

PATIENT EDUCATION



Tub Grab Bars



 **Medicor**[®]
HEALTHCARE

Breathe Easier.

What Are Tub Grab Bars Used For?

Tub grab bars serve two distinct purposes. First, they give the individual “something to hold on to”, which helps to maintain stability when getting in and out of the tub. Second, a properly positioned tub bar also provides assistance in getting up and down safely once inside the tub.

Selecting the Proper Tub Grab Bar

It is important to select a tub bar with the correct type of mounting bracket to provide a tight and proper fit for your particular bathtub. Bars equipped with brackets that have straight parallel jaws cannot be safely installed in a bathtub with tapered or sloped side walls. This type of tub requires a bracket that will swivel or adjust to conform to this wall configuration.

Installation

When installing a tub grab bar, select a mounting position that provides the user with the maximum assistance. If the user has an involved hand, position the grab bar for the stronger hand. If a bath seat is being used, position the bar to permit getting in and out of the tub without stepping on the seat. If the tub bar is being used in conjunction with a wall mounted grab bar, position it so that the two bars supplement each other to provide maximum assistance.

Once the best position has been determined, be sure the mounting surfaces on the tub are clean and free of soap film, oil, or grease of any kind. Wiping these surfaces with rubbing alcohol is an easy way to get them “squeaky” clean. If the mounting brackets of the grab bar are lined or coated with rubber or plastic, it is also a good idea to wipe these surfaces with alcohol.

All tub grab bars are made exclusively for very rigid steel or cast iron porcelain tubs, and cannot be safely installed on fiberglass or plastic bathtubs. The manufacturer installation instructions that are packed with your grab bar should be followed explicitly. If you have any questions during the installation process, please call our office.

Maintenance

Test the security of the mounting by pulling forcefully on the bar in all directions. Be sure to re-check the grab bar mounting frequently for tightness and security. A poor quality bar, or one that is installed improperly, can result in greater risk of injury than the lack of a grab bar altogether. Keeping the grab bar clean and free of soap film, oil, or grease will help to retain any no-slip characteristic provided by the manufacturer.

If installed and used with care, discretion, and common sense, your tub grab bar can provide you with a good measure of safety and independence.



1-800-250-4468
E-mail: info@medicor.us
www.medicorhealthcare.com



 **Medicor[®]**
HEALTHCARE