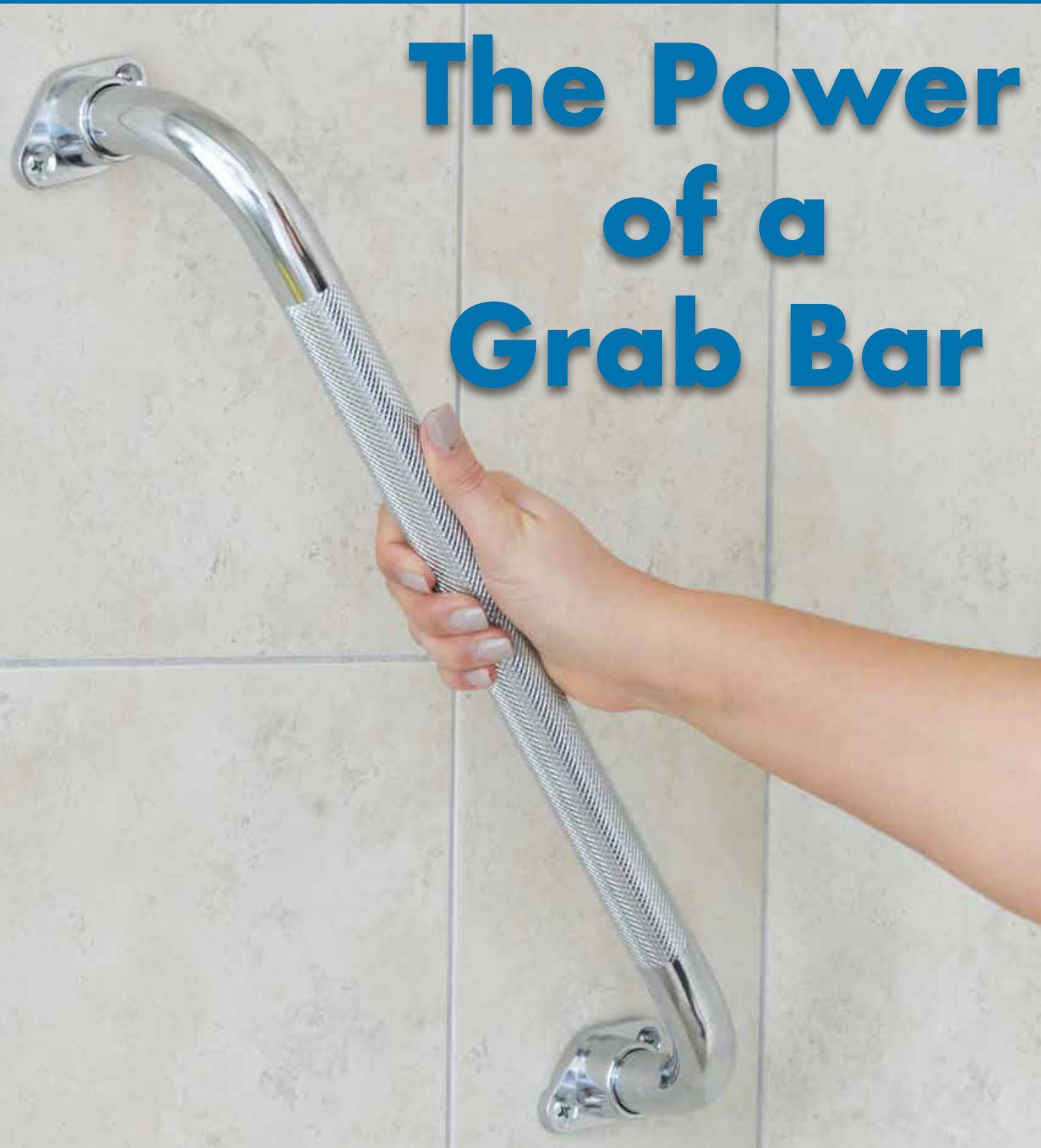


# The Power of a Grab Bar



## Why are grab bars important?

Bathrooms can be very dangerous due to slippery hazardous surfaces and can benefit from added safety. Therefore the bathroom is a good place to start making a home safer for older people, or those with balance impairments. Grab bars are safety devices designed to enable a person to maintain balance. They are also there to grab to prevent a slip or fall.

According to the Public Health Agency of Canada:

(Source: <https://www150.statcan.gc.ca/n1/pub/82-624-x/2014001/article/11922-eng.htm>)

- Falls are the leading cause of injury among older Canadians.
- 20-30% of seniors experience one or more falls each year.
- Falls are the cause of 85% of seniors' injury-related hospitalizations.
- Falls are the cause of 95% of all hip-fractures.
- 50% of all falls causing hospitalization happen at home

### Grab bars...

assist the user to move more easily without the help of another person.

create a sense of independence. Adding grab bars to your bathroom can prolong your independence and quality of life.

are a relatively inexpensive way to make bathing easier.

have simple designs but are incredibly versatile.

### There are three ways of mounting your grab bar:



#### Horizontally

Horizontal grab bars allow you to rotate your body and are sturdy allowing you to pull yourself up to a standing position.



#### Diagonally

Diagonal grab bars provide a natural motion in the hand and wrist when you grab it. They are great for lowering yourself into the tub or onto a shower bench.



#### Vertically

Vertical grab bars are especially easy to use for people with arthritis or limited range of motion. Vertical grab bars like diagonal grab bars are also good for shorter or taller people, allowing you to grip the bar at a comfortable height that works for you.

# Where should you mount your grab bars?

Grab bars should be located where they can best assist the user in preventing slips and falls. To figure out where your grab bar should go, position yourself in different areas of your bathroom. This will give you an idea as to where your grab bar should be placed to give you the extra support you need.

## Shower/Bathtub



To help with entering and exiting the shower/bathtub it's best to install a grab bar vertically near the entrance. Having a grab bar in this spot provides security. Plus you are less likely to use the towel bar for support getting in and out. A horizontal or diagonal grab bar should go on the back wall and vertical grab bar should go on the faucet wall to also provide assistance when bathing.

## Toilet

Installing a grab bar near the toilet can provide great assistance in both sitting or standing. Generally, a grab bar is installed either horizontally or diagonally near the toilet to help to support you on and off the toilet.



## How To Correctly Install A Grab Bar

If you require assistance with installation contact a professional who is in construction for further assistance.

1. Locate two studs on the wall to secure the grab bar into. Studs are typically spaced 16" (40.6 cm) apart, measure from centre to centre.
2. To locate the wall studs, tap on the wall and listen for a dull sound, or if possible use a commercial wall stud finder.
3. Once the studs are located, using a pencil, mark down the grab bars location with a level.
4. Drill the holes where you have indicated they should go.
5. Install the wall anchors into the holes.
6. Place the grab bar over the wall anchors lining up the holes.
7. Using a screwdriver screw the grab bar into place.

**NOTE:** Always make sure the grab bar you are using has been correctly and securely installed. Never use a grab bar if it feels wobbly or loose.

## Maintenance

- Check grab bars regularly to be sure the attachments are secure. Tighten loose screws making sure they are still solidly secured in the wall stud.
- To clean grab bars, wipe with a soft cloth using mild soap and water.

### BIOS Living Chrome Grab Bars

Provides discreet peace of mind. The knurled chrome finish increases grip and support while accenting most bathroom decorating schemes.

**Note:** This item must be screw-fixed permanently into the wall.

**Pull Pressure: 220 lbs/100 kg**

56089	<b>Dimensions:</b> 12"/30 cm
56090	<b>Dimensions:</b> 18"/46 cm
56091	<b>Dimensions:</b> 24"/61 cm

