

Falls Prevention – Equipment installation & safe use

SWIVEL SEAT

These instructions are to be used in conjunction with the information that your Health Professional has discussed with you.

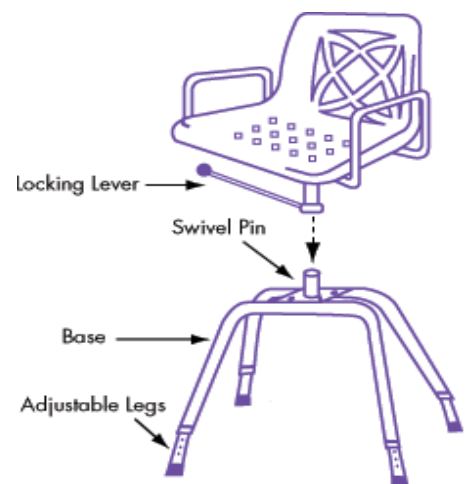
WHAT IS A SWIVEL SEAT?

- ◆ A swivel seat enables anyone who has decreased balance, physical strength or mobility difficulties to wash safely and independently while sitting.
- ◆ A swivel seat has a seat, backrest and arms. The seat is secured to a base frame. It also incorporates a locking system to enable safe positioning of the seat



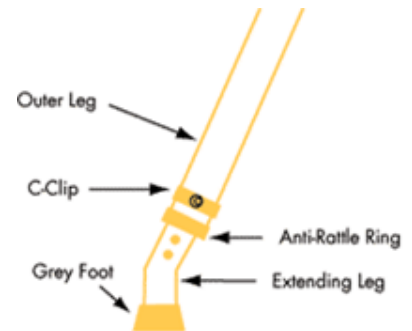
TO INSTALL:

- ◆ Place the base where it is required - for example in the shower cubicle or near the wash basin.
- ◆ Place the seat on the base. The socket under the seat locates over the swivel pin of the base. Ensure that the seat rotates freely.
- ◆ Lock the seat by pushing the black knob on the locking lever gently down until the lock locates in the slots in the base. The locking lever may be stiff at first but this will ease with use.



ADJUSTING THE HEIGHT:

- ◆ Remove the C-Clip on the leg by pushing the open side and pulling out the pin.
- ◆ Adjust to the height required - so that one of the holes in the extending leg is visible through the hole in the outer leg.
- ◆ Replace the C-Clip. Ensure that the pin goes through both holes in the outer leg and the plastic ring is locked in position



HOW TO USE THE SWIVEL SEAT:

- ◆ Swivel the seat to face the user and lock into position. The user can now be seated.
- ◆ Unlock the seat by lifting the locking lever and move the seat to the desired position.
- ◆ Lock the seat when positioned for extra security while washing or showering.

PRECAUTIONS & SAFETY:

- ◆ Ensure that the seat is locked into position before sitting or standing.
- ◆ Ensure that the items required for showering are in easy reach when seated. Consider soap-on-a-rope. Your Health Professional can provide further advice.

MAINTENANCE & CLEANING:

- ◆ Ensure that you regularly clean the chair with a mild disinfectant.
- ◆ Should the equipment appear damaged, rusted or corroded –do not use. It may require replacement.



Acknowledgement to:
NSLHD and CCLHD Community Falls
Prevention Committees.

For further information scan this with your smart phone

Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au

