

Hints and Tips using a grab rail with a bath lift

You may find it difficult to get on and off your bath lift seat. You can use a grab rail to help with this issue.

Struggling getting on your seat

You may benefit from putting a grab rail on the opposite side to where you get into the bath. You can hold this for support and manoeuvre yourself on the bath lift seat until you are in the correct position. It is important that the grab rail is positioned diagonally to sustain a more natural wrist position.



Struggling getting off your seat

If you are struggling getting off your seat you may benefit from placing a grab rail on the nearest side wall so that you can hold on to it for support when standing up.



Depending on your difficulty, you may only require one grab rail or both as shown in the examples above.

There are various grab rails available, so please make sure you read the product descriptions to find one that suits you.