

Bath Step & Stool

GUIDE FOR INSTALLATION AND SAFE USE

What is a Bath Step & Stool?

A Bath Step and Stool is a small, adjustable, platform designed to help people safely step into and out of a bathtub or shower. It's particularly useful for individuals who may have difficulty lifting their legs high enough to get over the tub's edge or for those with limited mobility.



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 within 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 bathroom.
 - Ensure there is enough space around the step for safe entry and exit.
2. **Adjust height:**
 - Height should be adjusted to allow user to use with ease. The step 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 brass buttons are firmly locked in place. The buttons should be checked and relocked each time adjustments are made.
3. **Secure the frame:**
 - Ensure that all four nonslip feet are positioned firmly on the floor and the step is sitting evenly.
4. **Test stability:**
 - Once assembled, gently test the stability of the step by applying slight pressure. It should feel secure and not wobble. Further adjust as required, always check brass buttons are locked and secure after any and all adjustments.
5. **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 bathing ensure that everything you need is in the bath or shower and that the area around the step is clear and free from obstructions.
 - Place the step directly in front of the bathtub or shower entry. Ensure it is firmly positioned on the floor and won't slide around.
 - Anti slip floor mats should be used where practical at the entry and exit point of the bath or shower.

2. Entering Bath or Shower:

- Approach the step slowly, stand facing the step with your feet hip width apart.
- Slowly place one foot firmly on the step and then bring the second foot up to stand on the step. Make sure you are balanced.
- Slowly step into the bathtub or shower.
- Your occupational therapist can advise the best practice most suitable to your circumstances.

3. Exiting Bath or Shower:

- Slowly step out of the bathtub onto the step, make sure you are fully balanced before trying to step down off the step.
- Slowly step off the Bath Step and Stool.
- Your occupational therapist can advise the best practice most suitable to your circumstances.

Cleaning & maintenance

- Ensure that the Bath Step and Stool is regularly cleaned with a mild disinfectant.
- Bath Step and Stool fittings should be regularly checked to ensure secure attachment.
- Never use if the Bath Step and Stool 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 Bath Step and Stool is stable prior to use.
- Always have everything you need in the bath or shower prior to use.
- **Never attempt to move the product while under load.**
- **Never load more than 150 kg 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 within this document.**
- **If there is anything that you are unsure about in this document, please consult your occupational therapist.**