

# Bath board information

This leaflet explains how to measure for a bath board. If you have any questions or concerns, please speak to the occupational therapist caring for your child.

## What is a bath board?

A bath board goes across the bath tub and sits on the edges of the bath. It lets children who have movement restrictions get into and out of the bath safely.

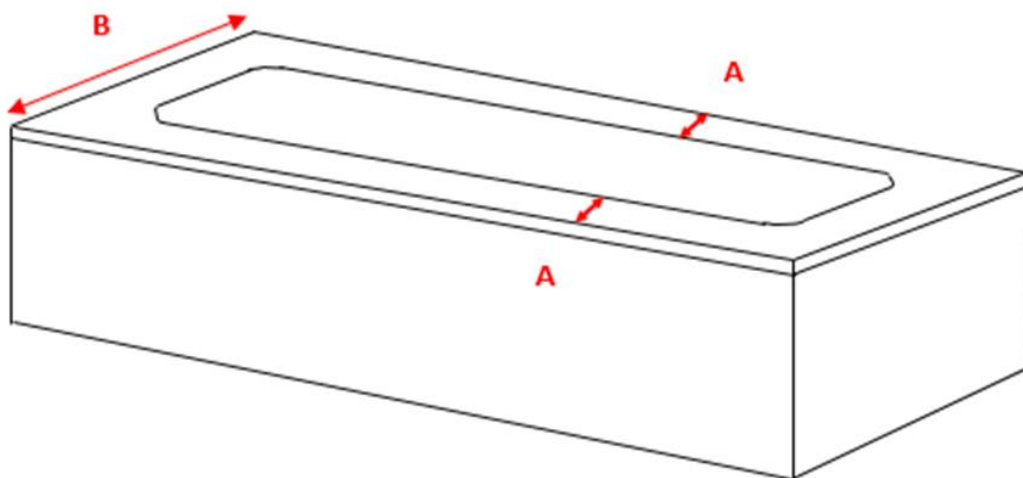
It also gives a stable, seated base when sitting down using a handheld shower.



## How to measure your bath for a bath board

Not all baths are suitable for use with a bath board. The width of the internal bath ledges (measurements **A** on the diagram below) must be at least 18mm wide on each side. If they are not this wide, the bath board cannot be secured safely and will not be safe to use.

Measure the width of bath (measurement **B** on diagram below). This will give you the size of the board you should order. The bath board length should be the same size as the width of the bath. If measurement **B** does not match a bath board size you can order a longer board as long as it does not overhang the outer edge of the bath by more than 20mm. As a guide, most average size baths are around 686mm (27 inches) wide. Baths come in lots of different sizes, so it is very important that you measure to get the right size for your bath.



## Where to buy a bath board

Below are some of the places where you can buy bath boards, but there are others. The prices are given as a guide only, and were correct when this leaflet was created.

### Some suppliers

- [www.amazon.co.uk](http://www.amazon.co.uk)
- [www.completecareshop.co.uk](http://www.completecareshop.co.uk)
- [www.healthandcare.co.uk](http://www.healthandcare.co.uk)

You can buy bath boards from other places.

Prices: £22-£24.



Savanah bath board

## Safety advice

Make sure you follow the manufacturer's installation instructions carefully when fitting it. Test the bath board is secured in position and does not slip before it is used. If there is a fault with the product, do not use it, and contact the manufacturer.

## Useful sources of information

Please read our leaflet, **Getting in and out of the bath**, for information on how to safely use the bath board. Safe transfers can also be practised with your child on the ward, by your child's occupational therapist.

### Contact us

If you have any questions or concerns about buying or using a bath board, please contact the Occupational Therapy Department at Evelina London Children's Hospital, **t:** 020 7188 9427, Monday to Friday, 8.30am-4.30pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

**Disclaimer:** It is entirely your decision whether to buy this piece of equipment. Any improper use of equipment would be your responsibility. We accept no liability for outcomes resulting from your choice of bath board provider. This information sheet has been given to you by your occupational therapist and is for your personal use only. Please do not copy or post this for anyone else. They can ask their occupational therapist for this advice too, if they need it. The prices were correct at the time of going to press, but may change.

### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003, Monday to Friday, 10am-5pm **e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

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