

**Additional information from your Occupational Therapist:**

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If you have any questions or require further advice please ring the Hawke's Bay Hospital Equipment Loan Store  
Phone: 06 878 8109 ext 5761

**For further information please contact:  
06 878 8109 ext 5761**



Reviewed June 2014

# Transfer Bench



## Instructions for setting up a Transfer Bench at home



## Instructions for setting up a Transfer Bench at home

### To adjust height:



- Push in the metal buttons on the legs and adjust height until bench becomes level, ensure buttons are completely popped out.
- The height must be adjusted so the bench is level when in the shower/bath.

### To fit bench:

#### Bath

- Position the bench with the handle and suction feet inside the bath
- Ensure the suction cups are holding the transfer bench firmly in place.

#### Shower

- Position the transfer bench with the handle and suction feet inside the shower
- Ensure there is enough room when seated on the transfer bench for your legs to swing into the shower

**BACK REST ON BENCH CAN BE REMOVED IF NOT REQUIRED**

### To use: BATH



- Sit down on the end of the transfer bench
- Move your bottom backwards towards the middle of the bench
- Swivel your bottom round and lift legs over the bath edge
- Use handle if required.



### To use: SHOWER



- Sit down on the end of the transfer bench
- Slide your bottom along the bench until you are inside the shower
- Use the handle if required.

### To get out of bath or shower

- Do the previous steps for bath and shower in reverse and ensure you push off the bench with two hands.

**MAXIMUM WEIGHT CAPACITY IS 130KG**

