

# Bathtub Grab Bar

*These instructions are guidelines only. Use only as instructed by your healthcare provider.*

## What is the Bathtub Grab Bar Used For?

The bathtub grab bar is designed to provide added stability when getting in and out of the bathtub. The bathtub grab bar is not designed to support the full weight of an individual.

## How Do I Install the Bathtub Grab Bar?

**!** **WARNING** All contact surfaces between the tub and the clamping pads of the bathtub grab bar must be dry and free of soapy residue. Clean and dry the bathtub grab bar and bathtub walls thoroughly before each installation.

**!** **WARNING** Bathtub grab bars may not be appropriate for use on all bathtub styles. Do not use the bathtub grab bar with a shower door track on top of the tub wall. Do not use the bathtub grab bar on bathtubs with lipped walls. Do not use the bathtub grab bar on bathtubs with sloped inner walls.

### Bathtub Grab Bar with Adjustment Knob (Figure 1)

1. Open clamps by turning the adjustment knob counterclockwise.
2. Place bathtub grab bar on tub with adjustment knob outside of tub. Secure by turning adjustment knob clockwise.
3. Test the bathtub grab bar for stability. Put a reasonable amount of weight onto the grip and try to move it from side to side. The bathtub grab bar should be extremely stable and rigid when installed correctly.

**!** **WARNING** Do not overtighten the clamp. Overtightened clamps may crack the tub wall, especially fiberglass tubs.

### Single-Grip (Figure 2) or Tri-Grip Grab Bar (Figure 3)

1. With a wrench, loosen vertical bolts enough to allow the brackets to move freely.
2. Loosen horizontal bolts so brackets will fit easily over tub wall.
3. Place bracket assemblies over tub rim with head of horizontal bolts on the outside of the tub (Figure 4).
4. Hold brackets together and tighten horizontal bolt securely with a wrench. Do not overtighten horizontal bolts as instability of the grab bar and bathtub damage can occur.
5. Securely tighten vertical bolt.
6. Repeat steps 4 and 5 for the other side.
7. Inspect the grab bar for stability by putting a reasonable amount of weight onto the grip and trying to move it in all directions.
8. If the grab bar is unstable, loosen bolts and repeat step 4 and 5.

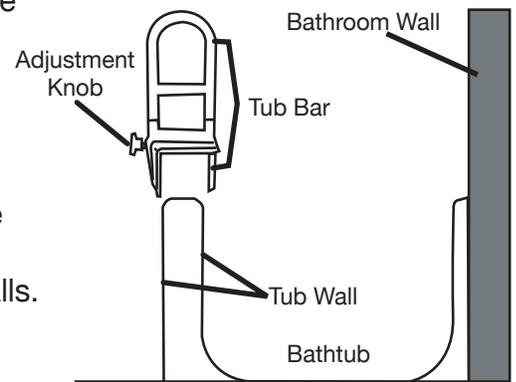
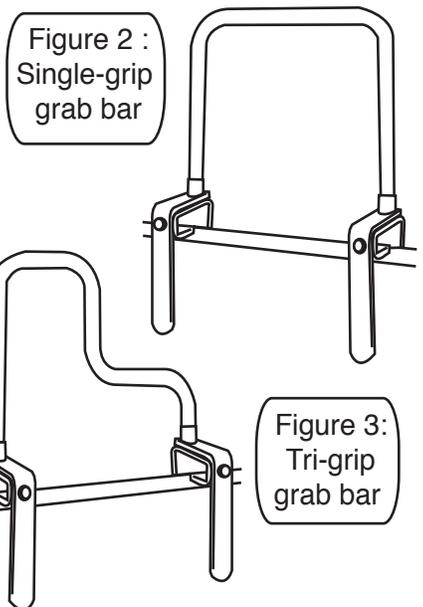


Figure 1:  
Installing the  
bathtub grab bar with  
adjustment knob



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## How Do I Use the Bathtub Grab Bar?

**⚠ WARNING** To increase safety, use a slip resistant bath mat when using a bathtub grab bar.

**⚠ WARNING** Each time before using the bathtub grab bar, test for stability by attempting to lift and move the unit. If the bathtub grab bar is still unstable after adjustment, do not use it.

### Bathtub Grab Bar with Adjustment Knob (Figure 1)

- When entering or exiting the bathtub, hold the bathtub grab bar securely by applying downward force on the upper gripping position (Figure 5).

### Single-Grip (Figure 2) or Tri-Grip Grab Bar (Figure 3)

- Apply downward force to grab bar when lowering or raising yourself into or out of the bathtub.

## How Do I Care for the Bathtub Grab Bar?

- Clean the bathtub grab bar with mild soap and water. Wipe dry after each use.
- Do not use abrasive detergents, cleaners or cloths to clean or dry the bathtub grab bar.
- Periodically inspect the installed bathtub grab bar for tightness, wear and damage.

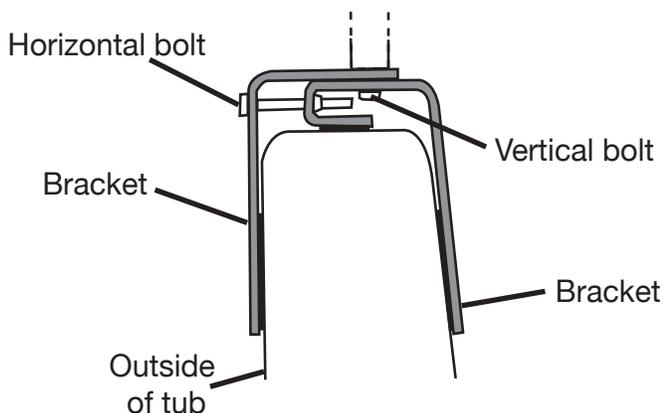


Figure 4:  
Single-grip and tri-grip grab bar  
installation

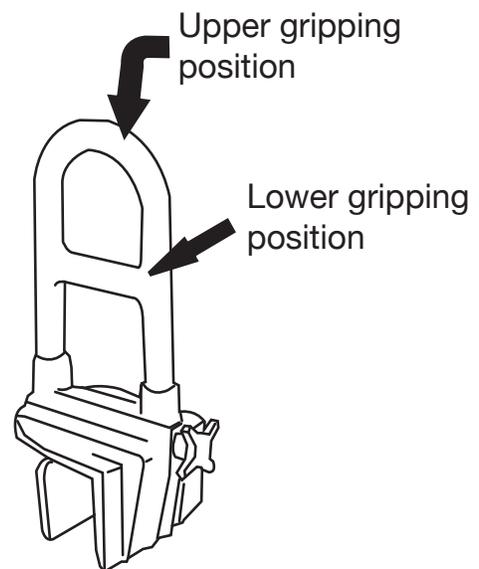


Figure 5: Gripping  
positions on bathtub grab bar with  
adjustment knob

Please ensure that equipment returned to the Red Cross is clean and in good condition.

