

Installing Support Rails by the Toilet

Occupational Therapy

When installing support rails by the toilet, please consider the following guidelines:

1. Rails *must* be screwed into a stud¹ or dwang/noggin². These are the wooden framing located inside the wall.
2. If you cannot find a stud, or they are not in the right place, attach a piece of treated wood to the studs along the line that you plan to put the rail. Alternatively, get a builder to install the rails.
3. Rails placed on a 30° angle, or vertically (upright) are easier to pull on than those placed horizontally (straight across).
4. To decide where you want the rail, sit on the toilet and reach forward a little to where you would like the support to be. Find the nearest stud to that location to screw the rail into. The rail should end up being about the same distance from the toilet as your knees are, when seated, and the same height as your waist, standing up.
5. If you install a 450mm vertical rail then you are also able to hold it standing up to adjust your clothing.
6. Standard rail-length sizes are: 300mm, 450mm, 600mm, 900mm.
7. Stainless steel handrail which is knurled provides the benefit of better handgrip.



Vertical rail



Angled rail

If at any time you are in doubt as to where to fit the rails, please consult a builder.

¹stud = vertical frame beams behind the wall

²dwang/noggin = horizontal frame beams behind the wall

Disclaimer:

The above information is to be used as a guide only.

Notes

Disclaimer: (continued)

The Canterbury DHB accepts no responsibility for decisions made, work carried out, or losses suffered (by anyone) in reliance upon this information.

If you have any doubts about fitting rails, please consult a builder.

If you have any questions about this information, please contact the occupational therapist who has given it to you.

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- Enable: www.enable.co.nz
- Disability information: www.weka.net.nz
- Find a Occupational Therapist: www.otnz.co.nz/public/find-an-occupational-therapist/