

General Advice: These instructions are general advice only and do not take into account your specific circumstance. These instructions are to be used in conjunction with the information provided by your health professional and any instructions provided by the equipment manufacturer. Do not exceed the Maximum User Weight specified by the manufacturer. If you are unsure on how to use or fit a piece of equipment, please contact your Health Professional or Country Care Store.

Shower Stool & Shower Chair Use

- A shower stool or shower chair is a type of medical equipment that is designed for use in the shower. It is typically used by individuals who have mobility issues, decreased balance or difficulty standing for long periods of time, and it provides a safe and stable seating option for showering
- **Shower Stool** - has a seat and may have armrests and adjustable legs. It does not have a back rest/support. A shower stool is usually required when space in the shower is too small for a shower chair
- **Shower Chair** - has a seat, backrest and may have arms and height adjustment

Safety

- A shower stool / chair should only be used in a shower, not a bath
- Ensure that the items required for showering are in easy reach when seated. It is recommended that you remain seated as much as you can during showering to reduce risk of falls
- If standing or sitting from the stool or chair always do this with both hands so the stool/chair does not tip or become unbalanced. If standing to attend to self-cares and need to hold on to something for balance, it is always recommended to use a grab rail
- A shower stool and shower chair should not be used as something to stabilise the user when entering or exiting the shower. If you are concerned about how a person is entering and exiting a shower safely it is recommended that they are assessed by an Healthcare Professional

Installation

1. Measure the space in your shower to ensure that the stool or chair will fit comfortably and that there is enough room for you to move around it
2. Clean the shower area where the stool or chair will be placed
3. Adjust the legs on the stool/chair to the appropriate height. While seated the user of the stool/chair should have their feet in full contact with the floor
4. Some stool/chairs have extra holes in one of the legs to stabilise the stool/chair on an uneven floor. Shower stools/chairs have non-slip tips to prevent movement
5. Ensure the stool/chair is stable with all four feet on the floor and cannot slide before using it



How to Use the Shower Stool or Chair

1. Ensure you can feel the shower stool/chair on the back of your legs before you sit down. Use the armrests to lower yourself, comfortably and securely onto the stool/chair
2. Dry the stool or chair with a towel to prolong its safe use

PRECAUTIONS & SAFETY

- Ensure that the chair or stool is stable on the floor and cannot slide
- Ensure that the items required for showering are in easy reach when seated

MAINTENANCE & CLEANING

- Please check the product label / user manual for specific cleaning instructions
- If the equipment appears damaged, **DO NOT USE**. It may require replacing