

Bathboard/Bath Seat

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What is a bathboard or bath seat?

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A bathboard is a seat that sits across a bath tub. It is used for safe transfers in and out of the bath. The person can remain seated whilst showering. A bathboard can also be known as a bath seat.

When should I use a bathboard?

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A bathboard is used if you are feeling unsafe, weak or unbalanced, while getting in and out of your bath. Please call your local community service team or speak to your Doctor about a referral to an Occupational Therapist. An Occupational Therapist will recommend you to use a bathboard if necessary.

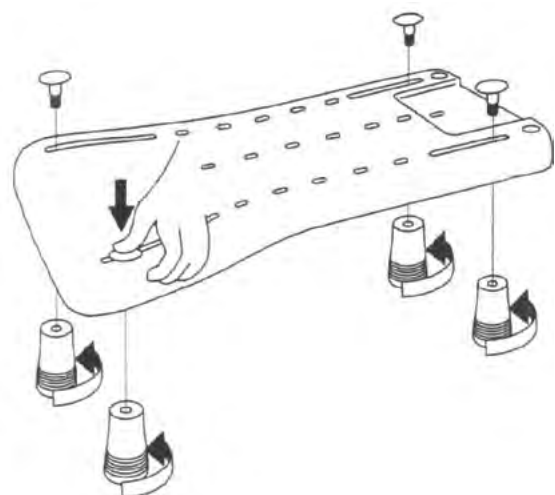


How should I adjust the bathboard to fit my bath?

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It is important for your safety that the bathboard is placed onto the bath properly.

1. Position the bathboard on top of the bath so that the handrail is close to the wall.
2. Turn each adjustor peg beneath the bathboard anti-clockwise to loosen it.
3. Move each of the four adjustor pegs beneath the bathboard so that they fit snugly against the inside walls of the bathtub.
4. As each peg is adjusted to the correct position, tighten the peg by turning it clockwise. Check that each peg is tight and cannot move.
5. Allow safe access to taps and grab rails.
6. Some bathboards or bath seats have drainage holes that may trap the user's genitalia. Consider using a wash cloth or similar item as a protective barrier between the user and the seat.



**Occupational Therapy Departments (St George, Sutherland and Calvary Hospitals)
Locked Bag 21, Taren Point NSW 2229**

If you need an interpreter, please call TIS National on 131 450

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How should I use the bathboard?

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To get into the bath

1. Sit down on the bathboard from outside of the bath
2. Hold on to the rail on the bathboard
3. Swing your feet into the bathtub

To get out of the bath

1. Stay seated
2. Hold the seat rail
3. Swing your feet out of the bath
4. Place your feet firmly on the floor and stand up

How should I care for the bathboard?

1. Regularly check that the adjustor pegs are in good condition and provide sufficient grip to the inside walls of the bath
2. Clean the bathboard using mild soap and water or non-abrasive cleaner
3. Let the bathboard dry
4. Regularly check that the seat rail is securely attached. Tighten if necessary
5. Ensure regular maintenance. Report any faults or breakages to the equipment loan pool office immediately



Your equipment has been issued to you by:

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Please speak to your Occupational Therapist if you have any questions about using the bathboard.

Your Occupational Therapist:

Your Occupational Therapist: _____

Phone:

Phone: _____

Interpreter Services

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Professional interpreters are available if you need help understanding or speaking English.

Interpreter services are free and confidential. You can ask for an interpreter if one is not offered to you. The staff will book the interpreter for you. If you need an interpreter so you can contact us, please call the telephone Translating and Interpreting Service on 131 450.

This pamphlet has been developed to provide you with information regarding the purpose, safe use and installation of your prescribed equipment. This information serves only as a guide and must be used in conjunction with education from your Occupational Therapist.

This resource has been written by the combined Occupational Therapy Departments of The Sutherland Hospital, St George Hospital and Calvary Hospital 2015.

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