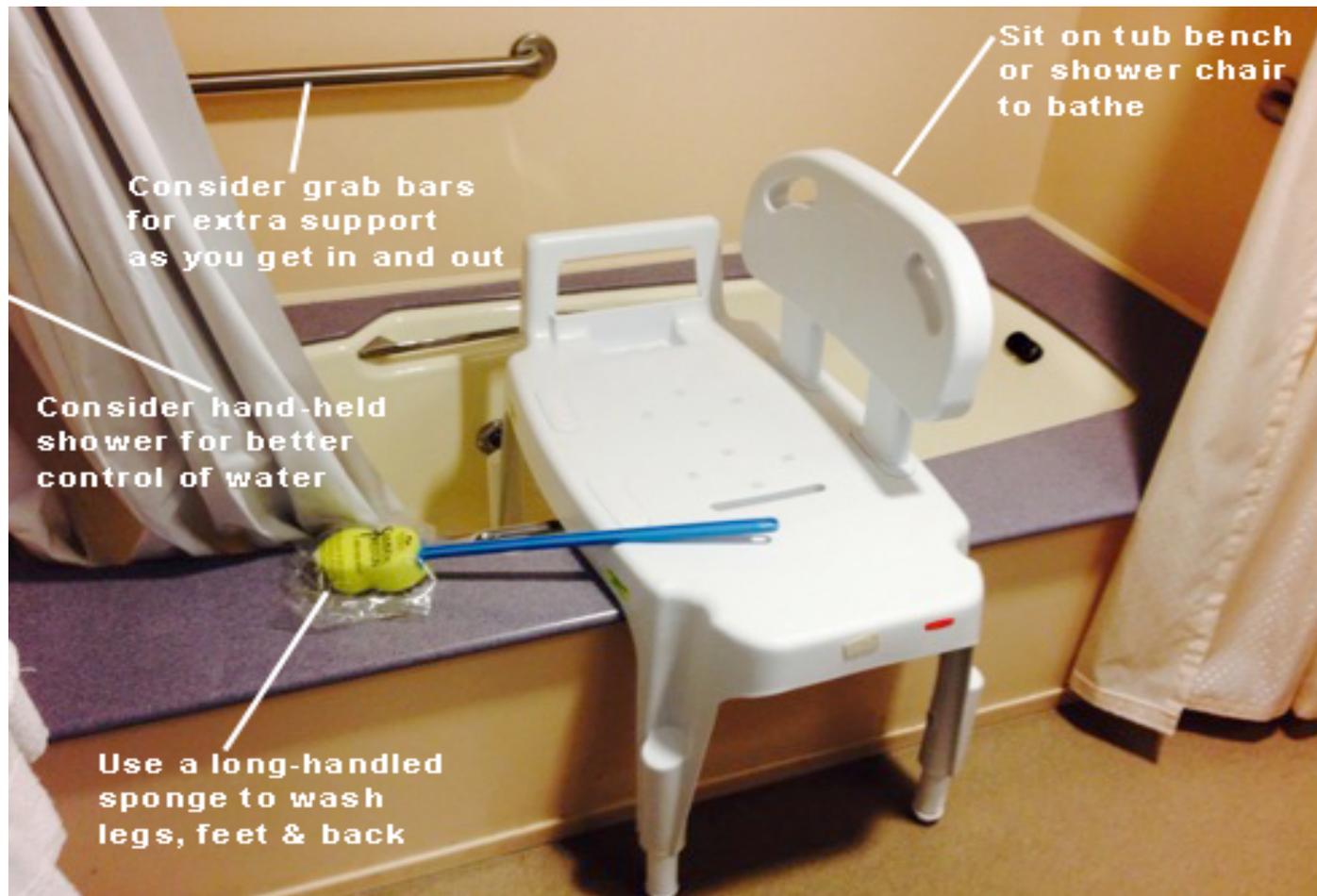


Tub Transfer Bench

- A tub bench may help you get in and out of a bathtub more easily and safely
- It is not usually covered by insurance but can be found at most discount and drug stores or online



Showering with Tub Transfer Bench

 Dry off with towel **BEFORE** standing



1. Using walker, back up to bench and feel bench behind both legs.
2. Reach one hand for seat and slowly lower to sitting.
3. Scoot back so you are sitting as far back on bench as possible.
4. While leaning back, move legs into tub one at a time.
5. Slide your body over to the center of the bench, with the backrest behind you.
6. **To get out:** Slide over to the edge of bench. Lift each leg over the tub wall. While sitting on edge of bench, come to standing using walker and pushing with one hand from the seat.