

# Bath Transfer Bench

*These instructions are guidelines only. Use only as instructed by your healthcare provider.*

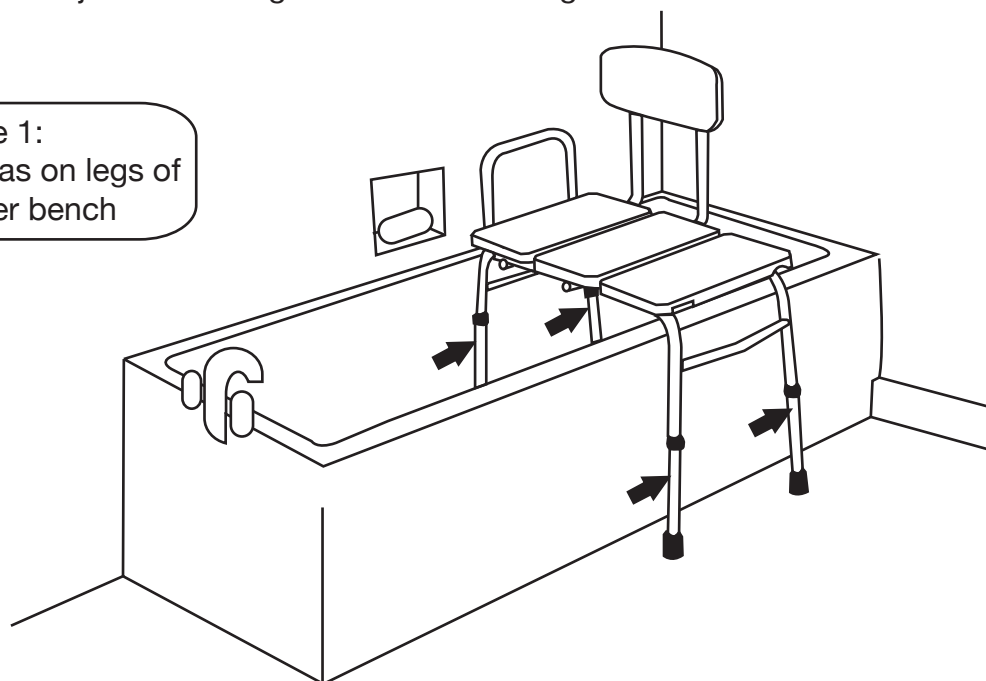
## What is a Bath Transfer Bench Used For?

The bath transfer bench is used to assist you in entering and exiting a bathtub.

## How Do I Install the Bath Transfer Bench?

- Most tub floors are higher than the bathroom floor. Before using, ensure that the two legs of the transfer bench inside the tub are adjusted to the same height and the two legs outside the tub are adjusted to the same height. When installed, the bench should be approximately level (Figure 1). The legs must reach the floor and the bench should not rest on the tub wall.
- To make adjustments, depress the spring button in one leg and slide the leg up or down to the selected height. Adjust all four legs to the desired height.

Figure 1:  
Adjustment areas on legs of  
bath transfer bench



- WARNING** Ensure that the spring buttons protrude fully through the adjustment holes of the leg frames.
- Place two legs of the bath transfer bench over the tub wall. The legs inside the tub should be as close to the far wall of the tub as possible. The handle should be on the same side as the wall. If it is not, call the Red Cross for guidance.
  - To remove a bench with suction cups, pull up on the tabs on top of the suction cups.

## How Do I Use the Bath Transfer Bench?

- WARNING** Always test the bath transfer bench for stability before use.
- WARNING** Supervision or assistance when using the bath transfer bench is recommended for users with limited mobility.
- WARNING** To increase safety, use a slip resistant bath mat when using the bath transfer bench



## Transferring onto bench from a seated position (wheelchair)

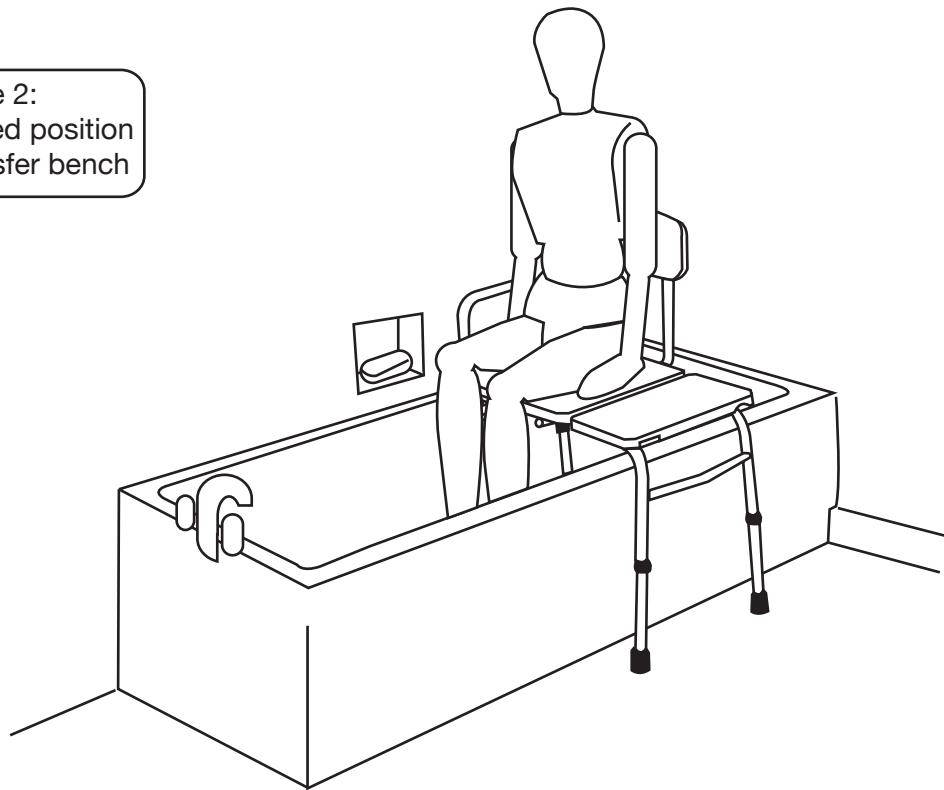
- Place your wheelchair next to the bench, facing the front of the bathtub.



**WARNING** Engage wheelchair wheel locks.

- Transfer your torso to the transfer bench first, then lift your legs into the tub. Be sure to turn slowly, without twisting, to prevent injuries.
- Slide over to a comfortable position in the center of the tub (Figure 2).
- After bathing, lift your legs out of the tub first, then lower your torso into the wheelchair.

Figure 2:  
Correct seated position  
on bath transfer bench



## Transferring onto bench from a standing position

- Sit on the side of the bench that is outside the bathtub.
- Extend your arm to grab the side arm of the unit for support (if present) and slide your body over to the center of the bench. Lift each leg over the tub wall.
- After bathing, slide over to the edge of the bench and move your legs out of the tub. Turn slowly, without twisting, to avoid injury. Press down on the seat and stand.

## How Do I Care For the Bath Transfer Bench?

- Wipe the bath transfer bench dry after every use.
- Wash the bath transfer bench with mild soapy water. Avoid using abrasive cleaners.

*Please ensure that equipment returned to the Red Cross is clean and in good condition.*

