

## *Bath Benches & Safety Rails*

### **PURPOSE:**

Assistive bathtub and shower devices come in many shapes and sizes and each have a specific function. Each has the same basic purpose: to provide added stability while performing personal hygiene functions. By utilizing bathroom aids, the user can function more independently.

### **BATH BENCHES:**

Bath benches come in two basic styles -- with backs and without backs. The benches without backs are designed for individuals with normal sitting endurance and balance. Bath benches with backs are designed for individuals whose balance and strength are less than normal. The benches also come in models that fit inside the bathtub or shower, and models that straddle the tub (half in and half out of the tub.) These models are referred to as transfer benches.

### **SAFETY RAILS:**

Safety rails attach to the side of the tub and provide additional support surfaces for individuals who need assistance getting into and out of the tub. Most safety rails do not allow full weight bearing.

### **USE:**

All bath benches have rubber tips or suction cups on the feet to help the resistance to slippage. The user must never use the bathroom aid if they cannot use it safely and for its intended purpose. Safety rails attach to the tub by way of clamps or springs. ***These mechanisms must be checked before each use to verify the security of the attachment.***

### **MAINTENANCE:**

Bathroom aids are water resistant, not waterproof. Make sure that your bathroom aid is dried between uses. This will keep it looking and functioning like new for a long time. Never use a water spot remover on your bathroom aid. These solutions usually contain alkaline chemicals that can cause burning of the skin and are very difficult to remove. In addition, these products usually are very slippery when wet and can increase the likelihood of a fall.

***REMINDER: SAFETY FIRST -- ALWAYS CHECK BATHROOM AIDS PRIOR TO EACH USE.***