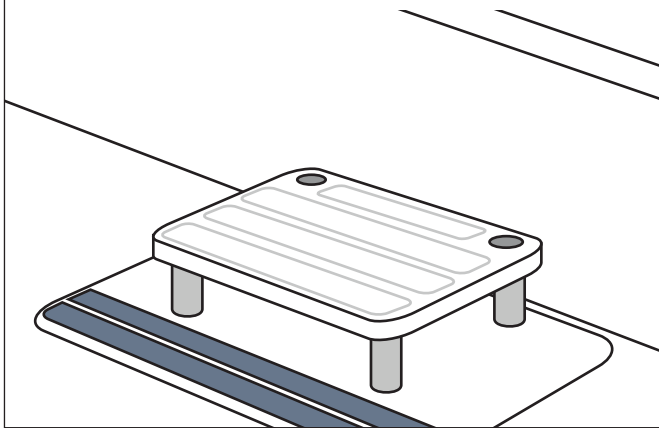
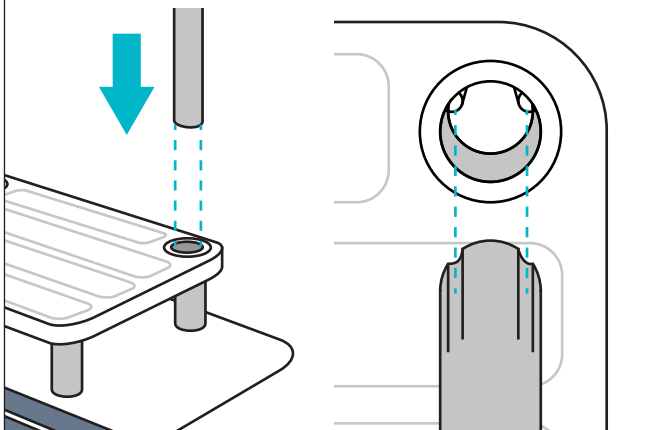


Thanks for your purchase of the Arthr Bath Step, we hope it helps make life easier whilst making your home brighter. The below steps show how to assemble it, if you get stuck please contact us at info@arthr.com

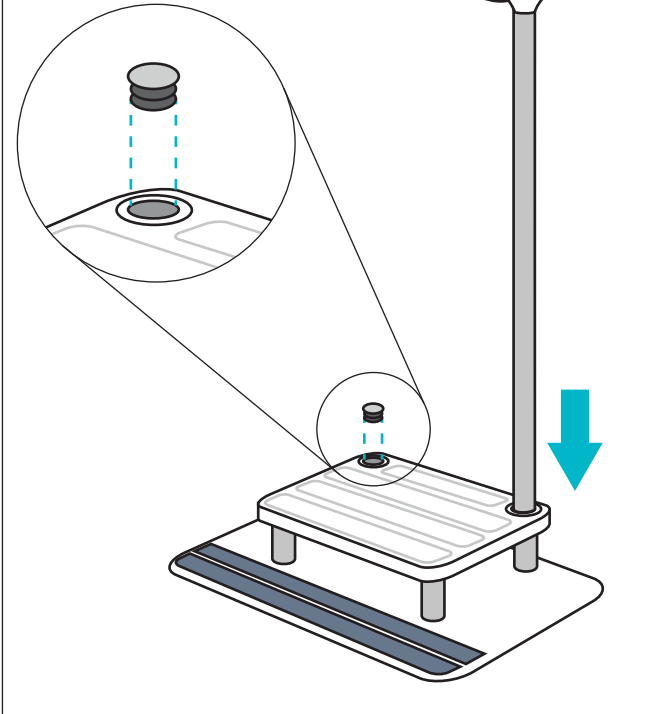
1. Position step base at the side of the bath in a place where it's easy to step in and out. Decide whether the handle would be best placed on the left or right hand side



2. Insert the handle tube into the chosen hole with the handle pointing forward and the indentations in the tube lining up with the notches in the hole.



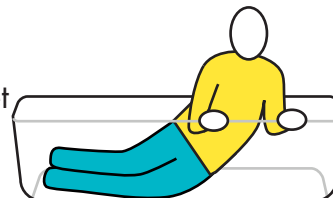
3. Ensure the handle is pushed fully home into the base before use. Insert the blanking plug into the hole you're not using.



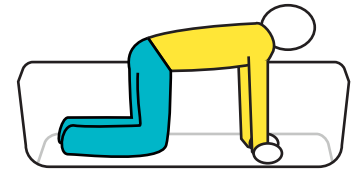
Getting out of the bath

We understand that getting up out of the bath can be an equal challenge to stepping over the side. The following guide shows how healthcare professionals recommend to do it. They also recommend securing a non slip mat in the bath.

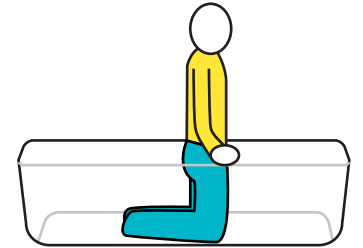
1. From a sitting position, grab the edge of the bathtub (make sure it's not wet or slippery) and pull yourself onto your side.



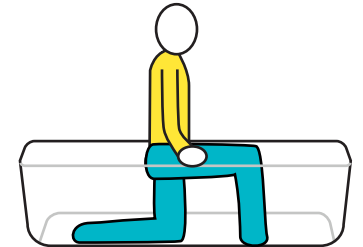
2. Next, move on to your hands and knees. Now you're facing the bottom of the bathtub.



3. From this position push yourself up onto your knees by holding on to both edges of the bathtub.



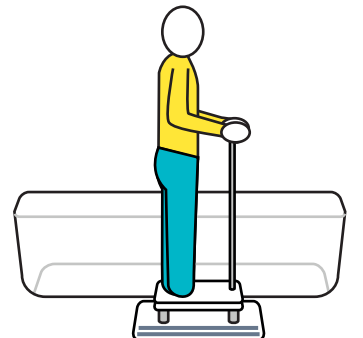
4. Continue holding on to the edges of the tub and slowly raise your knees from the floor of the bathtub.



5. Hold onto the Bath Step handle and lift one leg over the side of the bathtub onto the step.



6. Continue holding the handle and lift the other leg over the side of the bathtub onto the step



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