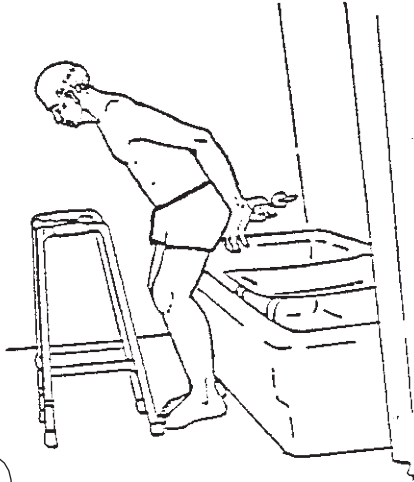
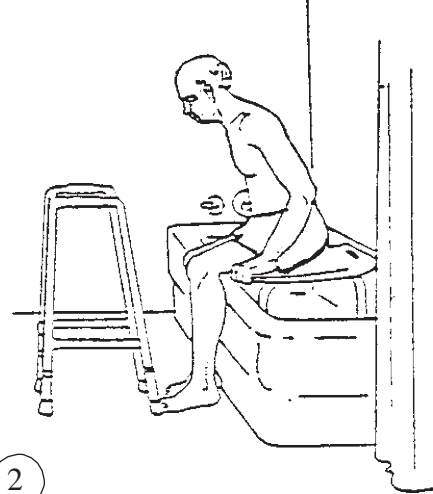




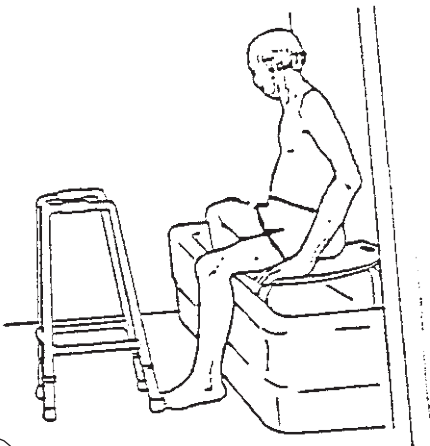
Tub Transfer Instructions



- 1 Back up to bench until calves or heels touch the edge of tub or bench.



- 2 Bend at the waist, reach back toward the bench with hands, and lower yourself down onto the bench.



- 3 When your weight is centered on the bench, swing one leg at a time into the tub. Reverse the techniques to get out of the tub.



- 4 A hand-held shower and long handled sponge will make showering easier.