

Assistive Equipment: Bathboard

A bathboard is a seat designed for use with the bath to increase safety and independence with bathing. The bathboard allows you to get in and out of the bath while sitting down.

A bathboard is made of timber or plastic, with drainage holes so water can pass through. It has two sliding supports underneath that make it adjustable to fit your bath width.



How to set up the bathboard:

1. Loosen the wing nuts under the board so the sliding supports move easily.
2. Position the board on the bath. Make sure the lip of the bath that is against the wall is wide enough for the board to support it securely (at least 30mm).
3. Move the sliding supports on the underside of the bathboard so that they sit firmly against the inside of the bath. Tighten the wing nuts.
4. Place the board in the best position along the bath to allow you to:
 - a. Reach the taps, and
 - b. Have enough room to bring your legs over the side of the bath.

Precautions:

It is important to check the weight limit of the bathboard before use. This should be shown on the manufacturer's guidelines. Be sure the bathroom floor is dry before getting out of the bath.

Looking after the bathboard:

You should clean the bathboard after each use by wiping it down with warm soapy water. Air the bathboard at least twice a week in direct sunlight to prevent mildew from forming. Do not use harsh or gritty cleaners. If there is a build-up of residue, treat it with diluted disinfectant. Please follow manufacturer's guidelines if in doubt.

Using the bathboard:



Set up the bathboard according to the instructions listed above. Make sure it is stable before using.



Sit on the bathboard with both feet on the floor.



Lift your legs one at a time, over the edge of the bath, whilst remaining seated.



Ease yourself across to the centre of the bathboard.

To get out of the bath, do these steps in reverse.