

General Advice: These instructions are general advice only and do not take into account your specific circumstance. These instructions are to be used in conjunction with the information provided by your health professional and any instructions provided by the equipment manufacturer. Do not exceed the Maximum User Weight specified by the manufacturer. . If you are unsure on how to use or fit a piece of equipment, please contact your Allied Health Professional.

Raised Toilet Seat Use

- A raised toilet seat is a device that provides extra height to enable people to safely stand up/down from the toilet. The raised toilet seat replaces your current toilet seat and secures onto the toilet bowl.
- Raised toilet seats come in different height increments and some also have armrests or grab bars for added support.

Types of Raised Toilet Seats

- The **Clip On Toilet Seat Raiser** is generally considered to be a temporary solution and is not normally recommended for permanent fitment. The screws that clamp the Raised Toilet Seat to the toilet bowl are generally plastic with rubber pads and while they work well in some situations, they are not suitable for all toilet bowl shapes and styles.
- The **Mounted Toilet Seat Raiser** uses the mounting holes of the toilet bowl to locate and secure the toilet seat raiser. These are typically sturdier and more expensive, but also safer to use in the long term as they are much less prone to movement over time.

Safety

- If you have a raised toilet seat with no arm support, and even with the increased height you find yourself landing heavily onto the seat when sitting, it is recommended that you have a raised toilet seat with arms. The arms can assist in controlling your descent. Continued uncontrolled heavy sitting onto the raiser can move its position over time and become unsafe.
- Ensure you check the maximum user weight of the Toilet Raiser to confirm its weight capacity for the intended user.
- Some Modern toilet bowls are not suitable for clip on toilet seat raisers. Ensure that the toilet seat raiser is firmly attached to the toilet before every use and consult with your health care professional if you are in any doubt..



Installation

- Remove the existing toilet seat. Loosen the nuts or bolts that hold the existing seat to the toilet bowl and remove the seat.
- Place the raised toilet seat onto the toilet bowl and align it with the bolt holes.
- Use the provided hardware (nuts, bolts, or clamps) to secure the raised toilet seat to the toilet bowl, making sure it is level and stable.
- Some raised toilet seats can be adjusted to different heights, in this case, you can adjust the height to your comfort.
- Ensure the raised toilet seat is secure and does not move before using.
- Some toilet bowls are not suitable for a clamp on toilet seat raiser, typically the more modern toilets with flat sides. For these types of toilet bowls it is recommended to use a toilet seat raiser that mounts with screws in the original seat mounting holes.
- If you have concerns or difficulty installing a raised toilet seat please advise your supplier who may be able to assist with installation.

How to Use a Raised Toilet Seat

1. Lower yourself onto the seat by sitting down as normal bearing in mind that the toilet seat height will have now changed.
 2. If the raised toilet seat has armrests or grab bars, use them to help lower yourself onto the seat and to help you stand up
- **If you have safety concerns with transfers on/off the toilet be sure to contact your Healthcare Professional.**

Precautions & Safety

- Ensure the raised toilet seat is secure and does not move before using

Maintenance & Cleaning

- Please check the product label / user manual for specific cleaning instructions.
- After cleaning, always re-check the raised toilet seat to ensure it is secure.
- If the equipment appears damaged, **DO NOT USE**. It may require replacing.

