

# Shower Chair

## GUIDE FOR INSTALLATION AND SAFE USE

### What is a Shower Chair?

A Shower Chair is a supportive seating device designed to be used in the shower to assist individuals who may have difficulty standing or balancing while in the shower. It provides a safe and comfortable place to sit, reducing the risk of slips and falls in the wet and slippery environment.

### Installation prior to first use

All instructions contained within this document should be used alongside any information provided by your occupational therapist. This product should only ever be used for its intended purpose as described in this document.

- 1. Choose the right location:**
  - Ensure the area where you plan to install the chair is flat and stable. Legs can be individually adjusted to account for minor unevenness of the shower floor.
  - Ensure there is enough space around the chair for safe entry and exit.
- 2. Prepare the shower:**
  - Remove any unnecessary items from the shower floor to ensure the chair's feet can grip securely.
  - Ensure the water is properly draining to prevent water pooling.
- 3. Adjust height:**
  - Height should be adjusted to allow the user to sit and stand with ease. The seat height should be adjusted to a position that is most comfortable for the user.
  - Your occupational therapist can advise you on what is the appropriate height setting best suited to you.
  - Check all C-Clips are firmly locked in place. This should be completed each time adjustments are made.
- 4. Secure the frame:**
  - Ensure that all four nonslip feet are positioned firmly on the floor and the chair is sitting evenly.
- 5. Test stability:**
  - Once assembled, gently test the stability of the seat by applying slight pressure. It should feel secure and not wobble. Further adjust as required, always check brass pins are securely locked into place.
- 6. Safe working load:**
  - This product has a safe working limit of 150kg, never put loaded weight of more than 150kg on this product.

### Safe use

- 1. Preparation:**
  - Prior to showering ensure that everything you need is in the shower and that the shower floor is clear to allow for unobstructed movement.
  - Anti slip floor mats are recommended at the entry and exit point of the shower.
- 2. Sitting in the Shower Chair while showering:**
  - Position yourself so that your back is to the Shower Chair and move backwards slowly until you feel the seat behind you.



- Slowly lower yourself down onto the seat of the Shower Chair. As required, use any grab rails or other support rails installed in your shower to assist.
  - Your occupational therapist can advise the best practice most suitable to your circumstances.
- 3. Getting the Shower Chair:**
    - Make sure your feet are evenly and securely placed on the floor.
    - Move your bottom slowly to the front of the chair.
    - Slowly raise yourself into a standing position, always lead with your head and shoulders to maintain balance. Where required, use any grab rails or aids installed in the shower to assist.
    - Your occupational therapist can advise the best practice most suitable to your circumstances.

### Cleaning & maintenance

- Ensure that the Shower Chair is regularly cleaned with a mild disinfectant.
- Shower Chair fittings should be regularly checked to ensure secure attachment.
- **Never use** if the Shower Chair is or appears to be damaged, the product may require replacing.

### Product safety

#### Type B Product for domestic use.

- Your occupational therapist will provide specific recommendations tailored to your circumstances for use of this product. Instructions contained within this document are designed to be used in conjunction with occupational therapist recommendations.
- Anti slip shower mats are recommended at the entry and exit points.
- Always ensure that the Shower Chair is stable prior to use.
- Always have everything you need in the shower prior to use.
- **Never attempt to move the product while under load.**
- **Never load more than 150kg on the product.**
- **Never use the product if there are any signs of damage.**
- **Never use this product in anyway other than the intended use as disclosed in this document.**
- **If there is anything that you are unsure about in this document, please consult your occupational therapist.**