as directed and to not exceed your own limitations or recommendations provided by your medical professional.
7. It's also important to use the non-slip seat and to make sure that the bench is stable and secure before using it, to prevent accidents or injuries.

### Precautions and Safety

- Ensure that the person using the bath transfer bench does not exceed the weight of its safe working limit
- Check the transfer bench is stable each time before use.
- Do not use the transfer bench itself to stand up as it can easily move, use a secure grab rail.
- Ensure that the items required for bathing or showering are in easy reach when seated.

### Maintenance and Cleaning

- Please check the product label/user manual for specific cleaning instructions.
- Should equipment appear damaged, DO NOT USE. It may require replacing.

**Disclaimer:** This product safety information sheet is provided for general guidance only and does not replace the manufacturer's user manual or specific safety protocols recommended by the manufacturer. Always adhere to local safety regulations and the manufacturer's recommendations for maintenance, inspection, and operation. Failure to follow proper procedures and obtain appropriate training may result in injury or damage to the equipment.