



## BATH AND SHOWER

HANDBOOK PAGES: 83-84

You can make working with residents in the tub much safer and easier with just a few common sense strategies.

The first is to develop a technique of making transfers to the tub with a **foot in the tub** by letting the water out of the tub, covering the resident to keep them warm, placing a dry towel on the bottom of the wet tub to keep from slipping and finally, the actual **POWERLIFT**<sup>®</sup> transfer.

Remember that **Wheelchair to Shower Chair Transfers** are the same basic transfer as used from wheelchair to commode. Using a shower chair with removable arm rests will greatly facilitate the transfer.

If you use a **mechanical lift** or have a **walk in tub**, remember to keep yourself safe by always staying in wide stance and using your **POWERLIFT**<sup>®</sup> Transfer Techniques.