

# A Guide to Bathroom Safety



# How to Transfer Safely in the Bathroom

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Assistive technology (AT) is a piece of equipment, device or system that provides people with practical solutions to everyday life activities. You can search our National Equipment Database [www.askned.com.au](http://www.askned.com.au) to view a range of products online.

There are a wide variety of transfer aids to assist with getting into and out of the shower or bath and on and off the toilet safely and independently.

## Transfer benches

Have four legs with rubber tips to prevent slipping. There are various types of seats available that can slide or swivel. The legs of transfer benches are height adjustable to compensate for height differences in the tub or shower. Part of the bench goes into the tub, up against the far wall, and the legs are adjusted so the bench is level and not touching the edge of the bathtub.

The user sits down and slides across and can then sit on the bench while bathing. Transfer benches may have a side arm on the part of the bench that sits in the bath to assist the user in standing and sliding.

## Rails

Can be fixed or clamped on to assist with transfers in and out of the bath. A clamp-on rail on the side of the bath can give support to help with getting up out of the bath from a seated position. Fixed rails can give support while getting your legs into the bath safely when in a standing position. Make sure rails are installed securely with the appropriate fasteners.

## Shower chairs or stools

Allow a user to sit down while showering to help prevent fatigue and reduce the risk of falls. Arm rests, backrests and height adjustable legs provide additional support while transferring.

## Permanent shower benches

Can be fixed to the wall and fold up when not required.

## Bath hoists

Hoists can assist lowering and raising a user in and out of the bath. They have a waterproof remote and provide a supported seated position while bathing.

## Slip resistant products

Products such as mats, liquid applications and adhesive strips reduce the risk of slipping when applied to the bath or shower surface.

## Toilet frames and seats

Over toilet frames and raised toilet seats are a great way of raising the height of the toilet, making it easier and safer to transfer on and off.

## Other safety tips

- Sit down to wash yourself. Use a bath transfer bench, shower stool or shower chair.
- Use a long-handled back sponge or toe washer, soap-on-a-rope, or soap in a 'wash mitten' to eliminate unnecessary bending that may cause dizziness and a fall.
- Sit down to dry and dress yourself.

Find out more about a wide range of helpful products and devices on NED, our National Equipment Database at [askned.com.au](http://askned.com.au). Need help with NED? Call our helpline on 1300 885 886.

Our experienced health professionals can also assist in providing strategies and advice on finding and using the right product for you. Call us on 9381 0600 or complete an appointment request form via our website at [www.indigo.org.au](http://www.indigo.org.au)