

How to set the height of adjustable toilet frames

Sit down on a dining chair without arm rests that is a comfortable height for you.

Sit in the position shown in the diagram below (Fig. 1).

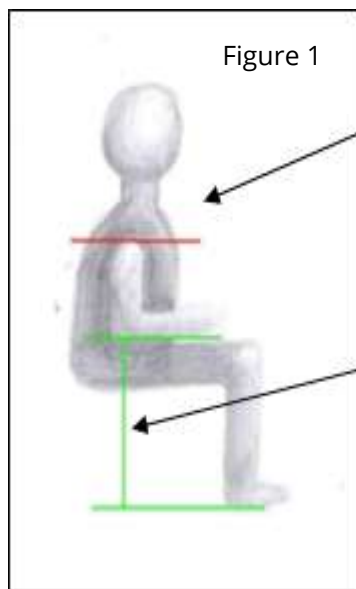


Fig. 1

Shoulders should be neutral – not shrugged or slouched.

Measure from your elbow to the floor (if you bend your arm as if you were sitting on a chair with armrests with your forearm parallel to the floor it is easier to measure)

Set the toilet frame at the height you have just measured. If somebody is setting it up for you please ensure that it is at a comfortable height and that you are able to get up from the toilet using the equipment before they leave.



Fig. 2

The toilet frame must be placed around the toilet as shown in Fig. 2. The top bar must not be near the top of the toilet bowl or impacting on the toilet seat.

If someone else uses the toilet, the frame may need to be removed. Please note that it is a bulky item to store away.