



Raised Toilet Seat (RTS)

These instructions are to be used in conjunction with the information that your Occupational Therapist has already discussed with you.

WHAT IS A RAISED TOILET SEAT?

- A raised toilet seat is used to provide extra height to enable people to safely get on/off the toilet.
- Raised toilet seats come in various types and sizes. Your Occupational Therapist can recommend the most appropriate RTS for your needs.

TO INSTALL:

- Raise existing toilet lid and seat.
- Place RTS onto the bowl.
- Adjust the clips to fit the outside width of the bowl and tighten securely so the RTS does not move.

HOW TO USE A RAISED TOILET SEAT:

- To sit on the raised toilet seat, move backwards until you can feel the seat behind your legs. Utilise a grab rail, if available, and lower yourself down.
- When getting off the raised toilet seat, ensure your feet are firmly placed on the floor. Utilise a grab rail, if available, and stand leading with your head and shoulders.



PRECAUTIONS & SAFETY:

- Ensure the RTS is secure and does not move before using.

MAINTENANCE & CLEANING:

- Ensure that you regularly clean the RTS with a mild disinfectant.
- After cleaning, always re-check the RTS to ensure it is secure.
- Should the equipment appear damaged – **DO NOT USE**. It may require replacing.