

How to Install?

- **Identify the point of installation on the wall:**

- Height, width and distance of hold are crucial to consider while installing a grab bar
- Ideally, the grab bar should be installed at a height of 84 cm to 91 cm from the bathroom floor for best support while getting up from the toilet seat. This is best identified as per user need and toilet seat height though.
- 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 10 degrees to 30 degrees zone (downward angle) with your arm stretched straight

- **Check the Wall strength:**

- Ensure that the wall has sufficient load bearing capacity (160 kgs)
- 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, prior to installation of the grab rail
- Kindly get a professional plumber to install this unit and reinforce the material if necessary
- Drill and screw the 4 expansion bolts into the wall and secure them tightly

REMEMBER

- Drilling and not hammering
- Do not clean with abrasive materials - will maintain the shine of

- Only use the 4 expansion bolts provided. Do not use any other type of screws or nails.