Hints and Tips for using bath boards with bath seats

General

➢ Fit both the bath seat and the bath board securely, making sure that the suckers are pushed firmly onto the base of the bath. The back edge of the bath seat should be placed approximately level with the front edge of the bath board. Make sure they cannot tip or slip, this should be checked regularly and particularly after someone removes and replaces the products in order to use the bath.

➢ To get onto the board it is best to back up to the side of the bath, sit on the board and swing your legs over the side of the bath one at a time.

➢ If you struggle to sit on the board because it is too high for you, place a box step alongside the bath, step onto that and then you will be at a better height to sit on the board.

➢ Some people choose to dry themselves while remaining seated on the board.

➢ A helper or carer should not help you to position yourself on or off the bath seat as this puts them at risk of hurting their back.
How to use a Bath Board and Bath Seat together

➢ Sit on the board with your feet outside the bath.
➢ Slide along the board and turn to swing your legs over the side of the bath.
➢ Put your feet on the bottom of the bath and slide into the middle of the board. If you have good upper limb movement and grip then you may find a grab rail on the wall useful to steady yourself while doing this.
➢ With hands on the bath board and/or the rim of the bath, ease down onto the bath seat.
➢ Put your hands back on the board or the side of the bath and push with your legs to sit back up onto the board*.
➢ Move along towards the edge of the bath and swing your legs back over the side of the bath. When your feet are flat on the floor, stand up.

*Please note;
When you push off the edge of the bath to help yourself up, put your hands on the bath edge as far back as you can as it will give you more leverage for pushing yourself up.
Fitting Instructions for Bath Seats

The different style seats all have their own fitting instructions and it is important that these are followed. If you doubt the safety of the bath seat, do not use it.

How to position your bath board and bath seat in the bath

Option 1

This is the most common way to use a board and seat. The bath board covers the sloping edge of the bath with the bath seat just in front of it.

Option 2

If there is an obstruction next to your bath at the sloping end e.g. a shower screen, then position your seat and board at the tap end of the bath. This will then mean that you will be able to sit back onto the board and swing your legs in.
Option 3

If you find it difficult to get out of your bath by pushing yourself up and backwards onto your board you may wish to position your seat and board as follows. Please note you may wish to have a grab rail on the wall by your seat to help you to get up. This option is also useful if you are able enough to turn and sit onto your seat and would like more room in the bath.