



## Walk-In Baths

**A warm bath not only relaxes the mind and body it can be a great form of therapy**

### The Facts

*1. In a traditional setting the risks of accidents can out-weigh the advantages of having a regular bath.*

*2. A walk-in bath can provide the benefits of bathing while reducing the accident risk factors associated with a 'step-in' bath.*

*3. A walk-in unit can allow you to enjoy a bath more independently and potentially reduce the amount of assistance you require to complete bathing tasks.*

### Why consider a walk-in bath?

Do you miss being able to have a soak in a bath or even a spa, but are unable to navigate getting in and out of a traditional bath?

A walk-in bath could be the answer.

These bath units allow you to enjoy the benefits of having a bath whilst reducing the slipping and falling hazards associated with a standard bath and also the difficulties associated with standing up from a lying position to exit the unit.

Walk-in baths are generally very easy to install and can be fitted to most conventional bathroom settings. They can be freestanding or built in and can be installed with spa features included.

### Things to consider

Like most things there are different quality and varying priced walk-in bath units available to suit a range of different wants and needs.

There are a few points that you should consider carefully when deciding on the bath that is right for you.

## A freestanding walk-in bath allows you to install it anywhere.

### Fast filling and draining

Unlike conventional baths that you can enter once filled with water a walk-in bath requires that you enter the unit, close the door to create the necessary seal before you start the water and drain the bath before you open the door and get out.

For this reason you need the bath to fill rapidly and have a fast draining feature that allows the water to escape quickly so that you can leave and get dry and warm before the relaxing effects of the bath are replaced by discomfort and cold.

### Grab rail fittings

If the bath comes with a grab rails installed with the unit check and make sure the rail is sturdy and securely fixed. A rail fixed to the wall beside the bath may be more suitable than one fixed to the bath unit itself.

### Shower fittings

If the bath is built in and you want to mount a shower over the top, it may be a stronger and more secure option to fix a vertical rail with a removable shower head to the adjacent wall rather than have the shower fitted to shell of the bath.

### Size

Select a bath that will suit your personal stature, but also make sure that the width will not cause a problem getting the unit through the door during installation. Also check the depth of the bath in relation to the level the water will reach on you when seated in the full bath.

### Spa features

The inclusion of a spa feature in your walk-in bath can add on extra dimension to your bathing experience and can also provide good therapy for aching muscles and joints.

Check whether the spa jet stream is created by heated air or water. The water jets provide a much stronger jet than the air system which good be an advantage for easing aches and pain but also could be a disadvantage if you bruise too easily.

### Surface design

Walk-in baths are generally made of marine grade fibre glass and should have a built in non-slip

floor and seat. The seat and back should be moulded for maximum support and comfort and the arm supports should be comfortable and at a height that allows you to sit with ease.

### Temperature regulation

Check with your supplier whether or not there is a temperature regulation device included in the design of the taps to ensure that maximum recommended water temperature can be set and not exceeded.

### Reachable controls

Ensure that taps and controls are within easy reach when seated in the bath and also from outside the unit. This will reduce the risk of accidents caused by having to stretch too far or move about once in the bath.

### Other features

Some walk-in baths come with the ability to heat the seat or the bath surface while the unit is filling.

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