

How To Use TMstep2tub

4 STEPS TO GET IN TUB



1

Approach **step2tub**, grab firmly onto each bar with both hands. Please be sure to balance yourself prior to stepping up on to the base.



2

With both hands firmly on the **grab bars** gently step up onto the base.



3

While still balancing on both **grab bars evenly**, turn to the side and prepare to step into the tub.



4

Lift one leg first over the side base of the tub and **step gently** into the tub. Repeat this step for your other leg and fully step into the bathtub.



5

5 STEPS TO GET OUT OF TUB



1

After you have thoroughly dried off and the area around the **step2tub** is **free of water**, place your hands firmly on both grip bars.



2

With both hands firmly on the grip bars, lift each leg one at a time to step out of the tub.



3

Come to a standing-still position with both feet firmly on the **base of the step**.



4

(When ready) Turn slightly to the side with both feet **parallel to one another**. Be sure to continue to place both hands firmly on either side of the grab bars.



5

With both hands still gripped firmly on either side of the **grab bars**, gently step off the base and on to the floor. Please ensure that the area around the step2tub is free of any water.