



## DIYmodify Factsheet

# SKILLS NEEDED: Straight grab rail

## This project requires BASIC SKILLS.

It is essential you put the grab rail in the best place and height for your use.

You could look at the **CHOICES for GRAB RAILS** factsheet for more information.

For this project you will need to:

- read and follow written instructions;
- measure accurately;
- have a good range of flexibility and mobility;
- hold small items steady;
- balance and hold a length of rail to make sure it is straight;
- problem solve if something doesn't go according to plan, and
- feel certain you can start and complete all the different tasks for this project – if you have done a DIY project before, you will know about planning and having everything ready for finishing the project before you start!

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

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 you can send off to a handyperson or builder and can be found in the DIYmodify App under Installation Tips.

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## WHAT TO KNOW BEFORE DOING THIS PROJECT

Before starting this project, you need to know what the walls you are fixing the grab rail to are made of so that you can make sure you have the right fixings for the grab rail.

Never fix a grab bar into just tiles or plasterboard or fibre cement. It will NOT be strong enough and you could get injured.

Grab rails carry all of your weight when you are leaning on them and they must be fixed firmly into the wall. A grab rail is only as strong as the wall it is fixed to and its fixings.

If your home has asbestos walls, do not drill into the asbestos. Get some help. The Australian Government's enHealth's *Asbestos: A guide for householders and the general public, February 2013* explains about asbestos and where to get 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 your walls have timber stud frames, make sure both ends of your grab rail are fixed into a stud.

**TIP:** You can find out where your studs are, using a stud finder.

If your walls are made with steel stud framing, you may need to strengthen them with a blocking piece or a sheet of plywood.

Make sure that you know where the plumbing lines run.

Make sure you know where the electrical wiring is located.

Make sure that you have the correct fittings for the grab rail. If you weigh over 100kg, you may need to buy different fittings so that the grab rail is fixed strongly enough.

If you damage the waterproofing of the bathroom, make sure you fix it up before you use your grab rail.

## EQUIPMENT NEEDED

You should collect all the tools and equipment you will need for this project before you start. Generally, you will need the following:

- an electric drill,
- felt-tipped pen or lead pencil,
- measuring tape,
- rubber mallet or hammer,
- rubbing alcohol,
- screwdriver,
- a stud finder (if your home is stud framed), and
- the new grab rail.

**TIP:** There are many DIY videos that can be found. If you are not sure how to do this project, look at one of these before starting.

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