



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.