

# Toilet Handrail

## GUIDE FOR INSTALLATION AND SAFE USE

### What is a Toilet Handrail?

A Toilet Handrail is a device designed to make sitting down and standing up from the toilet easier, particularly for individuals with mobility issues or other physical limitations. It is designed to be used in conjunction with your current toilet seat.

### 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. 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. Attach frame to toilet:**
  - Remove current toilet seat and lid.
  - Attach the fully assembled Toilet Handrail to the toilet following all instructions contained in the set up instructions.
- 3. Test stability:**
  - Once assembled, gently test the stability of the frame by applying slight pressure. It should feel secure and not wobble.
- 4. Safe working load:**
  - This product has a safe working load of 240kg or 120kg evenly distributed on both sides.

### Safe use

- 1. Preparation:**
  - Before using the Toilet Handrail, ensure the bathroom/toilet floor is dry to prevent slipping.
  - Bathroom should be free from tripping hazards such as toilets mats.
- 2. Approaching the toilet:**
  - 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 handrails 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 Toilet Handrail while doing this for extra stability.
  - Gripping the Toilet Handrail 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 Toilet Handrail 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 Toilet Handrail is regularly cleaned with a mild disinfectant.
- Toilet Handrail fittings should be regularly checked to ensure secure attachment.
- **Never use** if the Toilet Handrail is or appears to be damaged, the product may require replacing.

### Product safety

- 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 240kg on the product evenly distributed or 120kg on each side.**
- **Never use the product if there are any signs of damage**
- **Never use this product in any other way 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.**