

# How To Use

## 4 STEPS TO GET IN TUB



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



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



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



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 STEPS TO GET OUT OF TUB



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



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



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



(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.



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.