

Thank you for purchasing the BIOS Living Suction Cup Grab Bar. It is portable, easy to use and offers a quick, non-permanent option for more support while bathing or showering. With flip-up release tabs this grab bar allows for simplified installation and removal.

FEATURES:

1. Portable
2. Flip-up release tabs
3. Non-permanent option for more support
4. Installs instantly
5. Attaches without drilling

1. SAFETY:

Read and follow all user and safety instructions before using this grab bar. Failure to do so could result in injury. If you are unable to understand the cautions laid out within these instructions, please contact your healthcare provider for assistance.

2. CAUTION:

The suction cup grab bar should only be used to **ASSIST IN BALANCING THE BODY**. It should **NOT** be used to sustain body weight. Before each use, be certain the handle is attached to the wall and not loose.

- **Do not** install grab bar if damaged
- **Do not** install grab bar on dirty or wet walls
- Use grab bar on clean, smooth, pore tight surfaces
- Always test the vacuum suction on every surface before use
- Ensure the grab bar is securely attached before each use and reattach if loose
- The suction cups must not cover any grout lines or other joints, position the suction cups $\frac{1}{2}$ " / 1.27 cm away from any joints
- Not for use in institutional settings
- **Do not** use as a climbing aid
- **Do not** place grab bar on loose tiles or damaged surfaces, this could result in injury

3. USING YOUR SUCTION CUP GRAB BAR:

1. Ensure the surface is smooth and pore tight (i.e. ceramic).
2. Check the suction cups and the surface for dirt and damage.
3. Clean and dry the surface and suction cups – see Care and Maintenance.
4. Position the grab bar suction cups so that they are not over any grout lines, cracks or gaps on the wall surface – the discs should be positioned at least $\frac{1}{2}$ " / 1.27 cm away from any joints. **(Figure 1)**
5. Lift up blue locking tabs on each end of the grab bar. **(Figure 2)**
6. Press the grab bar against the wall surface and press the blue locking tabs down. **(Figure 3)**
7. Check the vacuum suction of the grab bar by gently pulling on the grab bar before using.
8. If the vacuum suction is not achieved or does not feel sufficient, **DO NOT USE** the grab bar.
9. Before each use test the vacuum hold of the grab bar. If the hold does not seem secure, release the grab bar and reattach.

4. CARE AND MAINTENANCE

CLEANING GRAB BAR

- To clean, use a damp cloth and mild soap or non-abrasive cleaning agents
- Always ensure the rubber discs are clear of dirt, grime, dust and oil
- Keep the rubber discs away from prolonged periods of sunlight – failure to do so will result in the rubber losing elasticity and ability to form a vacuum seal
- **Do not** use abrasive detergent or cleaner to clean or dry the grab bar
- Regular cleaning and inspection is recommended
- If the rubber discs show signs of deterioration discontinue use

WARRANTY

This product is warrantied to be free from defects in material or workmanship for 1 year. It will be repaired or replaced without charge upon receipt of the unit prepaid with \$5.00 to cover handling, packaging and return postage to the address below. Please include your full name, address and daytime phone number or email address.



Figure 1



Figure 2



Figure 3