

# Bath Board

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

## What is a Bath Board Used For?

A bath board is a wooden or plastic board that spans the width of the bathtub and rests on the sides. The bath board is used to enter and exit a bathtub.

## How Do I Install the Bath Board?

**! WARNING** Do not install the bath board if there is a shower door track on the bathtub.

### Wooden Bath Board with Wingnuts (Figure 1)

**! WARNING** The back ledge of the bathtub must be wide enough for the bath board to rest safely (minimum 1-inch flat edge). If the ledge is too narrow, do not use the wooden bathboard.

1. Loosen wingnuts on underside of adjustor bars A and B.
2. Place bath board on tub, in desired position.
3. While pressing bath board against the back wall, slide (wall end) adjustor bar A against the tub and tighten wingnuts securely.
4. While pressing bath board against back wall, slide (front end) adjustor bar B firmly against inside surface of front wall of bathtub, and tighten wingnuts securely.

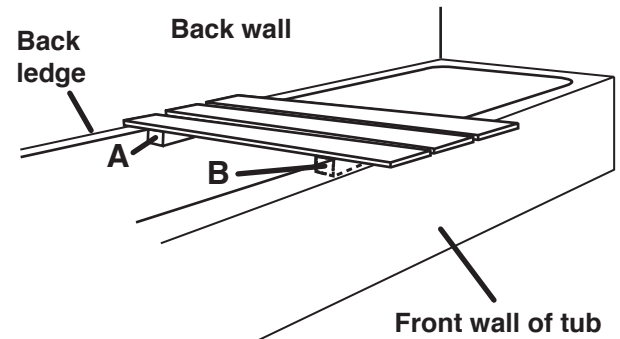


Figure 1: Installation of wooden bath board

**! WARNING** Check to ensure that the back edge of the bath board is as close to the back wall as possible.

**! WARNING** Each time before using, check the wingnuts for tightness and the bath board for stability. Adjust as necessary.

### Bath Board with Adjustment Legs (Figure 2)

1. Loosen adjustment legs slightly and move them outwards so they make contact with the inner wall of the bathtub.
2. Retighten adjustment legs. The bath board should fit securely in the bathtub.

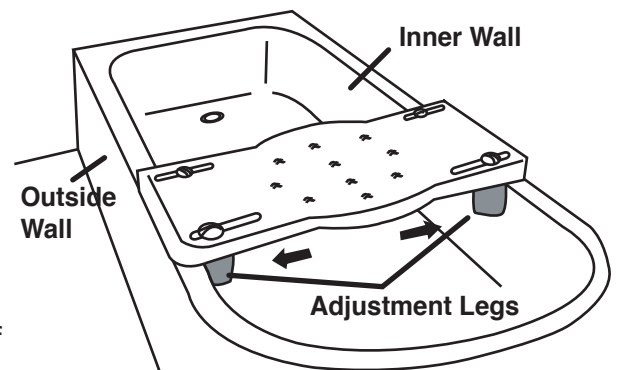


Figure 2: Installation of bath board with adjustment legs

**! WARNING** When installed the bath board should not exceed the outside wall of the bathtub by more than 2 cm.

### **Bath Board with Adjustment Bracket (Figure 3)**

**WARNING** The back ledge of the bathtub must be wide enough for the bathboard to rest safely (minimum 1-inch to maximum 2-inch ledge). Do not use the bath board with free standing bathtubs, or bathtubs with no back ledge.

1. Ensure the back edge of the bath board is as close to the back wall as possible.
2. Securely tighten the threaded knob into the bracket tube assembly, providing a snug fit of the bath board against the back wall.

**WARNING** Test to see that the bath board is properly and securely locked in place on bathtub before using.

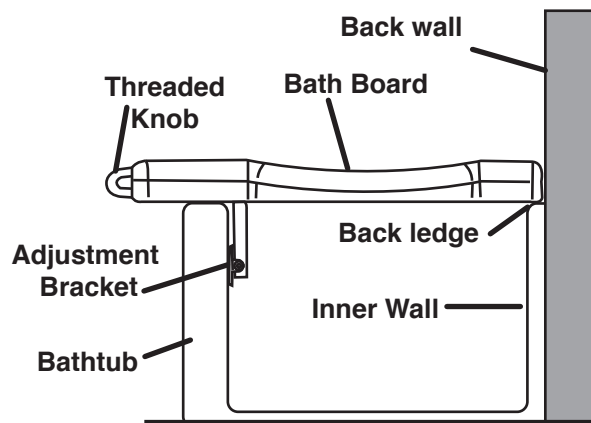


Figure 3: Installation of bath board with adjustment bracket

### **How Do I Use the Bath Board?**

**WARNING** Supervision or assistance when using the bath board is recommended for users with limited mobility.

**WARNING** Before each use, test to ensure that the bath board is securely in place.

**WARNING** To increase safety, use a slip resistant bath mat when using a bath board.

1. Sit on the side of the bench that is outside the bathtub, with your feet on the floor.
2. Slide towards the center of the bath board.
3. Lift each leg over the tub wall. Turn slowly, without twisting, to avoid injury.

### **How Do I Care For the Bath Board?**

- Clean the bath board with a mild soap, detergent or household cleaner. Do not use solvents, such as acetone, lacquer thinner, lighter fluid or turpentine.

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

