



How to Use a Bath Transfer Bench



This information is a general guideline. Please consult a healthcare provider for instructions specific to your situation.

A bath transfer bench makes getting in and out of the tub safer and easier.

Installing a Bath Transfer Bench

1. Place the two legs with suction cups inside the tub and as close to the far wall of the tub as possible. The legs should be resting flat on the tub floor, not the tub wall. The arm rest should be on the same side as the far wall.
2. Adjust the two legs outside of the tub so that the bench is level. Make sure that the two legs inside the tub are adjusted to the same height and the two legs outside the tub are adjusted to the same height. The spring buttons should fully protrude through the adjustment holes. Always test the stability of the bench before use.
3. If the bench includes a backrest, make sure the backrest is on the side of the bench that allows the user to sit facing the front of the tub, or whichever direction they prefer to face. The backrest on some transfer benches installs on either side of the bench to accommodate any bathtub.

Transferring to a Bath Transfer Bench from a Wheelchair

1. To transfer from a wheelchair to a bath bench, place the wheelchair so that it faces the front of the tub, next to the bench.
2. Transfer your torso from the wheelchair to the bench.
3. Then lift each leg over the side of the tub.
4. Slide over until you are sitting in front of the backrest in the center of the tub. Grab the arm rest to help you slide over, if needed. Move slowly and avoid twisting to prevent injuries.
5. To transfer back to the wheelchair, slide over to the edge of the bench, lift each leg over the tub wall, and then transfer your torso into the wheelchair.

Transferring to a Bath Transfer Bench from a Standing Position

1. To transfer to a bath bench from a standing position, sit down on the side of the bench that is outside the tub.
2. Reach out and grab the arm rest for support, if needed.
3. Lift each leg over the side of the tub wall.
4. Slide your body over to the center of the bench, with the backrest behind you. To get out of the bathtub, slide over to the edge of the bench, lift each leg over the tub wall, and push yourself up from the bath bench. Move slowly