

The Bath Chair (or swivel bather)

A bath chair is used to shower a person in a sitting position by providing a stable seat over the bath. Following these instructions will help you to assist bathing someone safely.

Safety Warning

- Do not assist with showering if you feel unsafe or unsure how to proceed on your own. Contact your nurse instead.
- Do not use if the bath chair appears damaged in any way.
- Do not allow the person to use the bath chair by themselves. They need help from a carer or a nurse.
- Only use the bath chair over the bath. Do not use it over a shower.
- Do not use the bath chair over baths that have narrow edges or have unusual shapes.
- Always be aware of slippery wet surfaces before moving.
- Using a non-slip mat in the bath tub is recommended.

Before you start

- The bath chair should have been assembled over the bath by your nurse or occupational therapist.
- The bath chair is assembled in two pieces – the base and the seat. First, check the base of the chair is securely fixed to the bath tub before each use. Ensure it is fastened against both inside edges of the bath tub using the wing-screws.
- Then check the bath chair is securely fixed to its base. The chair slides firmly into the base.
- Ensure the chair is positioned away from taps to enable legs to swing into the bath.
- A hand-held shower-hose should be used with the bath chair. The hose can be plugged into the bath spout.



Lock chair by lowering lever-lock before sitting.



Lower onto chair using chair handles. Lift lever-lock to swivel into bath.



Lift legs into bath and lock chair back into position. Sit in chair during bathing at all times.

Further information

Contact your nurse or health professional if you need further assistance.
www.caresearch.com.au

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Sitting down on the bath chair

- 1 Before assisting someone onto the chair, swivel the seat so that the front of the seat is facing the person. Lift lever-lock on side of the chair to do this.
- 2 Make sure that the chair is locked into position before the person sits on it. Check the lever-lock is lowered and the seat does not swing freely.
- 3 Help the person to back up towards the chair and grab the chair by the handles before lowering themselves down onto the seat. Lift the lever-lock and then start to swivel the chair slowly towards the inside of the bath.
- 4 Encourage the person to lift their legs into the bath but offer to help if required. Make sure you don't strain your back. Bend at the knees to help lift the person's legs one at a time.
- 5 When the chair is in position ensure that it locks into position.
- 6 Ensure the person keeps sitting on the chair during bathing.

When bathing has finished

- 1 When finished bathing unlock the chair by pushing up on lever and turn the chair back towards the outside edge of the bath.
- 2 Assist the person to lift their legs out of the bath if required, helping to lift one leg at a time.
- 3 Make sure the chair locks back into position before assisting the person to get up.
- 4 Assist the person to dry-off completely (including bottom of feet).
- 5 Ensure the floor is dry before the person gets up. Using a non-slip mat on the floor beneath the person's feet is recommended.
- 6 Encourage the person to gently lift from the bath chair using their legs and pushing up from the arms of the chair.
- 7 Never let the person you are assisting hold or hug you around your neck while you are helping them.
- 8 Clean the bath chair with soapy water after each use.



When finished lift lever-lock and swivel back.



Lift legs out of bath. Lock back into position.



Use handles to get up from chair.

Loddon Mallee Regional Palliative Care Consortium

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