

General Guidelines of Grab Bar Placement

****Choose a bar with a textured finish to prevent slipping**

Horizontal bar on shorter side wall: This location offers a handgrip to support balance while entering the tub from a standing position. Install a 24" - 36" grab bar horizontally on the wall at the foot end of the tub, (approximately 33" - 36" above the floor). Tall persons may need a higher bar.

Vertical bar on shorter side wall: Some individuals prefer using a vertical instead of a horizontal grab bar in this location. Professionals recommend an 18" - 36" grab bar, installed no more than 9" from the edge of the outside tub wall, with the bottom of the grab bar approximately 32" to 36" above the floor. A textured finish is recommended for a vertical grab bar as the hand may have a tendency to slip while wet.

Longer Wall, Top Bar: One 24" - 48" long grab bar, installed at 33" - 36" above the floor. This location offers a handgrip to support your balance while standing in the bathtub or while getting up and down when using a bath chair. Tall persons may need a higher bar

Longer Wall, Lower Bar: One 24" - 48" wide grab bar, installed 9" - 11" above the bathtub rim. This location offers a handgrip for pulling yourself up from the bathtub floor, transferring from or into a wheelchair, and getting up from a seated to a standing position when using a bath chair.

Angled Bar: (An angled bar is an alternative to the horizontal bar for getting up from the tub floor or bath chair. Specialists recommend a 24" grab bar installed at a 45-degree angle, sloping up towards the showerhead, with the lowest point approximately 9" above the rim of the tub. Please note that the use of an angled grab bar is controversial. Some specialists state that it is easier to use than a horizontal bar when getting up from the tub floor or bath chair; others state that wet hands can easily slide on angled bars and that the hand cannot easily grasp the bar during a fall when the bar is in this position.