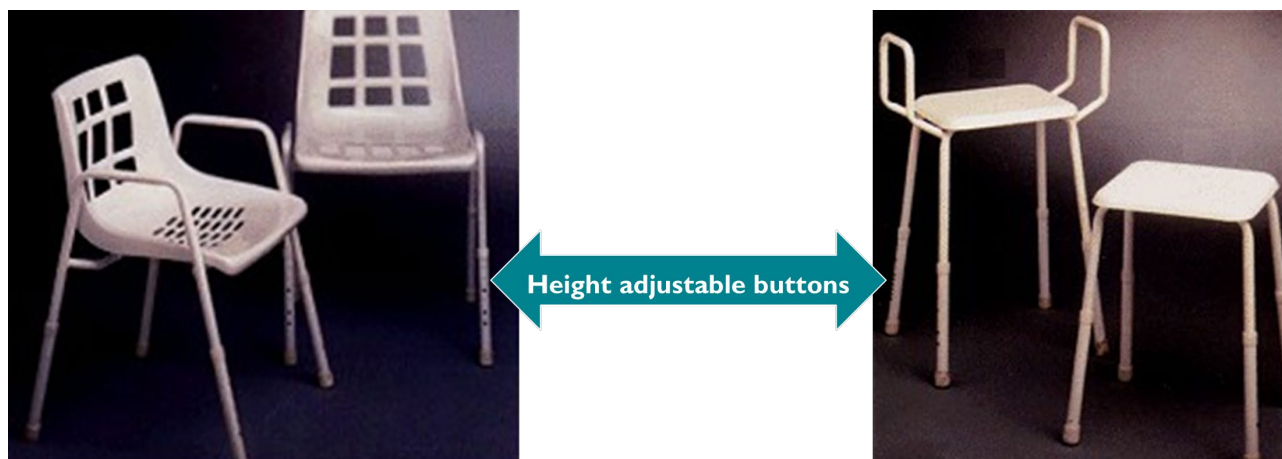


This fact sheet gives you important information about the general use and care of a shower chair/stool. It describes how to install, use and care for a shower chair/stool.

**This fact sheet does not replace specific instructions given to you by the equipment prescriber.**



### Installing the shower chair/stool

1. Use the buttons on the legs of the shower chair/stool to adjust the height so it is comfortable for the person using it. The feet of the person using the chair/stool should be flat on the floor when sitting on it.
2. On some shower chairs/stools, one of the legs has more holes so it can be adjusted for use on uneven shower bases. This leg can be changed with any other leg of the chair/stool if required.
3. Make sure that the height-adjusting buttons on the legs are fully 'popped out' before sitting on the shower chair/stool.
4. Place the shower chair/stool in the shower cubicle.

### CAUTION

Putting weight through only one armrest may cause the shower chair/stool to tip. Always push weight through both armrests when standing up, sitting down or using the armrests for support.

### Using the shower chair/stool

1. Step into the shower cubicle. Use a grab rail or both armrests of the shower chair/stool for support if needed.
2. Sit on the shower chair/stool safely. Stand with your back to the shower chair/stool so that you can feel it against the back of your legs. For chairs or stools with armrests, reach behind you and hold both of the armrests for support while you sit.
3. Always shower sitting down. If you need to stand and require support, hold a grab rail.

### Care of the shower chair/stool

- Dry the chair or stool after each use with a towel (including the adjustable legs) to prevent any damage.
- If the shower chair/stool becomes soiled, clean immediately with warm, soapy water.
- Regularly check the rubber stoppers on each leg are not cracked or worn.
- Regularly inspect for rust, check the frame is straight and the plastic is not cracked.

### Repairs to your equipment

If your equipment is broken, damaged, rusted or worn contact your local TasEquip warehouse to arrange for repair or replacement. Please call 1300 827 378 or contact your regional warehouse directly:

#### North

53 Dowling Street  
(entry off Henry Street)  
Launceston  
Phone: 6777 4336  
Email:  
[NthTasEquip@ths.tas.gov.au](mailto:NthTasEquip@ths.tas.gov.au)

#### North West

Mersey Community Hospital  
Moriarty Road  
Latrobe  
Phone: 6478 5599  
Email:  
[NWTasEquip@ths.tas.gov.au](mailto:NWTasEquip@ths.tas.gov.au)

#### South

Repat Centre  
90 Davey Street  
Hobart  
Phone: 6166 7393  
Email:  
[SouthTasEquip@ths.tas.gov.au](mailto:SouthTasEquip@ths.tas.gov.au)

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