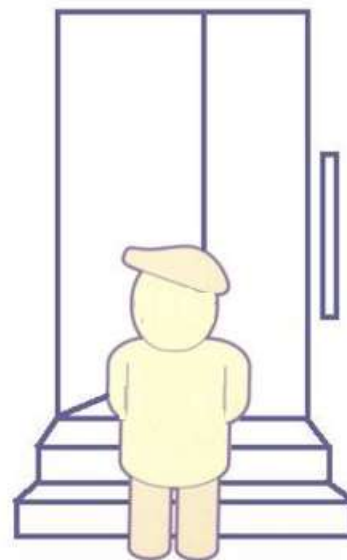


## Hints and Tips for positioning grab rails by steps at a doorway

- > When you ask a fitter to fit a rail at your doorway, make sure they put it at a height that will help you.
- > To ensure that the rail is at the right height for you, stand at the bottom of your step(s) at ground level and see if you can reach where the rail will be.
- > The rail should be fitted on the unhinged side of the door, at eye level.



When going up the step(s) into your house, hold onto the rail and do not let go until you have stepped over the threshold.

When going down the step(s) out of your house the rail will be to your side, so turn to hold the rail as you step over the threshold.

If you do not feel confident going down the step(s) without holding onto anything, you can go down the step(s) backwards whilst holding onto the rail as long as you can reach without overstretching yourself and becoming unstable.

### **Rails at external doorways**

If you already have a rail on the wall next to your doorway and it is not sufficient for you there are rails that extend from the wall of the house along the side of the steps onto the ground. Not all steps at doorways are suitable for every type of rail and that is why we recommend you ask for advice from a reputable tradesperson.