

Shower chair with arms

What is a shower chair?

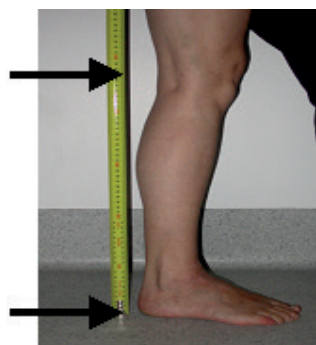
Shower chairs have a plastic seat with drainage holes and backrest and can be purchased with or without armrests. These chairs have four height adjustable rubber tipped legs and is made of powder-coated steel.

What are shower chairs used for?

A shower chair can make showering safer and easier for you, allowing you to sit while showering. Those with armrests can also make transfers on and off the chair easier.

Recommended height

Your Occupational Therapist can recommend an appropriate seat height for you. If you have not been given a recommended height, you can estimate an appropriate height yourself. To do this, stand barefoot and measure your lower leg from knee crease to floor then add 5cms. This will give you the appropriate height for the chair once raised.



Setting up the shower chair

Each shower chair has a height adjustable mechanism on the legs which allow the chair to be adjusted to a suitable height. Once the correct height for you has been determined, sit on the seat and make sure you can get up and down easily from the chair.

Position the chair in your shower recess making sure it is on a level surface facing the shower rose or side-on to the taps.

Precautions

If you have had a total hip replacement, you can adjust the front legs so that they are set lower than the back legs, this will allow you to sit comfortably, while complying with your hip precautions.

Caring for the shower chair

To clean, use warm soapy water or for more stubborn stains use a cream cleansing agent. The legs will need to be removed, cleaned and greased with Vaseline regularly.

Non-slip rubber stoppers need to be checked and replaced regularly if cracked and worn.

Always place chair on level surface for safety. Check that the load capacity of the chair is within your weight range (standard shower chair weight limit 100-160kg).

This equipment is recommended based on your current needs. No responsibility is taken for improper/inappropriate use or maintenance of the equipment. Please contact occupational therapy if there are any concerns.

Occupational Therapist:

Notes:
