

Falls Prevention – Equipment installation & safe use

SHOWER CHAIR

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

WHAT IS A SHOWER CHAIR?

- ◆ A shower chair enables anyone who has decreased balance; physical strength or mobility difficulties to shower safely and independently while sitting.
- ◆ A shower chair has a seat, backrest and arms, and is usually adjustable in height.
- ◆ Shower chairs should have small seat drainage holes to minimise risk of genital entrapment. For chairs with larger drainage holes, a face washer, or towel can be placed on the seat to minimise this risk.



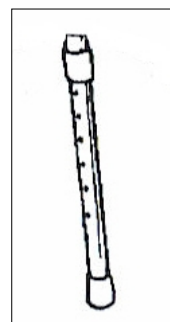
*Note: Plastic garden chairs are **not** recommended for shower use. This is due to poor strength and stability of the chair, size of drainage holes, non-adjustable in height and this may be considered a falls risk.*

TO INSTALL

- ◆ It is recommended that the shower chair or shower stool is height adjustable. The height should enable you to sit and stand with ease.

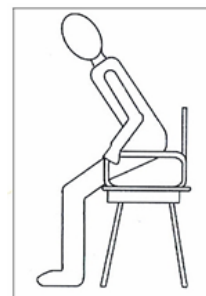
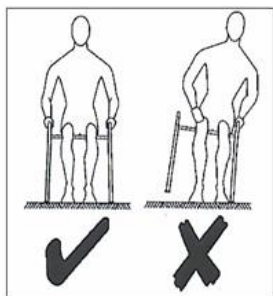
ADJUSTING THE HEIGHT

- ◆ 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 shower chair if the floor is uneven.



HOW TO USE THE SHOWER CHAIR:

- ◆ To sit on the chair, move backwards until you can feel the seat behind your legs, place each hand on the armrest, if appropriate, to support your body and prevent the chair from slipping away. Then lower yourself down.
- ◆ When getting off the chair, move your bottom to the front edge of the seat ensuring your feet are firmly placed on the floor. Use the armrests, if appropriate, to push yourself into standing leading with your head and shoulders.



PRECAUTIONS & SAFETY:

- ◆ Ensure that the chair is stable on the floor and cannot slide.
- ◆ Ensure that the items required for showering are in easy reach when seated.
- ◆ A non-slip shower mat may be useful underfoot.

MAINTENANCE & CLEANING:

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



NB – Be aware that weight restrictions apply to equipment

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

