



## Bathtub Safety Rails

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This information is a general guideline. Please consult a healthcare provider for instructions specific to your situation.

There are many styles and models of bathtub safety rails. When installed and used properly they can increase your safety during tub transfer. When not installed or used properly they can be dangerous. This information is a general guideline only.

### **Installing the Tub Bar**

NOTE: Bathtub construction varies and these products may not be appropriate for use on all bathtub styles. Bathtubs with sloped inner walls may not provide the tub bar sufficient holding ability, which could

be a safety risk. Do not use a tub safety bar that you cannot secure to the tub adequately.

1. Loosen the gripping device
2. Place the tub bar over the top of the tub wall with the external non-skid pad against the outside of the tub wall and the internal pad on the inside of the tub wall.
3. Place the bar upright with the cutout portion flat on the top of the tub
4. Tighten the gripping device until considerable resistance is felt, but DO NOT over tighten.
5. Check the tub bar for stability by trying to move it side to side

## **Using the Tub Bar**

### **ALWAYS check the tub bar for proper tightness before using**

- When entering or exiting the bathtub, hold the tub bar securely by applying force on the lowest gripping position
- If using a tub bar with an upper and lower gripping position, do NOT use the upper position when lowering or raising yourself into or out of the tub. The upper gripping position is NOT designed to support an individual's total weight. Pushing or pulling the upper gripping position in a sideways motion will loosen the tub bar and may cause injury
- Always observe the weight limit noted on the label. Most standard tub bars have a weight limit of 250#.