

# Tub transfer bench

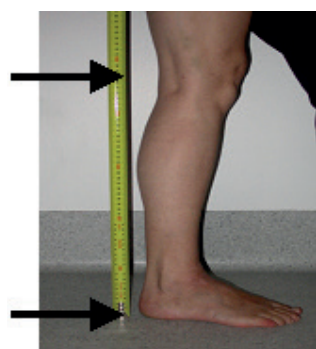
## What is a tub transfer bench?

A tub transfer bench is made of a powder-coated, steel frame with textured plastic seat and drainage holes. It has four height adjustable legs, to allow for individual height adjustment.

## What is a tub transfer bench used for?

The tub transfer bench can make getting in and out of the bathtub (or shower recess) safer and easier. It is used so that you don't have to step over the side of a bath or high hob of a shower recess.

## Recommended height



Your Occupational Therapist can recommend an appropriate seat height for you. If you have not been given a recommended height, you can estimate an appropriate height yourself. To do this, stand barefoot and measure

your lower leg from knee crease to floor then add 5cm. This will give you the appropriate height for the seat once raised.

## Setting up the tub transfer bench

- Always ensure that there are two legs in the bathtub/shower recess and two legs positioned outside of the bathtub/recess
- The hand rail should be located inside the bathtub/recess closest to the wall
- Each leg of the tub transfer bench has height adjustable legs

- The legs in the bath often need to be adjusted lower than those outside to allow the seat to be as level as possible
- Position the tub transfer bench facing the bath taps and shower rose.



## Precautions

You do not need to stand up at any time while in the bath. Other equipment that can be used with the transfer bench includes a flexible shower hose (if you have a shower curtain) and a non-slip mat/tread.

Check with supplier that the load capacity of the bench is compatible with your weight. The standard weight limit is usually 100kg.

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 bench outside the bathtub /recess.

Swivel or 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.



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

**Occupational Therapist:**

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



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