

Using bath and shower boards safely

- > Please ensure that the board is fitted securely before each use.
- > If when sitting to shower you have difficulty reaching the shower head you can fit an extra-long hose and a wall bracket.
- > 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.
- > Air your bathroom (using an extractor fan for example) to reduce the build-up of steam, which can help if showering makes you breathless.
- > 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, you may find that equipment with long handles easier to wash with.