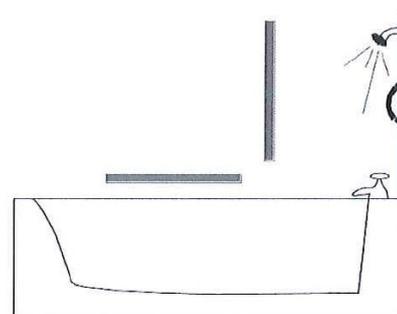


How to install support rails by the bath

Client Information - Occupational Therapy

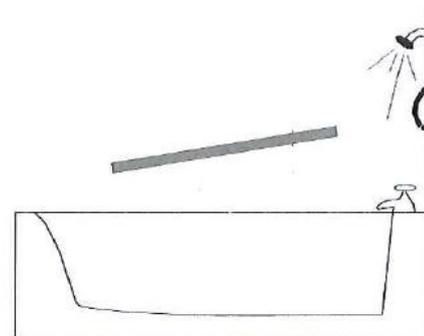
Installation of support rails by the bath

1. Stainless steel rails **MUST** be screwed into a stud or noggin. The stud or noggin is a piece of wood behind the wall.
2. If you cannot find a stud or they are not in the right place, put a piece of treated wood up. This wood should be screwed into the studs and then you should screw the rail onto this.
3. Vertical rails are useful when stepping into the bath and when standing up for a shower. To find the best height, stand at the side of the bath and see where your hand naturally wants to hold the wall. This is often at about waist height.



For the rail in the shower, again check for the most comfortable height. If you are going to be sitting on a bathboard remember to make it long enough so you can reach it when sitting as well as when standing.

4. A horizontal rail or one on a slight angle (rising towards the bath/shower end) is useful when getting up from inside the bath. A recommended height is approximately 100mm above the bath rim.
5. If you have studs and noggins in the appropriate places you may wish to purchase a rail with the horizontal and vertical rails combined.



Disclaimer

The enclosed information is to be used as a guide only. Canterbury DHB and the authors accept no responsibility for decisions made, work carried out or losses suffered (by anyone) in reliance upon this information. If you have any doubts about fitting rails, please consult a builder. If you have any questions about the information in this booklet, please contact the occupational therapist who has given this to you.

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