

Bath Board

GUIDE FOR INSTALLATION AND SAFE USE

What is a Bath Board?

A Bath Board, also known as a bathtub transfer board or bath seat board, is a specially designed device used to assist individuals with limited mobility in safely entering and exiting a bathtub. It provides a person with reduced, balance, mobility and/or strength the ability to independently and safely wash when a shower recess is not available.

Installation prior to first use

All instructions contained within this document should be used alongside any information provided by your occupational therapist. This product should only ever be used for its intended purpose as described in this document.

- 1. Measure your tub prior to first use:**
 - Ensure the Bath Board is compatible with the dimensions of your bathtub. Minimum internal bath width 425mm and maximum internal bath width 635mm.
- 2. Positioning:**
 - Place the Bath Board across the width of the bathtub.
 - Ensure it rests securely on both sides of the tub.
- 3. Securing the Bath Board:**
 - Adjust all four legs to ensure they are fixed securely to the internal sides of the bathtub. After any adjustments fixings should be rechecked and, if required, re-tightened.
 - Make sure the swivel seat is centred on the board and rotates freely.
- 4. Stability check:**
 - Apply gentle pressure to ensure the board does not shift or move.
 - Verify that the swivel seat rotates smoothly, and seat cover is securely attached.
- 5. Weight capacity:**
 - Q-assist Bath Board has a safe working load of 150kg, never exceed this limit as doing so risks product failure and injury.

Safe use

- 1. Preparation:**
 - Before using the Bath Board, ensure the bathroom floor is dry to prevent slipping.
 - A non-slip bathroom mat should be used on the edge of the bath at the point of entry and exit.
- 2. Entering the tub:**
 - Sit on the swivel seat with legs outside of the tub.
 - Slowly rotate yourself on the swivel seat ensuring your movements are steady and deliberate.
 - Ensure the swivel seat locks into place once you are comfortably in the bath. The swivel seat has 360° of rotation and locks in place at 90° intervals.



- 3. During bathing:**
 - Maintain a firm grip on the handle of the Bath Board or any grab rails installed in the bathroom at all times.
 - Avoid sudden movements and take your time to prevent slipping.
- 4. Exiting the tub:**
 - Reverse the entry process: rotate the swivel seat to face outside the tub before standing up.
 - Use grab bars or other supports as needed to stand safely.

Cleaning & maintenance

- Ensure Bath Board is regularly cleaned with a mild disinfectant.
- Bath Board should be allowed to dry in between use.
- Fittings should be regularly checked to ensure that they do not become loose after normal operation.
- Never use if the Bath Board is or appears to be damaged, the product may require replacing.

Product safety

- Your occupational therapist will provide specific recommendations tailored to your circumstances for use of this product. Instructions contained within this document are designed to be used in conjunction with occupational therapist recommendations.
- Always use a non-slip bathmat at point of entry and exit.
- Your occupational therapist will recommend whether it is safe for you to stand in the bath directly from the Bath Board. Anti slip matting should be used in the bath.
- Don't step into the bath before sitting down on the Bath Board.
- Always use a shower curtain to minimize the amount of water spray.
- **Never attempt to move the product while under load.**
- **Never load more than 150kg on the product.**
- **Never use the product if there are any signs of damage.**
- **Never use this product in anyway other than the intended use as disclosed within this document.**