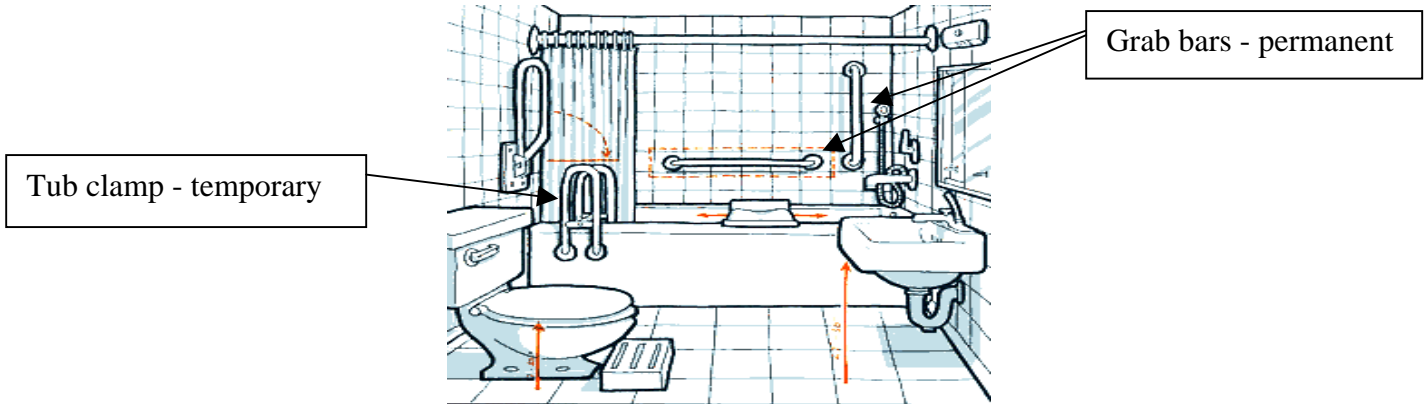


## Bathroom Safety – Grab Bars

### 1- What is a grab bar?

A grab bar is a device that can provide increased safety and independence. A permanently installed grab bar is different from a towel rack or bathtub soap dish as it is directly installed into the studs of the walls providing increased security. Grab bars can also come with a non-slip surface that provides a secure grip to hold onto and prevents slipping. Grab bars are used in the bathtub or shower stall but can also be installed by the toilet.



### 2- How do I know if I need a grab bar?

- If you've had falls in the bathroom.
- If you're having difficulty stepping in/out of the bathtub.
- If you're having difficulty getting in or out of the tub / on or off the toilet.

### 3- Which type of grab bar should I choose?

#### Wall-mounted grab bars – Permanent

Vertical bar: mounted on the side-wall to provide assistance getting into/out of the tub.

**Recommended length:** 18" to 24".

Angled bar: mounted on the back wall to provide assistance getting into/out of the tub. It can also be used when getting on and off of a bathing bench. An angled bar is also easier for people of different sizes to reach.

**Recommended length:** Angled bar: 24"

Vertical and horizontal combined (L-shaped): mounted against the back wall to assist in transferring in/out of the tub. It is the best choice to also assist you from getting up or down from a seated position.

**Recommended length:** Vertical: 24" or 32"; Horizontal: 16" or 32"

#### Clamp-on grab bar - Temporary

Also called a tub rail, this bar usually fits most standard tubs. However, it is not recommended installing this type of grab bar on tubs with a sliding glass door track or sloped inner walls. The tub grab bar provides added stability for individuals up to 250 lbs but is not designed to support full body weight.

### 4- Where can I find grab bars?

Grab bars are sold at medical suppliers, home renovation locations (ex. Home Depot) and some pharmacies. Temporary tub rails can also be found at your local Red Cross (Equipment Loan Program).

### 5- How can I install a grab bar?

The individual can generally install temporary grab bars. However, permanent wall-mounted grab bars require professional installation. They have to be anchored into the wall studs because they must be capable of supporting at least 250 lbs of force. Medical suppliers can install them for an additional fee.

### 6- How much does a grab bar cost?

The cost of grab bars varies from \$ 30.00 up to \$ 100.00 (does not include installation fee).