

VIKING®

USER GUIDE

VIKING® SHOWER STOOL

ORDERING CODE: 379, 380, 383





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1. INTENDED USE

These compact stools are designed for use in the perching position and are height adjustable. They are intended to be used in a shower to provide a stable, seated support, where a user is unable to stand for long periods. These shower stools are suited for high usage.

2. SAFE USE



WARNING! This user manual must be read before using the shower stool. Severe injury or death may result if user instructions, maintenance instructions and product warnings are not followed.



WARNING! The decision to use this shower stool should always be guided by a qualified Health Care Professional, who can also advise and assist with the correct height adjustment and usage instruction.

- Do not exceed the maximum safe working load.
- Check that the shower stool is firmly assembled before use.
- Ensure that the stool is stable on the floor and cannot slide.
- Inspect at regular intervals for wear and damage. Remove from use immediately if faults are found.
- Under no circumstances should the product be moved whilst occupied.
- Supervision or assistance when using the shower stool is recommended for users with limited mobility.
- The product is suitable for use in showers, bathrooms or wet areas; it is not suitable for use in swimming pools.
- Use the shower stool only for the purpose it is intended for.

3. PRODUCT SPECIFICATIONS

Order code	379	380	383
Safe working load	175kg	175kg	125kg
Seat height adjustable	490mm – 610mm	490mm – 610mm	490mm – 610mm
Width inside arms	460mm	460mm	N/A
Seat size	300mm – 350mm	300mm – 350mm	300mm – 350mm

OPTIONS

ADDITIONAL OPTIONS FOR 379



Padded seat



Support channel

ADDITIONAL OPTIONS FOR 380



Padded backrest



Padded seat



Support channel



Sucker feet

ADDITIONAL OPTIONS FOR 383



Padded seat



Support channel



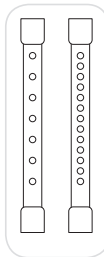
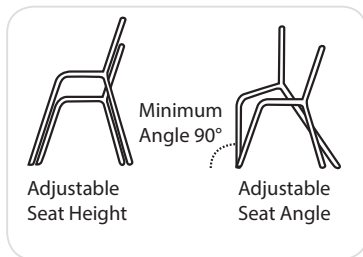
Sucker feet

4. INSTRUCTIONS FOR USE

Set up your shower stool to the required height. This should enable you to sit and stand with ease.

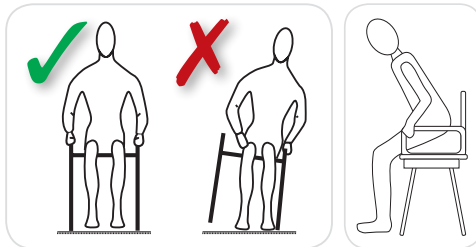
ADJUSTING THE SEAT HEIGHT AND ANGLE.

The adjustable legs enable the user to alter not only the height, but also the seat angle to suit their personal needs.



- To adjust the leg length push the button in and slide the external leg piece up or down to the appropriate hole. Once the button engages you will hear an audible click.
- Ensure the button protrudes by 2.5mm to 3mm to select the required height. This can happen on three of the legs. One leg however has extra holes which can be adjusted to help stabilise the shower chair if the floor is uneven. See diagrams (left).

HOW TO USE THE SHOWER STOOL



All four legs must be level on the floor and cannot slide.

- To sit on the stool, move backwards until you can feel the seat behind your legs, place each hand on the armrest (if applicable). Support your body and prevent the stool from slipping away. Then lower yourself down.
- When getting off the stool, move your bottom to the front edge of the seat ensuring your feet are firmly placed on the floor. Use the armrests (if applicable) to push yourself into a standing position leading with your head and shoulders.

5. CARE AND MAINTENANCE

- Dry down after using.
- Clean and disinfect using regular household cleaning products.
- DO NOT use abrasive powders or scouring pads to avoid causing corrosion.
- Should the equipment appear damaged, corroded or rusted remove from use immediately.

DISPOSAL

Products that can no longer be used are to be disposed of separately from household rubbish. This must be done according to the local and national regulations for environmental protection and raw material recycling.

Please look at your local council's website for further information on the correct disposal.