

Bath board

What is a bath board?

A bath board is made of polished timber or plastic (sometimes padded) with water drainage holes. The bath board has a sliding support mechanism underneath, making it adjustable to fit most bathtub widths.

What is a bath board used for?

A bath board is used as an energy conserving and safety device for the bathtub. It is used so that you don't have to step over the edge of the bath and allows you to sit when having a shower.

Setting up the bath board

To fit the bath board to your bathtub:

- Loosen the wing nuts located underneath the bath board
- Place the board on top of the bath and adjust the width of the sliding clamps to fit the rim of the bathtub
- Position the bath board so that you can reach the taps when sitting and have enough room to lift your legs over the side of the bath
- Adjust the side against the wall first by tightening the wing nuts, then adjust and tighten the nuts on the outer rim edge.



Precautions

You do not need to stand up at any time in the bathtub. If you have a shower curtain, pull the shower curtain around the board and hang inside the bath to stop water splashing over the floor. Otherwise, ensure the bathroom floor is dry before transferring out of the bathtub.

Don't step into the bath before sitting down on the bath board. When getting out of the bathtub, stand up only when both legs are outside on the bathroom floor.

This equipment is recommended based on your current needs. No responsibility is taken for improper/inappropriate use or maintenance of the equipment. Please contact occupational therapy if there are any concerns.

Getting into the bathtub/recess

1. Sit on the edge of the bath board outside the bathtub/recess.
Pivot on your bottom so you are facing the taps.



2. Slide towards the bathtub/recess so your calves are touching the side of the hob.

Remain seated and lift one leg at a time over the bathtub/recess.

You may need to hold onto the hand rail for support.



3. When both legs are in the bathtub/recess, slide on your bottom towards the middle of the transfer bench while holding onto the hand rail.



3. You can dry and dress yourself while sitting on the transfer bench (Step 1 Image).

Occupational Therapist:

Notes:

Getting out of the bathtub/recess

1. To get out of the bathtub/recess, slide over to the side of the bathtub/recess and lift one leg at a time over the side of the bathtub/recess (Step 3 image)
2. When both legs are on the bathroom floor, slide yourself towards the edge of the bench (Step 2 image)



This publication has been reviewed and approved by Townsville HHS health consumers.



© The State of Queensland (Townsville Hospital and Health Service) 2018, creativecommons.org/licenses/by/4.0/au

