



## DIYmodify Factsheet

# SKILLS NEEDED: Shower head on a sliding bar

## This project requires MORE SKILLS

For this project, you will need to:

- have a good range of flexibility and mobility,
- to hold small items steady,
- problem solve if something doesn't go to plan, and
- feel certain you can start and complete all the different tasks. Make sure you have everything that you will need to complete the task available and ready before you start!

If you can't do all these things easily by yourself, maybe get a friend or family member to help you.

If you don't want to try it or are concerned about completing it, why not get a builder or tradesperson to do the job for you! There is a quote form in DIYmodify App under Installation Tips, that you could send off to a handyperson or builder.

## EQUIPMENT NEEDED

You will need:

- adjustable shifter
- Teflon tape
- the new handheld shower head and holder if you have one.

## WHAT TO KNOW BEFORE DOING THIS PROJECT

Before starting this project, make sure you have looked at the **Electrical zones in the Bathroom** factsheet in the DIYmodify App and you know where the power points and outlets are.

Check you know where the plumbing lines are.

Check that the sliding rail you have can be used as a grab rail if this is what you wanted. If it is not a grab rail, you can fix a grab rail close by to use if it is needed.

Check you know where the studs are if your home is made with timber studs. If your home is made with steel studs, then you may have to strengthen the studs so they will be strong enough.

If your home has asbestos walls, do not drill into the asbestos. Get some help. This guide, “*Asbestos: A guide for householders and the general public*” February 2013” produced by enHealth explains about asbestos and where to get some help. If you do not know if your home has asbestos or not, seek help with this. Do NOT start until you are sure your walls are NOT asbestos.

If you are not sure what your home is made of, ask someone to help you.

### TIP:

Use resin jawed pliers or similar so make sure you don't damage the plumbing fittings!

### TIP:

Use a stud finder to locate the studs for fixing the sliding rail part of the shower.

*\*\*This information was correct at time of printing.*