

# METAL GRAB BAR

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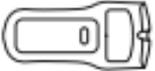
**OWNER'S MANUAL**

# METAL GRAB BAR

## WHAT'S INCLUDED

- 1pc 12" or 16" or 24" Metal Grab Bar
- 6pc 2" Stainless Steel Mounting Pan Head Screws
- 6pc Screw Anchors

## TOOLS YOU NEED

	Phillips screwdriver
	1/8 Drill Bit
	Drill
	Level
	Pencil
	Stud Finder

- Stud finder
- Level
- Pencil
- Masking tape
- Wall anchor screws if not applying directly on a wall stud OR Metal or plastic anchors
- Drill bit
  - Standard twist drill bit for wood, plaster, and drywall
  - Power Drill
  - Glass / Tile drill bit for tile or fiberglass
  - Carbide masonry drill bit for ceramic tile
- Phillips screwdriver
- Silicone caulk (optional)

## WHERE TO INSTALL GRAB BAR

Grab bars can be installed vertically, horizontally, or diagonally in your shower, bathtub, or around a toilet. Grab bars can be installed at the entrance of shower or tub.

- A vertically mounted grab bar will help you get in and out of the shower or tub.

### Install inside a shower or tub

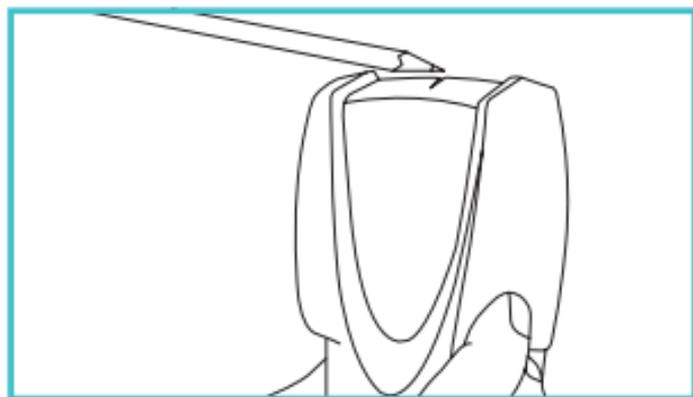
- A horizontally mounted grab bar will help you move around safely.
- A vertically mounted grab bar will add stability while standing.
- A diagonally mounted grab bar at 45 degrees will help you get on or off shower seats and will help you get in and out of the bathtub.

## HOW TO INSTALL YOUR GRAB BAR

### Step 1:

Using the stud finder, locate both edges of the studs behind your wall and mark them using a pencil. Studs are typically spaced 16 inches apart from center to center.

If you are mounting a 12" or 24" grab bar it is recommended to only diagonally or vertically mount. It is NOT recommended to mount a grab bar unless mounting both sides into a stud.



### Step 2:

Use masking tape to cover a 4" x 4" area around the marked studs where you plan to mount the grab bar. Masking tape keeps the wall free from markings, makes it easier to drill on slippery tile surfaces, and helps to prevent tile cracking.

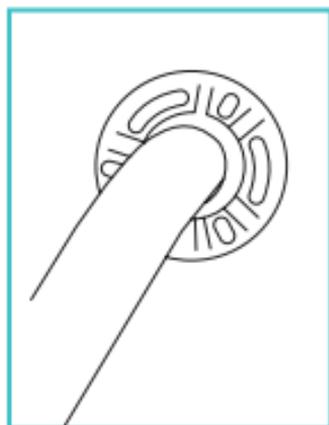
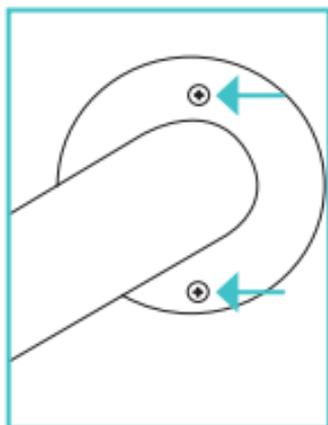
### Step 3:

Pull back the covers from the grab bar to expose the mounting flanges.

**IMPORTANT: Do not twist lock the flange covers until your grab bar is 100% mounted and the screws are in a satisfactory position.** Once these lock, they lock permanently. Position the flanges over the marked studs, try and position all 3 screw holes over the stud to ensure secure installation.

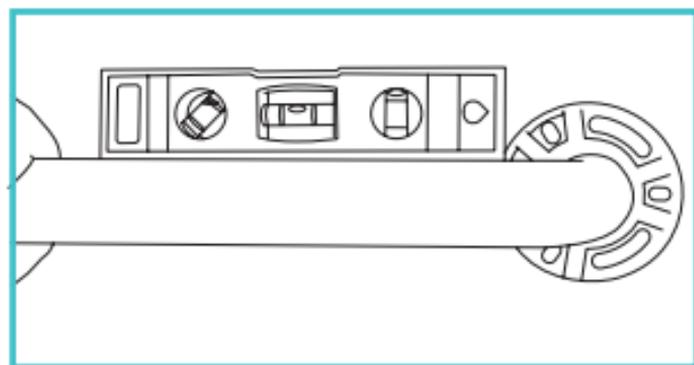
#### **NOTE:**

If the stud size or spacing does not allow for both flanges to be mounted entirely on the studs, you will need to use both standard mounting screws (included) and wall anchors (included) to securely mount the grab bar. You **MUST** mount the bar into each stud with at least 2 standard mounting screws, with a wall anchored screw used for the 3rd attachment.



#### Step 4:

Holding the grab bar in the desired position, ensure the grab bar is straight or angled properly by using a level. Ensure the grab bar is also at the correct height before proceeding.

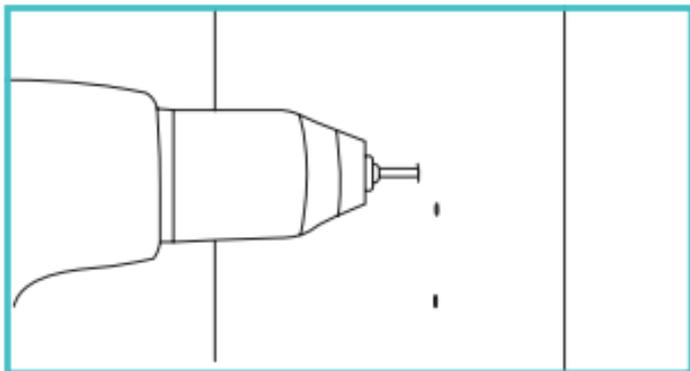


**Step 5:**

Once you are sure the grab bar is positioned properly, use a pencil to mark the locations where the screws will be drilled. Please remember that a minimum of 2 of the 3 screws on each side must be mounted into a wooden stud.

**Step 6:**

Using a 1/8th inch drill bit that is suitable for the material you are drilling in (see tools list above), drill in the pilot holes. **DO NOT** use a drill bit for a different material than you are installing into, as it may damage the surface.



### Step 7:

Remove the masking tape from the wall.

### Step 8:

**Optional:** Caulk the back of the flanges on the grab bar before mounting for added strength and water resistance.

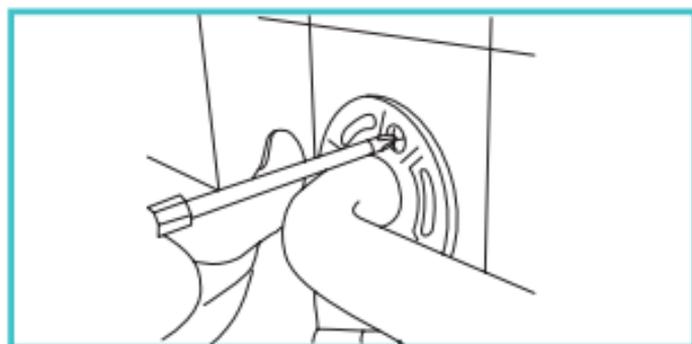
### Step 9:

**Optional:** If you are using wall anchored screws, fit the anchor into the hole and lightly tap it into the hole until it's flush with the wall. **DO NOT** install stud mounted screws before wall anchors.

Mount one standard screw through the flange on one side of the bar into a hole drilled into the stud, and secure it halfway into the hole to allow for positioning adjustments if needed.

**Step 10:**

Repeat Step 9 on the other side of the bar, and secure both screws in tightly.



Install and fully secure the rest of the screws into the holes drilled into the studs until flush with the metal flange around them.

### Step 11:

OPTIONAL: If you are using wall anchored screws, you can now secure the screws into the wall anchors.

### Step 12:

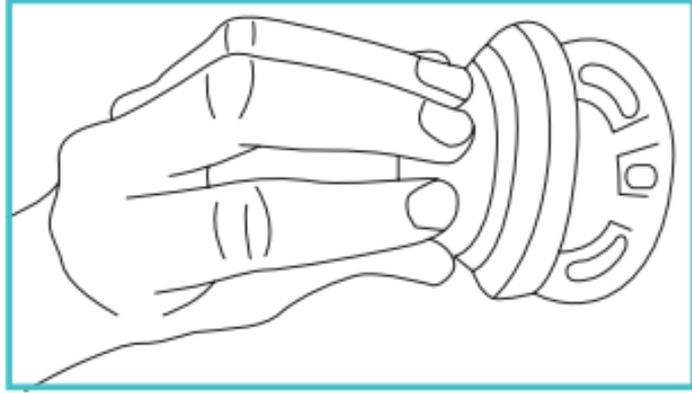
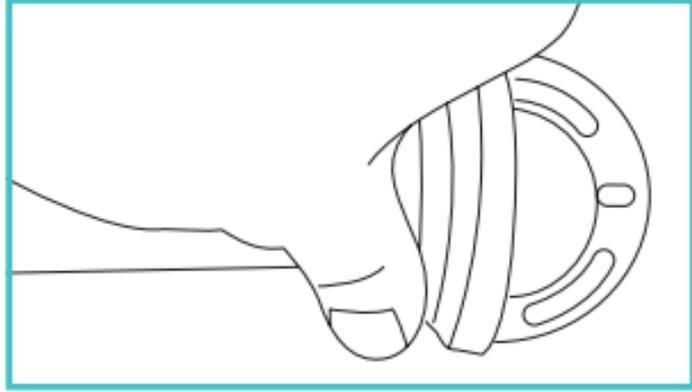
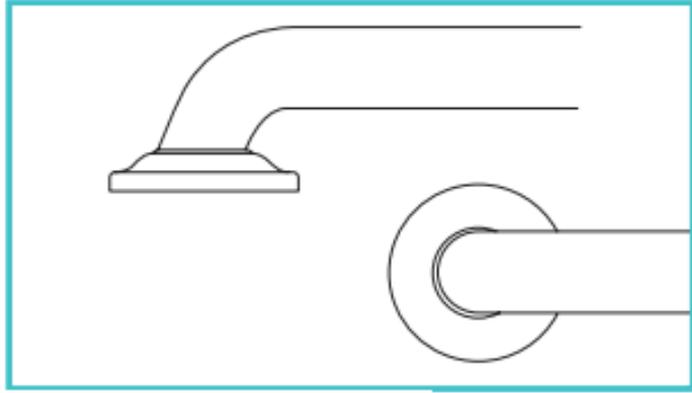
Test the grab bar by applying moderate pressure.

**Optional:** Place a small bead of caulking over each screw head to prevent water seeping into the holes. Let the caulk dry for at least 24 hours before running water in shower or bath tub.

Slide the covers over the mounting flanges and twist clockwise to lock in place if you are certain you are happy with the placement and secureness of your grab bar.

#### **NOTE:**

Once locked into place the flanges will not unlock.



## WARNINGS

- The grab bar will support up to 440 pounds of pressure.
- Always test the grab bar before every use.
- Make sure to use the correct drill bit for the type of material that will anchor the grab bar.
- Recommended to mount at least one end of the grab bar onto a wooden stud.
- Make sure to mount grab bar with at least 2 screws into a wooden stud.
- Always use wall anchors when not able to drill into a stud.
- If using caulk, let the caulk dry for at least 24 hours before running water in shower or bath tub.
- Do not twist flange covers before the grab bar is firmly mounted in the desired position.

## SPECIFICATIONS

- Length: 2", 16", 24"
- Weight Capacity: Up to 440 pounds
- Tubing diameter: 1.2 mm
- Bar diameter: 1.25" (37mm)
- Flange diameter: 3.11" (79mm)
- Flange height: 0.62" (16mm)
- Distance from wall when installed: 2.8" (72mm)

## NOTES

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## HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at [vhealth.link/3b7](https://vhealth.link/3b7) for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website

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