

Installing Support Rails by the Toilet

Client Information - Occupational Therapy

When installing support rails by the toilet, please consider the following guidelines:

1. Rails *must* be screwed into a stud or dwang/noggin . These are the wooden framing located inside the wall.
2. If you cannot find a stud, or they are not in the right place, attach a piece of treated wood to the studs along the line that you plan to put the rail. Alternatively, get a builder to install the rails.
3. Rails placed on a 30° angle, or vertically (upright) are easier to pull on than those placed horizontally (straight across).
4. To decide where you want the rail, sit on the toilet and reach forward a little to where you would like the support to be. Find the nearest stud to that location to screw the rail into. The rail should end up being about the same distance from the toilet as your knees are, when seated, and the same height as your waist, standing up.
5. If you install a 450mm vertical rail then you are also able to hold it standing up to adjust your clothing.
6. Standard rail-length sizes are: 300mm, 450mm, 600mm, 900mm.



Vertical rail



Angled rail

If at any time you are in doubt as to where to fit the rails, please consult a builder.

Notes:

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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 gave this to you.

For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz