

# I N S T R U C T I O N S



## Groovy Grip Grab Bars

72458-0016 16" (41 cm) Groovy Grip Grab Bar

72458-0018 18" (46 cm) Groovy Grip Grab Bar

72458-0024 24" (61 cm) Groovy Grip Grab Bar

### Installation Instructions:

BOTH GRAB BAR FLANGES MUST BE MOUNTED DIRECTLY INTO A WALL STUD OR INTO A REINFORCEMENT BACKING PLATE. USING MOLLY BOLTS, NAILS OR SCREWS DIRECTLY INTO SHEETROCK WILL NOT PROVIDE ADEQUATE STRENGTH.

#### Vertical Installation:

1. Locate the wall stud.
2. Use the holes on the flanges of the grab bar as a template and mark where the holes should be drilled into the stud. 2 of the 3 holes for each flange MUST be drilled directly into the stud.
3. Drill holes to fit a #10 size screw.
4. Attach the grab bar to the stud using the 6 #10 screws provided.
5. Position the flange covers over the flanges.

#### Horizontal Installation:

1. Locate both wall studs the grab bar will be attached to. If both flanges of the grab bar do not cover a wall stud please follow the directions on horizontal installation using a reinforcement backing plate.
2. Use the holes on the flanges of the grab bar as a template and mark where the holes should be drilled into the stud. 2 of the 3 holes for each flange MUST be drilled into the stud.
3. Drill holes to fit a #10 size screw.
4. Attach the grab bar to the stud using the 6 #10 screws provided.
5. Position the flange covers over the flanges.

#### Horizontal Installation using a Reinforcement Backing Plate:

1. Locate a piece of wood that is at least 2" thick by 4" wide. This piece will need to be long enough to span 3 wall studs on the wall surface.
2. Attach the backing plate onto the wall by screwing at least 2 screws into all 3 wall studs (screws are not provided).
3. Use the holes on the flanges of the grab bar as a template and mark where the holes should be drilled into the backing plate. All 6 screws should attach to the backing plate.
4. Drill holes to fit a #10 size screw.
5. Attach the grab bar to the backing plate using the 6 screws provided.
6. Position the flange covers over the flanges.

**NOTE:** You may place some caulk around the outer edge of the flanges to seal the grab bar if you desire.



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