

How to use a Bath Board



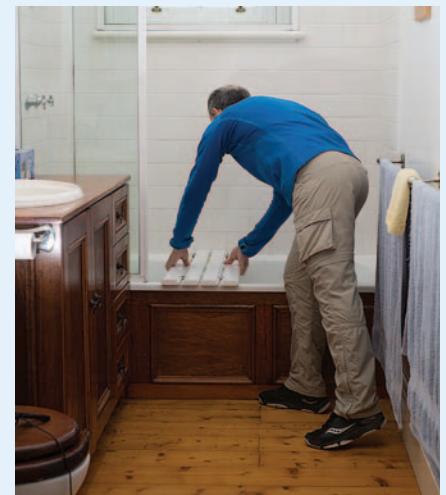
A bath board makes bathing safer by allowing users to sit over a bath without stepping over the ledge. Following these instructions will assist you to bathe someone safely.

Safety Warning

- Do not assist with bathing if you feel unsafe or unsure how to proceed on your own. Contact your nurse instead.
- Check the bath board to make sure that it is not damaged in any way.
- Do not let the person use the bath board without help from a carer or nurse.
- Grab rails should be fitted within easy reach of bath tub to assist with lowering and raising from bath. Speak to your nurse if these have not been installed.
- A bath board should only be used over the bath. It cannot be used over a shower recess.
- Do not use on 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

- Put the bath board securely in place by:
 - a. Moving the sliding pieces under the board to firmly reach the inside edges of the bath and tighten screws securely.
 - b. If your bath board has a handle, it should be positioned at the bath edge furthest away from you.
- A hand-held shower hose should be used whilst bathing. There are hoses available that fit onto the bath spout. Speak with your nurse or occupational therapist for more information.



Place the bath board on the bath firmly.



Further information

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

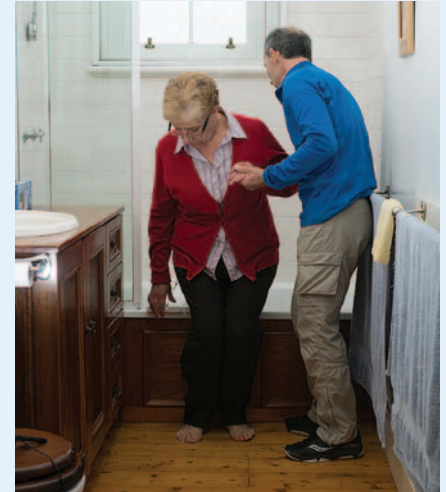
www.lmrpcc.org.au

Sitting down on the bath board

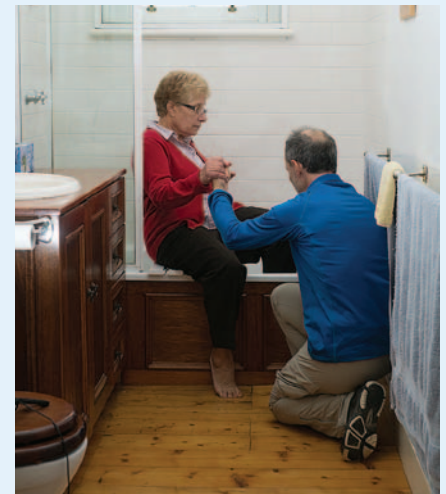
- 1 Help the person to sit down safely on the bath board.
- 2 Encourage the person to lift their legs into the bath but offer to help if required. Make sure you don't strain your back. Bend at the knees to help lift the person's legs one at a time.
- 3 The person should rotate slowly as they raise their legs into the bath, without twisting the upper body, to avoid injury.
- 4 Ensure the person remains sitting on the board while having their bath.
- 5 Use the hand-held shower-hose to rinse them off.

When bathing has finished

- 1 Ask the person to move towards the side of the bath they are to leave from.
- 2 Ask them to hold on to the edge of the bath for support, if required.
- 3 Encourage the person to lift their legs out of the bath but offer to help if required.
- 4 Make sure you don't strain your back. Bend at the knees to help lift the person's legs one at a time.
- 5 Have the person swivel around so their feet are squarely on the floor.
- 6 Ensure there is a non-slip mat for the person to stand on.
- 7 Assist the person to dry-off completely (including bottom of feet).
- 8 Mop up any excess water on floor.
- 9 Assist the person to gently lift from the bath board holding on to any grab rails within reach (or the edge of the bath).
- 10 Never let the person you are assisting hold or hug you around your neck while you are helping them.
- 11 Regularly wipe the bath board and clean with soapy water.



Offer gentle assistance to help the person sit on the bath board.



The person should rotate slowly as they raise their legs into the bath.