



Tub and Shower Seats



What Is the Difference Between A Tub Seat and A Shower Seat?

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 Importance of Proper Tub Seat Height

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 a serious accident. One slip and the user and the attendant may end up in adjoining hospital beds.

A common objection that frequently arises is that this seat height prevents the user from taking a “real tub bath”. They cannot sit and soak in the warm water. This is certainly a valid statement, and bathing at this height usually requires the use of a hand shower. However, the fact remains that the more you lower the seat height below the wall of the tub, the more difficult it is for the user to get down to, and up from, the bath seat. This results in the seat providing less and less assistance, thus creating greater risk of injury. Lower seat heights can certainly be provided, But tub seat heights below 11 inches are generally not recommended.

Installation

Installation of the standard tub or shower seat consists simply of placing it in the appropriate position within the tub or shower. This is usually near the end opposite the faucets. Most tub and shower 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 tub or shower clean and free of soap film to help prevent slipping.

In addition to all the precautions to prevent slipping, it is also 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 are not anchored to the tub or shower in any way.

Please call our office for more information regarding other products that will further enhance your safety and independence while bathing.



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