Hints and tips for using a bath board safely

General

➢ The bath board fixings can become loose with use and so someone should often check that the board is still firmly fitted over the bath.

➢ If other people are moving the board out of the bath to allow them to bathe/shower without the board, then please make sure that they refit it firmly.

➢ If the board is fitted to a bath with an over-bath shower then care needs to be taken with the shower curtain to prevent leakage onto the floor.

➢ If you are very breathless, lowering the shower-head to shoulder height may mean that the steam and water do not affect you as much. If you do not wish to fix the shower-head permanently in a low position, you can purchase an extra-long shower hose which will allow you to adjust the height. These are available from many local hardware stores, such as B&Q.

➢ A well-ventilated bathroom (for example, using an extractor fan) can reduce the build-up of steam, which can help if showering makes you breathless.
A bath step can be used to help you position yourself correctly onto the bath board. This is a stable (often non-slip) step that is placed against the side of the bath so that if you sit on the board to get into or out of the bath your feet are not dangling in the air. If you have not yet completed an assessment around this area of difficulty using this website, please go to the bathroom area.

You may choose to dry yourself while remaining seated on the board.

If when sitting you struggle to reach your legs and feet to wash, try using long-handled equipment or ask a member of your family to help you.

If you struggle to turn on the shower when in the bath, you may want to try turning on the shower before getting in.

**Warning** – the bottom of the bath may become slippery when the shower is switched on, please be careful when moving around in the bath.

**How to use bath/shower boards:**

- Sit on the board with the 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 helpful to stabilise yourself while performing this movement.

> When you have finished, move along the bath board 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.

> You may find it easier getting into the bath by lifting your leg (calf) backwards behind you and stepping back over the bath side, holding onto something to steady you if you need to.

You can then sit down on the bath board from inside the bath. If you struggle with this then sit down on the board and swing your legs over the bath side as specified above.