

Carers Equipment Safety Card – The Bath Board

A bath board safely assists individuals with a bath and / or whose shower is over a bath. It helps the person to safely get into the bath and can be used as a seat while attending to personal care.

1. Safe use:

- The bath board can be easily fitted across the top of most baths which have a wide flat edge.
- Move the sliding pieces under the board to touch the bath and tighten to secure.
- If your bath board has a handle, it should be positioned at the far end of bath.
- Check that the bath board is secure before each use.
- Sit down on the bath board and then swing each leg over the edge of the bath. This avoids standing on one leg and losing balance.
- Remain sitting on the board while attending to personal care. A hand held shower-hose may be helpful. There are hoses available that plug on to the bath spout.

2. Features:

- Width adjustment system or sliding piece to enable it to fit snugly in most baths
- Anti-slip rubber pad that improves safety
- Drain holes to keep water off sitting area
- Portable, easy to use and light weight.



3. Safety precautions:

- A bath board is the only type of seating that should be used in a bath.
- A bath board should only be used for a bath or a shower over the bath.
- A bath board **cannot** be used if your bath has multi-level, shaped or narrow edges, or if you **ONLY** have a shower recess

4. Who should use a bath board?

Bath boards should be used for individuals having difficulty getting into and out of the bath, or difficulty in the shower, due to any of the following conditions:

- | | |
|---------------------------------------|---------------------------------------------------|
| <input type="radio"/> reduced balance | <input type="radio"/> hip replacement precautions |
| <input type="radio"/> muscle weakness | <input type="radio"/> fatigue |
| <input type="radio"/> joint stiffness | <input type="radio"/> shortness of breath |

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Purpose: To provide information that supports and reinforces the education and suggestions provided by nursing or support staff.

Note:

- If you don't feel confident, have any difficulty assisting with this or have any concerns, please let nursing or support staff know.
- If this equipment is faulty or damaged in anyway, please let nursing or support staff know.
- To clean - regularly wipe over and clean with bathroom cleaning products.

Please contact: The Community Palliative Care Service if you have any concerns.

Further Information: www.caresearch.com.au

Acknowledgements: Occupational Therapy Department- Swan Hill District Health

Disclaimer: The Community Palliative Care Service and all persons involved in producing this information sheet will not be held responsible for any adverse event or loss from the implementation of all or part of this information. All reasonable efforts will be made to ensure that the item this information sheet pertains to is maintained to a high safety standard.

Please return this card to the Community Palliative Care Service when no longer required.