

# TasEquip

## Adjustable height chair

This fact sheet gives you important information about the general use and care of an adjustable height chair. It describes how to install, use and care for one.

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



Figure 1: A high-backed chair (left) and bridge chair (right) with height adjustable buttons on chair legs.

### Installing the chair

1. Use the height adjusting buttons on the legs to adjust the height so it is comfortable for the person using the chair. When seated your hips should be slightly higher than your knees, with your feet flat on the floor. The equipment prescriber can advise you of the best height for the chair.
2. Make sure that the height adjusting buttons on the legs are 'popped out fully' before sitting on the chair.

### CAUTION

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

## Using the chair

1. Stand with your back to the chair with the seat touching the back of your legs.
2. Reach behind you and place your hands on both armrests for support.
3. Lower yourself slowly into the chair using the armrests for support.
4. Push up on both armrests to help you to stand.

## Care of the chair

- If soiled, clean the chair immediately with warm, soapy water.
- Regularly check the rubber stoppers on each leg are not cracked or worn.
- Routinely inspect for rust, that the frame is straight, and the vinyl is intact.

## 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

63 Dowling Street  
(entry off Henry Street)  
Launceston 7250  
Phone: (03) 6777 4336  
Email:  
[NthTasEquip@ths.tas.gov.au](mailto:NthTasEquip@ths.tas.gov.au)

### North West

Mersey Community Hospital  
Moriarty Road  
Latrobe 7307  
Phone: (03) 6478 5599  
Email:  
[NWTasEquip@ths.tas.gov.au](mailto:NWTasEquip@ths.tas.gov.au)

### South

Repat Centre  
90 Davey Street  
Hobart 7000  
Phone: (03) 6166 7393  
Email:  
[SouthTasEquip@ths.tas.gov.au](mailto:SouthTasEquip@ths.tas.gov.au)

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