

Tub Transfer Bench

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You may need special equipment to help you take a bath or shower at home. A tub transfer bench allows you to safely get in and out of the tub.

Your health care provider may prescribe that you get a tub transfer bench. You can buy one at your local retail store or online.

How to Set Up the Transfer Bench

1. Set the transfer bench over the tub wall with two of the legs inside and two of the legs outside of the tub. The two legs on the inside of the tub have suction cups, which will help keep the transfer bench in place.
2. You will need to adjust the legs to make sure the bench (platform for sitting) is level. To adjust the legs, push in the button on the leg and move the leg up or down until the button catches the right hole. Check to make sure the bench is level and adjust, if needed.
3. You may need to adjust the backrest to face the tub faucet and shower head. To adjust the backrest, push in the buttons under the bench and slide the backrest out to move it to the other side.
4. Before using the transfer bench, try sitting on it to make sure it is set up properly.



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A tub transfer bench allows you to safely get in and out of the tub.

(over)

Getting Into the Tub

- Back up to the tub and approach the transfer bench from the side.
- Reach for the grab bar on the side of the transfer bench.
- Bend your knees and lower yourself to the edge of the transfer bench. Keep your back straight and bend only at your knees and hips.
- Slide back on the transfer bench and lift each leg over the tub.

Getting Out of the Tub

- Use a towel to dry off.
- Slide forward on the transfer bench.
- Lift each leg over the tub edge.
- Push up from the transfer bench with both hands.

If You Are in a Wheelchair

Getting into the tub

- Place your wheelchair next to the transfer bench. The backrests should be next to each other, facing the tub faucet and shower head.
- Lock your wheelchair wheels.
- Remove the wheelchair armrest closest to the transfer bench.
- Slide onto the bench, using your arms to support you.
- Lift each leg over the tub edge.

Getting out of the tub

- Use a towel to dry off.
- Slide forward on the transfer bench.
- Lift each leg over the tub edge.
- Push up from the transfer bench with both hands and slide back onto your wheelchair.
- Place the armrest back into the wheelchair.
- Unlock your wheelchair wheels.

Whom to Call With Questions

Call your health care provider if you have questions about how to use a tub transfer bench.