

Over Toilet Frame & Commode

GUIDE FOR INSTALLATION AND SAFE USE

What is an Over Toilet Frame & Commode?

An over toilet frame is a specialised support structure designed to aid individuals who need extra stability and support when using the toilet. It offers a height adjustable seat and raised arm rests to assist individuals to use the toilet independently. The portable frame and included commode, allows it to be converted into a bedside commode providing a practical solution where a traditional toilet is not accessible.

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 the document.

1. **Prepare the area:**
 - Clear the space around the toilet where you'll be installing the frame. Ensure there's enough room for manoeuvring and that the floor is clean and dry.
2. **Position the frame over the toilet to use as an over toilet frame:**
 - Place the assembled frame over the toilet, ensuring it is centred and properly aligned.
3. **Adjust height:**
 - Height should be adjusted to allow the user to sit and stand with ease. The frame 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 and width settings best suited to you.
4. **Secure the frame:**
 - Ensure that all four nonslip feet are positioned firmly on the floor and the frame is sitting evenly.
5. **Test stability:**
 - Once assembled, gently test the stability of the frame by applying slight pressure. It should feel secure and not wobble.
6. **Safe working load:**
 - This product has a safe working limit of 200kg, never put loaded weight of more than 200kg on this product.

Safe use

1. **Preparation:**
 - Before using the Over Toilet Frame & Commode, ensure the bathroom/toilet floor is dry to prevent slipping.
 - The area should be free from tripping hazards such as toilet mats.
2. **Approaching the Over Toilet Frame & Commode:**
 - Approach the toilet with confidence, using any mobility aids you typically use for stability.
3. **Grip the handrails and lower yourself onto the toilet:**
 - Grip the armrests firmly with both hands as you approach, if required.
 - Position yourself so that your back is to the toilet frame and move backwards slowly until you feel the seat behind you, it is important to grip the frame while doing this for extra stability.
 - Gripping the frame slowly lower yourself down onto the toilet seat.
 - Your occupational therapist can advise the best practice most suitable to your circumstances.



4. **Getting off the toilet**
 - While gripping the frame move your bottom to the front of the toilet seat.
 - Make sure your feet are evenly and securely placed on the floor.
 - Using the arm rests slowly push yourself into a standing position, always lead with your head and shoulders to maintain balance.
 - Your occupational therapist can advise the best practice most suitable to your circumstances.

Cleaning & maintenance

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

Product safety

Type B product suitable for domestic use only.

- 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.
- Always use your normal mobility aids when approaching the toilet.
- Avoid using toilet mats as they can create a tripping hazard.
- Toilet paper should always be within easy reach prior to sitting on the toilet.
- Always use two hands when lowering yourself onto the toilet frame.
- **Never attempt to move the product while under load.**
- **Never load more than 200 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 disclosed within this document.**
- **If there is anything that you are unsure about in this document, please consult your occupational therapist.**