### For further information:

P: 06 878 8109 ext. 5761 W: www.tewhatuora.govt.nz

## Health New Zealand Te Whatu Ora

# Shower

# Stool

Instructions for setting up a shower stool at home

Health New Zealand Te Whatu Ora

# Instructions for setting up a shower stool at home

# To adjust height:



- Push in the metal buttons on the leg.
- Set legs at the height to suit the person using the shower stool.
- Click the buttons into the correct holes. Make sure buttons are completely popped out.
- Make sure all four legs are the same height.
- One leg has extra holes this is used to adjust the stool for uneven surfaces.

### To use stool:



- Make sure feet are flat on floor and hips are above the knees.
- Always use two hands to push off the frames arms as it can tip.
- Stool can be used in a cubicle or shower, or for sponge washing at the basin.
- Stool can be used with non-slip bath mat if surfaces are slippery.
- MAXIMUM WEIGHT CAPACITY IS 120KG. DO NOT USE STOOL IN THE BATH OR SHUB

# Additional information from your Occupational Therapist:

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If you have any questions or require further advice please ring the Hawke's Bay Hospital Equipment Loan Store

P: 06 878 8109 ext. 5761