

Falls Prevention – Equipment installation & safe use

OVER TOILET AID

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

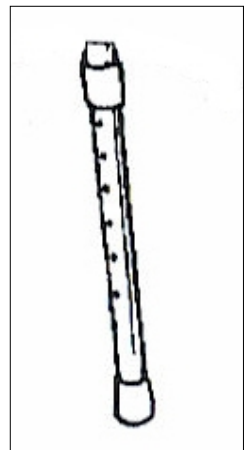


Surround with 'splash-guard'

- An over toilet aid enables people who have difficulty getting on/off the toilet to do so safely and independently with a raised toilet seat and arms.
- They may be height adjustable.
- A 'splash-guard' version is recommended for use by men to prevent urine from splashing on the floor.

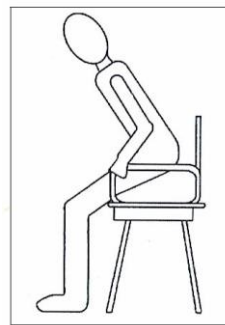
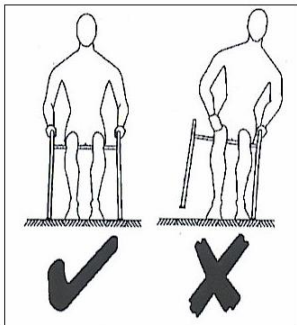
TO INSTALL

- It is recommended that the OTA is height adjustable. The height should enable you to sit and stand with ease.
- To adjust the leg length, push the button in and slide the internal leg piece up or down to the appropriate notch. Your Occupational Therapist can advise you regarding the appropriate height.
- One leg has extra holes, which can be adjusted to help stabilise the OTA if the floor is uneven.



HOW TO USE AN OVER TOILET AID

To sit on the over toilet aid, move backwards until you can feel the seat behind your legs, place both your hands on the armrests to support your body and then slowly lower yourself down.



PRECAUTIONS & SAFETY

- Ensure that the over toilet aid is stable, all four feet on the floor and cannot slide.
- Ensure that the toilet paper is easily reached.
- Ensure that you place both your hands on the rails to lower yourself down and push yourself up.

MAINTENANCE & CLEANING

- Ensure that you regularly clean the over toilet aid with a mild disinfectant.
- Should the equipment appear damaged 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

