

## **Hints and tips on using a step at the side of the bath**

If you are going to use a step in order to make it easier for you to step into your bath, you may find the easiest way is to lean on the bath sides and put your legs out behind you, placing them into the bath one at a time. This will make it easier for you to maintain your balance as you step into the bath.

Please ensure that you have enough space on the floor to place the step right next to the side of the bath.

Never place the step on top of a bath mat that is on the floor as this could cause the step to slide as you use it.

Please make sure that the floor by the bath is even so that the box step is level.