

# Falls Prevention – Equipment installation & safe use

## RAISED TOILET SEAT (RTS)

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

### WHAT IS A RAISED TOILET SEAT?

- A raised toilet seat is used to provide extra height to enable people to safely get on/off the toilet.
- Raised toilet seats come in various types and sizes, your occupational therapist can recommend the most appropriate RTS for your needs.



### TO INSTALL

- Raise existing toilet lid and seat or remove if required to ensure snug fit.
- Place RTS onto the bowl
- Adjust the clips to fit the outside width of the bowl and tighten securely so the RTS does not move.



### HOW TO USE A RAISED TOILET SEAT

- To sit on the raised toilet seat, move backwards until you can feel the seat behind your legs, utilise a grab rail if available, and lower yourself down.
- When getting off the raised toilet seat, ensure your feet are firmly placed on the floor, utilise a grab rail if available, and stand leading with your head and shoulders.

### PRECAUTIONS & SAFETY

- Ensure the RTS is secure and does not move before using.

### MAINTENANCE & CLEANING

- Ensure that you regularly clean the RTS with a mild disinfectant.
- After cleaning - always recheck the RTS to ensure it is secure.
- 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](mailto:falls@cec.health.nsw.gov.au)  
Web: [www.cec.health.nsw.gov.au](http://www.cec.health.nsw.gov.au)

