

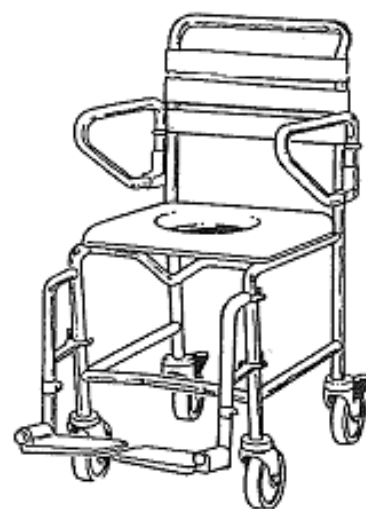
# Falls Prevention – Equipment installation & safe use

## SHOWER COMMODE CHAIR (ATTENDANT PROPELLED)

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

### WHAT IS A SHOWER COMMODE CHAIR?

- ◆ A mobile shower commode chair is an open seat on wheels which can be used in the shower or positioned over the toilet. People who have difficulty walking to and from the shower or toilet may benefit from a shower commode chair.
- ◆ This chair is manoeuvred by a carer or attendant.
- ◆ The seat can be padded, vinyl or plastic. The seat is also available in various cut-outs and shapes depending on your needs.
- ◆ Shower commodes are most commonly available in a fixed frame; however collapsible commodes are also available.



### HOW TO USE THE SHOWER COMMODE:

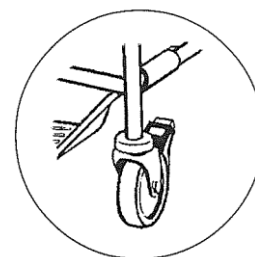
1. Always ensure brakes are applied before any transfer. You will need to use your foot to push down the lever located at the top of the rear wheels of the commode.

2. Swing or slide footrests out of the way and ensure armrests are in mid position.

3. Standing with the back of their legs touching the chair, instruct the person to lower themselves onto the seat using the armrests for added support.

*NB: A hoist can be used to transfer the person in / out of commode chair if required.*

4. Position feet comfortably on footrests, ensuring feet remain on footrests whilst moving.



5. Carer: Propel the chair to shower recess or toilet as desired. Keep chair close to your body.

*NB: If the commode chair does not fit over the toilet, it can be used in conjunction with a pan (slide the pan onto the brackets under the padded seat).*

6. When getting person out of the commode chair, ensure brakes are applied, footrests are out of the way and front castors face forward.

7. Instruct the person to move their bottom forward on the chair so that their feet touch the floor. Get them to lean forward and use the armrests to help push themselves into standing.

#### **PRECAUTIONS & SAFETY:**

- ◆ Ensure brakes are always applied when the shower commode is stationary or when getting on/off the commode chair.
- ◆ When using the commode, do not lean too far forward to wash your feet as the chair may tip forward.

#### **MAINTENANCE & CLEANING:**

- ◆ Ensure that you regularly clean the commode with a mild disinfectant and dry thoroughly.
- ◆ 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)

