

Information Sheet – Bath boards

This sheet provides some useful information on how to measure the correct size of bath board and guidance on how to use it.

What is a bath board?

The board is made of reinforced plastic.

It is designed to sit across the top of the bath and sits on the edges of the bath. It is secured in place by brackets that fit against the side of the bath.

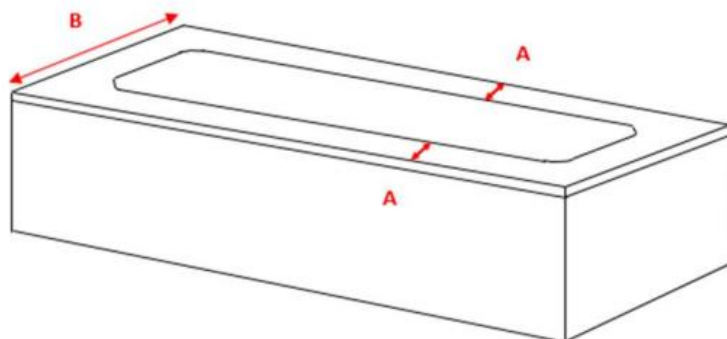
It allows you to access your bath to use an over-bath or handheld shower.



How do I measure my bath for a bath board?

You need to take 2 measurements of your bath.

- 1) **Measurement A** – Measure the width of the ledges of the bath. They must be at least 25mm wide on each side. If they are not this size the bath board cannot be secured safely and will not be safe to use.
- 2) **Measurement B** – Measure the width of the bath. This will give you the size of the board you require. Ideally the board should be the same size as the width of your bath. If the width is not the same, you can go slightly wider - but the board should not overhang the side of the bath by more than 20mm



Please also check the 'Safe Working Load' for the bath board to ensure it is appropriate for your weight.

How do I use a bath board?

- 1) Ensure the board is secured in position.
- 2) Sit on the edge of the board with your legs against the side of the bath and feet on the floor.
- 3) Shuffle your bottom along the board towards the middle as far as you can.
- 4) Place one hand onto the board for stability and then swing your legs over the edge of the bath one at a time.
- 5) Put your feet on the bottom of the bath and slide into the middle of the board.

Where can I buy a bath board?

Below are some suggested online and local retailers, but there are many others:

Manage at Home (Medequip):

www.manageathome.co.uk

CareCo in Milton Keynes & Stevenage:

www.careco.co.uk / 01908 310770 & 01438 342440

Disability Resource Centre in Dunstable:

www.drcbeds@org.uk / 01582 470900

Amazon:

www.amazon.co.uk

Safety advice

Please ensure that you follow the manufacturer's instructions to install and use the bath board. Test the bath board when it is secured in position and make sure it does not move before you use it.

However, if you have any concerns and feel that you would like further advice from a Health or Social Care professional, please contact the relevant team:

Bedfordshire		
ELFT	Community Therapy Teams	0345 6024064
Luton		
Luton Borough Council	Occupational Therapy - Adults	01582 547659
	Occupational Therapy – Children	01582 548652
Milton Keynes		
CNWL	Occupational Therapy – Children	01908 724600 (option 3)
Milton Keynes City Council	Adult Social Care	01908 253772

Disclaimer

The decision to purchase this piece of equipment is entirely yours.

By proceeding with purchase, you acknowledge that you will bear full responsibility for the maintenance of the equipment.

Ensure you use the equipment safely and in accordance with its instructions. Any improper use of the equipment will solely be your responsibility.