

## How to Install?

- Identify the point of installation well:
  - Height, width and distance of hold play a critical role while installing a grab bar
  - A simple rule of the thumb is - the user must not need to lean over or stretch out while putting weight, it should ideally be vertically close for an upward/downward motion. If used as a standing aid while bathing working, it should be accessible in a 10 degrees to 30 degrees zone (downward angle) with your arm stretched straight
- Check the Wall strength:
  - Often the tiles/cement simply gives way and the grab bar falls off when the weight is applied. This is a result of a weak wall and must be protected against
  - Kindly get a professional plumber to install this unit and reinforce the material if necessary
- Drilling and not hammering: The unit comes with plastic expansion holds which should be fitted into the wall post drilling. Do not use nails to fit this unit.