

## IMPORTANT

For information on how to obtain the User Instructions in other languages and formats for use by people with visual, reading or cognitive impairments, please contact: [info@nrs-uk.co.uk](mailto:info@nrs-uk.co.uk) or telephone 0845 120 4522.

Additional copies of this user instruction are available on our website [www.nrs-uk.co.uk](http://www.nrs-uk.co.uk).

### Still Having Difficulty? Here are some ideas that may help you:

Problem	Suggestion
Difficulty swinging legs over bath edge	Try a manual leg-lifter (Product Code: L33194)
Difficulty getting into position on the board	Try the NRS Slatted Bath Board Grab Handle (Product code: L71274) or try a grab rail mounted on the wall above the bath. NRS have many different sizes and styles.
Difficulty reaching down to wash lower legs and feet or up to wash hair or scalp	NRS have a range of long-handled personal grooming aids to assist with this.
User would prefer to sit lower down in the bath in order to be closer to the water	The NRS Slatted Bath Seat is designed to complement this board but any of the bath seats in the NRS range would be suitable.

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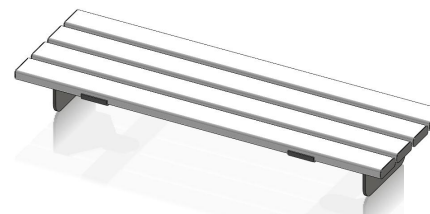
**[www.nrs-uk.co.uk](http://www.nrs-uk.co.uk)**



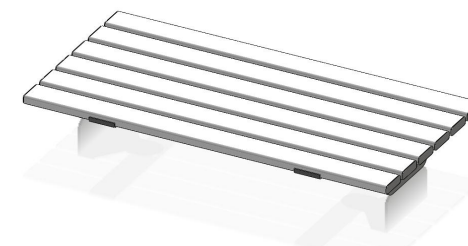
## User Instructions

## NRS Slatted Bath Board & Shower Board Range

M78342	NRS SLATTED BATH BOARD 26"(660MM)
M78354	NRS SLATTED BATH BOARD 27"(686MM)
M78366	NRS SLATTED BATH BOARD 28"(711MM)
M78378	NRS SLATTED BATH BOARD HANDLE
M78389	NRS SLATTED SHOWER BOARD 26"(660MM)
M78391	NRS SLATTED SHOWER BOARD 27"(686MM)
M78408	NRS SLATTED SHOWER BOARD 28"(711MM)



4 Slat Bath Board



6 Slat Shower Board

### General Safety Warning

Please ensure these instructions are fully read and implemented. Failure to do so may result in injury to the user. Retain in a safe place for future reference.

### Maximum User Weight



## Intended Use

The NRS Slatted Bath/Shower Board range is designed to provide a safe seating or transfer platform for use when bathing or showering. It can be used on its own or in conjunction with the NRS Slatted Bath Seat to allow the user to sit lower in the bath.

### Prior to fitting, please ensure:

- The user does not exceed 190kg (30 stones)
- The bath board is the correct size for the bath. The right size is the largest board that will fit without protruding over the edge
- There should be a minimum of 37mm (1.5") of level rim on each side, on which to support the board
- The bath surface should be clean, dry and free from oil or soap residue
- The optimum position for the board is the end opposite the taps.
- This bath/shower board should be fitted to the section of the bath where the bath sides are parallel (ie, not where the sides are curved).

## Unpacking

The bath or shower board is supplied with 2 fixing brackets and 2 hand wheels.

Remove the product from its packaging; Check for any sign of damage and that all parts are present. If you see any damage, or suspect a fault or missing item, do not assemble the product; contact your supplier immediately.

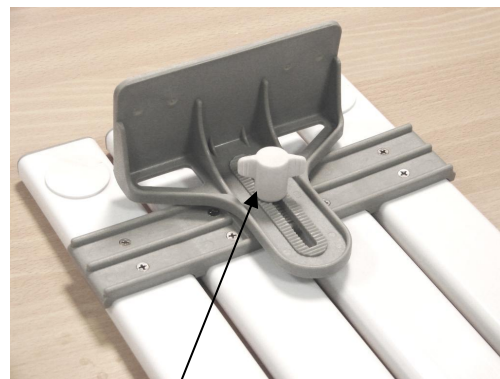
## Installation Instructions

### Installation Instructions

1. Attach the brackets to the board by loosely screwing the hand wheels (C) through the central slot, into the corresponding screw thread.
2. Place the board across the top of the bath, brackets uppermost, with the edge of the board pushed against the wall. Slide the furthest bracket into position, in line with the inside edge of the bath. Tighten hand wheel.
3. Turn Board over with furthest pads against inside edge of bath. Reach underneath and slide outermost bracket pads up to bath edge. Tighten hand wheel.
4. The bath board should now feel very firm and stable. If it does not, repeat step 3 until the board is both firm and stable.

### Removing

Slacken the hand wheel on the outer edge, slide bracket away from bath side and remove.



Hand wheel C

## Fitting Grab Handle

### (Optional – product code M78378)

Handle to be fitted centrally, on edge of board nearest to wall, angled inwards

1. Slide the Grab Handle onto the two central slats. Push it over the non-slip pads and part way between the pads and cross moulding. Tighten clamp securely with the hand wheel.
2. Push the grab handle against the cross moulding (as shown right) and give hand wheel a final tighten.

3. Fit board to bath as Installation Instructions 1-4.

### Safe Use of the Bath/Shower Board

1. Start with your feet flat on the floor and your back to the bath
2. Step backwards until you can feel the edge of the bath against the back of your legs
3. Sit on the board and move your bottom back towards the middle of the bath board
4. Lift your legs one at a time over the bath edge, into the bath
5. Move your bottom across the board until you are seated in a central position. You may need to use your arms to lift your bottom and move sideways in small stages
6. You are now ready to shower, wash down or transfer on to a bath seat to be nearer to the bottom of the bath.



## Care & Maintenance

- Check regularly, at least weekly, that the bath board remains firmly fitted to the bath. Check also for damage and/or wear and tear.
- Particular care should be taken if removing and re-fitting the board to the bath for each use to ensure correct fitting. for signs of wear or damage.
- Remove from use immediately if there are signs of wear or damage or if you cannot achieve a firm, secure fitting on the bath.

## Cleaning

- Suitable to withstand industrial cleaning up to 80° C or wipe clean with a soft cloth, moistened with disinfectant solution or cream cleaner. Ensure product is dried fully before storage or re-fitting.
- Do not use abrasive cleaners or cloths to clean or dry any surfaces