

# Raised Toilet Seat & Handrail

## GUIDE FOR INSTALLATION AND SAFE USE

### What is a Raised Toilet Seat & Handrail?

A raised toilet seat 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 sits on top of the existing toilet seat and elevates the height, reducing the distance a person needs to lower themselves and then raise themselves back up.

### 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 toilet seat. 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.
  - Place raised toilet seat on top of the toilet with the twist lock facing the front of the toilet.
  - Lock into place by turning lock clockwise.
- 3. Adjust width:**
  - Adjust the handrail to the width setting that is most comfortable and allows the user to sit and stand with ease.
  - Your occupational therapist can advise you on what is the appropriate 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 and securely on the toilet.
- 5. Test stability:**
  - Once assembled, gently test the stability of the frame by applying slight pressure. It should feel secure and not wobble. Further adjust as required, always check brass pins are locked and secure after any adjustments.
- 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:**
  - Before using the raised toilet seat, ensure the bathroom/toilet floor is dry to prevent slipping.
  - Bathroom should be free from tripping hazards such as toilet mats.
- 2. Approaching the toilet:**
  - Approach the toilet using any mobility aids you typically use for stability.
- 3. Grip the handrails and lower yourself onto the toilet:**
  - Grip the handrails or armrests firmly with both hands as you approach, if required.



- Position yourself so that your back is to the Toilet Seat 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 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 handrail slowly 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 Raised Toilet Seat and Handrail is regularly cleaned with a mild disinfectant.
- Raised toilet seat fittings should be regularly checked to ensure secure attachment.
- **Never use** if the Raised Toilet Seat and Handrail 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 seat.
- **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 within this document.**
- **If there is anything that you are unsure about in this document, please consult your occupational therapist.**