Bath and Shower Seats

Patient/Caregiver Instruction Material

Standard Tub and Shower Seats

The primary difference between a tub seat and a shower seat is the seat height. Most units intended for tub use are in the 15 to 16-inch range while shower models are normally approximately 20 to 21 inches high.

The seat for the tub model is intended to position the seat approximately level with a tub wall. Seat heights that are significantly lower than this often pose a problem for the user when it comes time to exit the tub. From these lower positions, body mechanics are bad for both the user and attendant, creating the potential for an accident.

Because of the height of the seat, a person using a bath seat cannot sit and soak in the tub. As a result, they may also require the use of a hand shower. Lower seat heights can certainly be provided, but tub seat heights below **11** inches are generally not recommended for safety reasons.

Installation

Installation of the standard bath seat consists simply of placing it in the tub in the appropriate position. This is usually near the end opposite the faucets. Most bath seats have rubber or plastic feet that are **slip resistant** but certainly not **slip proof**. Wiping these feet with alcohol removes any oil, grease, or talc and enhances the slip resistant characteristics. The feet should be cleaned initially on a new product and cleaning should be repeated periodically during regular use. It is also important to keep the bathtub clean and free of soap film to help prevent slipping.

In spite of all precautions to prevent slipping, it is important that the user understand the necessity to exert force only straight down in a vertical direction when sitting down, or rising from the seat. Any significant force in a horizontal direction is likely to cause the seat to slip or even tip over. These are relatively light weight products and they are not anchored to the tub in any way.

Please review the user manual provided for more detailed instructions regarding your new equipment
or contact our office. Thank you.