

Falls Prevention – Equipment installation & safe use

SHOWER STOOL

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

WHAT IS A SHOWER STOOL?

- ◆ A shower stool enables anyone who has decreased balance; physical strength or mobility difficulties to shower safely and independently while sitting.
- ◆ A shower stool has a seat and armrests, and some versions have a back support.
- ◆ Some models of stools have a padded seat for extra comfort.

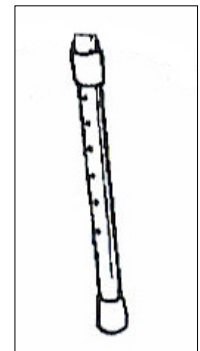
To install



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

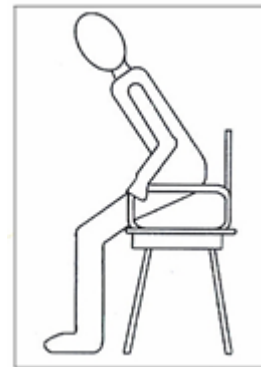
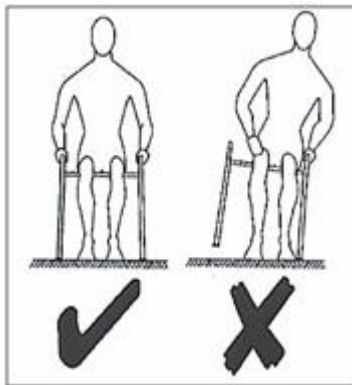
ADJUSTING THE HEIGHT:

- ◆ 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 stool if the floor is uneven.



HOW TO USE THE SHOWER STOOL:

- ◆ To sit on the stool, 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 stool from slipping away. Then lower yourself down.
- ◆ When getting off the stool, 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 stool is stable on the floor and cannot slide.
- ◆ A non-slip shower mat may be useful underfoot.
- ◆ Ensure that the items required for showering are in easy reach when seated.
- ◆ When purchasing from equipment suppliers, including local chemists, please ensure shower stool is made from rust proof aluminium or stainless steel construction.

MAINTENANCE & CLEANING:

- ◆ Ensure that you regularly clean the stool with a mild disinfectant/cleanser.
- ◆ Should the equipment appear damaged, rusted or corroded –do not use. It may require replacement. Check the padded seat for splits in the surface.

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

