

Falls Prevention – Equipment installation & safe use

BEDSIDE COMMODE CHAIR

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

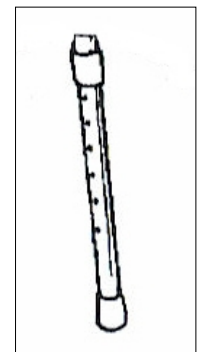


WHAT IS A COMMUNE CHAIR?

- ◆ A commode chair allows people who have mobility problems to toilet without having to get to the bathroom. This is particularly useful at night.

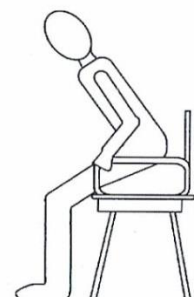
TO INSTALL

- ◆ Most commodes have adjustable legs. The height should be adjusted to allow the user to sit and stand with ease. Ask your Occupational Therapist about the safest height.
- ◆ To adjust the height/leg length, push in the silver button to slide the internal leg piece up and down to the appropriate notch.



HOW TO USE THE COMMUNE CHAIR

- ◆ Raise the lid/seal of the commode.
- ◆ To sit on the seat move backwards until you can feel the commode behind your legs. Place your hands on the armrests for support then lower yourself slowly down.
- ◆ When getting up lean forward and push up on the arm rests



PRECAUTIONS & SAFETY

- ◆ Ensure that the commode chair is stable on the floor and cannot slide or tip over
- ◆ Ensure legs of the commode chair are adjusted to the correct height
- ◆ Ensure the toilet paper is situated within easy reach
- ◆ Ensure the pan is emptied regularly
- ◆ Ensure there is adequate space around the commode chair to enable safe movement on, off & around the commode

MAINTENANCE & CLEANING

- ◆ Ensure that you regularly clean the commode chair and bucket with a mild disinfectant.
- ◆ For a standard commode, lift the toilet seat and pick up the bucket using the handle.
- ◆ For a swing arm commode, your Occupational Therapist will show you how to swing the metal arm to the side, then pick up the bucket using the handle.
- ◆ 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

