

# Bath/Shower Chair (and Stool)

*These instructions are guidelines only. Use only as instructed by your healthcare provider.*

## What are Bath/Shower Chairs Used For?

Bath and shower chairs are used by individuals who find it difficult or unsafe to sit in a bathtub or stand in a shower. Bath/shower chairs are not to be used for assistance in entering and exiting a bathtub. Bath stools are backless chairs.

## How Do I Adjust and Install the Bath/Shower Chair?

- Adjust the leg extensions to a height that is easy to sit down and stand up from. To make adjustments, depress the spring button in a leg extension and slide the leg up or down to the desired height. Adjust all four legs to the same height (Figure 1).
- Place the bath/shower chair in the bath tub or shower. Ensure that all four legs of the chair are in contact with the floor (Figure 2).
- The bath/shower chair may have a cutout at the front in which you can place a hand-held shower head.



Figure 1:  
Adjustment areas on  
legs

**!** **WARNING** If adjustable, ensure that the spring buttons protrude fully through the adjustment holes of the leg frames.

**!** **WARNING** Only use the bath/shower chair on tub and shower floors that are wide enough to ensure stability of all four legs.

## How Do I Use the Bath/Shower Chair?

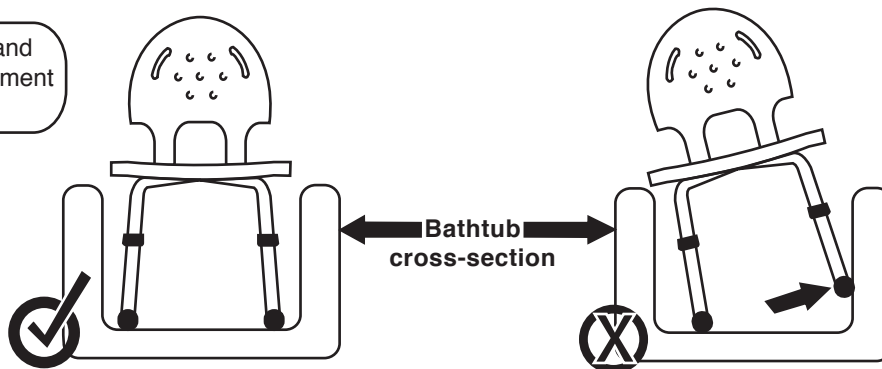
**!** **WARNING** To increase safety, use a slip resistant bath mat when using the bath/shower chair.

**!** **WARNING** Supervision or assistance when using the bath/shower chair is recommended for users with limited mobility.

**!** **WARNING** Test for stability before use. Make sure all four legs are adjusted evenly and securely and are free of any obstructions.

**!** **WARNING** Ensure your weight is evenly distributed when sitting on the bath/shower chair. Improper or uneven loading may result in the chair tipping over.

Figure 2: Correct and  
incorrect chair placement  
in bathtub



## How Do I Care for the Bath/Shower Chair?

- Wash the bath/shower chair with mild soapy water. Avoid using abrasive cleaners.



*Please ensure that equipment returned to the Red Cross is clean and in good condition.*