

Falls Prevention –Equipment installation & safe use

ARMCHAIR

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

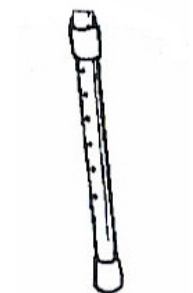


WHAT IS ADJUSTABLE HEIGHT ARMCHAIR?

- ◆ An adjustable height armchair is a lounge chair with armrests and height adjustable legs.
- ◆ This chair can be used in a lounge room instead of a couch or regular armchair that is too low to get in and out of with ease.
- ◆ These chairs are available in a range of fabrics and vinyls.

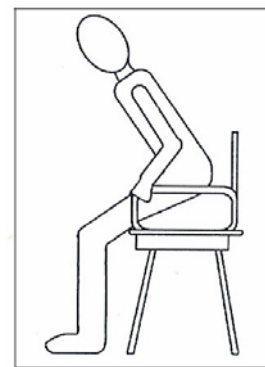
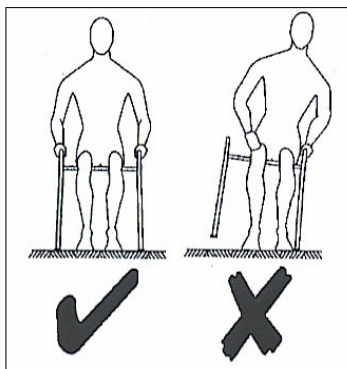
INSTALLATION:

- ◆ It is recommended that the armchair is height adjustable. The height should enable you to sit and stand with ease.
- ◆ To adjust the leg length, push the button in and slide the internal leg piece up or down to the appropriate notch. Your Health Professional can advise you regarding the appropriate height.



HOW TO USE THE ARMCHAIR:

- ◆ To sit on the chair, move backwards until you can feel the seat behind your legs, place each hand on the armrest 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 to push yourself into standing, leading with your head and shoulders.



PRECAUTIONS & SAFETY:

- ◆ Ensure that the armchair is stable on the floor and cannot slide.
- ◆ Ensure there is adequate space around the armchair to enable safe movement on, off & around the chair.

MAINTENANCE & CLEANING:

- ◆ Ensure that you regularly clean the chair with a mild disinfectant/detergent.
- ◆ Should the equipment appear damaged, rusted 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

