

Shower stool



What is a shower stool?

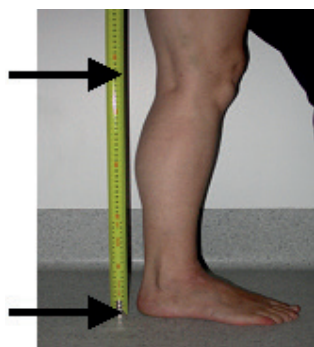
The shower stool has four height-adjustable, rubber-tipped legs and is made of powder-coated steel. They consist of a padded seat and can be purchased with or without armrests and backrests.

What are shower stools used for?

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

Recommended height

Your Occupational Therapist can recommend an appropriate stool 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 5cm. This will give you the appropriate height for the stool once raised.



Setting up the shower stool

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

Use warm, soapy water to clean the chair or a cream cleansing agent for more stubborn stains. 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:

