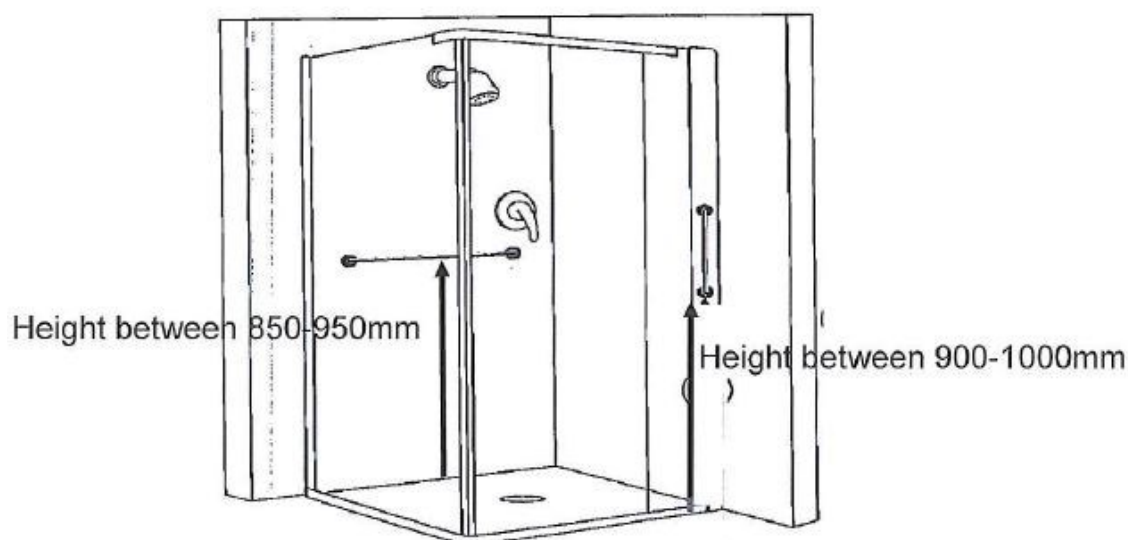


## Installing Support Rails in the Shower

### Client Information - Occupational Therapy

#### When installing support rails in the shower, please consider the following guidelines:

1. Shower entrance: if you have a solid door frame on the shower cubicle then a small vertical rail (300-450 mm) can be installed here to aid stepping in/out of the shower. This should be at a natural hand grip height. A guide line height to the base of the rail is between 900-1000 mm from the floor.
2. Inside the shower: a rail can be installed either horizontally or vertically, depending on the studs available and what is best for you.
3. Rails *must* be screwed into a stud or dwang/noggin . These are the wooden framing located inside the wall.
4. Stainless steel rails are recommended in wet areas as they will not rust.
5. Make sure all screw holes are sealed and watertight.
6. Standard rail-length sizes are: 300mm, 450mm, 600mm, 900mm.



7. If you have a separate shower-mixer, make sure that there is at least 150mm clear space between this and any shower rails.
8. Please contact a builder if you have any concerns such as appropriate fixation onto a moulded shower cubicle.
9. Stainless steel handrail which is knurled provided the benefit of better handgrip.

**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 accepts 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](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)