

Techniques on getting in and out of the bath

- > The safest way to climb into a bath is to stand alongside the bath putting your feet/legs behind you when stepping in (please see picture).
- > If you have a weaker leg some people find it easier to position any equipment they are using with the stronger leg going into the bath first but then as you get out the weaker leg will lead. It is a question of working out which method feels safer for you, but a dry run will help.
- > If you are having any difficulty getting in and out of the bath, and you choose to use a new method or to use products that you have not used before, we suggest having a practice dry run with a family member or carer to help you.

