

# M2 Self-Propelled Shower, Toilet & Commode Chair

## User Instructions

March 2008

### Introduction to the M2 Self-Propelled Shower, Toilet & Commode Chair



The M2 Self-Propelled Shower, Toilet & Commode Chair complements standard self-propelled wheelchairs ensuring that independence is maintained. This practical shower chair fits over a standard toilet as well as having the facility to use a commode pan, if required.

The M2 Self-Propelled chair provides a stable seat during personal care activities to avoid injuries or falls and to help make showering easier as well as facilitating easy side transference.

Manufactured from high quality stainless steel with moulded polyurethane upholstery, the chair is easy to clean and disinfect.

### Why is there a need for this type of chair?

The ability of a seated person to function efficiently and perform activities depends on their ability to adopt the appropriate posture. All activity is posture dependent. If a person cannot move or has problems adjusting their posture, it may be necessary to use seating to try to provide externally what is limited internally.

The principles of good seating are equally applicable to showering, toileting and commode chairs as they are to general seating. Whether looking for basic shower stools, practical shower, toileting and commode chairs that help to maintain independence or dynamic, postural support shower, toileting and commode chairs for assisted bathing, the Kirton H<sub>2</sub>O collection can accommodate both user and carer needs.

### Who should consider using the M2 Self-Propelled Shower, Toilet & Commode Chair?

Individuals able to self-propel that require a seated position for personal care activities. For domestic home use, hospitals, hospice and care home environments.

**Maximum weight limit 125kg/20stones.**

### M2 Self-Propelled Shower, Toilet & Commode Chair

#### Features

- Easy to remove, 24" rear wheels with anti-tip bars and handbrake
- Cushioned polyurethane seat and backrest
- Open, horseshoe seat with seat cover
- Cushioned polyurethane armrests
- Adjustable seat height
- Swivel armrests for side transference
- Height adjustable footrests
- Easy to clean, removable seat module
- Fits over standard toilet
- Built-in commode pan holder
- User or attendant propelled
- Stainless steel framework, powder lacquered

#### Optional accessories

- Commode Pan
- Height and depth adjustable headrest with mounting kit
- Height adjustable headrest with mounting kit
- Standard aperture seat
- Calf rest
- Lateral supports with holders
- Legrest elevation kit
- Footrest plate for mounting on legrest elevation supports
- Drip stand and mounting kit
- Hipstrap

#### Questions and Concerns

Should you experience any difficulties or have any concerns regarding the initial purchase or subsequently adjusting the M2 Self-Propelled Shower, Toilet & Commode chair or have any concerns regarding its use or operation then immediately contact either your Kirton representative, distributor or our Customer Service Team on **Freephone 0800 212709 or +44 (0) 1440 705352**, they will be delighted to help you.

#### Guidelines for Best Practice

To ensure good practice when considering purchasing an M2 Self-Propelled Shower, Toilet & Commode chair and effective post purchase we advise that the following guidelines are considered:

1. Seek advice and input from a qualified therapist/professional and/or Kirton representative or distributor at the initial prescription of the chair.
2. If unsure when ordering the chair and any accessories contact either the therapist involved or your Kirton representative, distributor or our Customer Service Team on **Freephone 0800 212709 or +44 (0) 1440 705352**, to discuss further.
3. Users of the M2 Self-Propelled Shower, Toilet & Commode chair, where necessary, should be supervised to ensure the most appropriate position is maintained in the chair.

#### The User Instructions

The purpose of the following user instructions is to provide a guide on how to utilise, adjust and maintain the M2 Self-Propelled Shower, Toilet & Commode chair.

The instructions should be read by all those involved with the supervision of the user and/or the care of the chair before use.

Please retain these instructions with the Care and Maintenance card enclosed for future reference.



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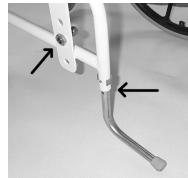
### Wheels



The 24" rear wheels are fixed to the frame by a quick-release axle. Press the button in the centre of the wheel and pull the wheel to release. Reattach the wheel by pushing the axle into the bushing and clicking it into place.

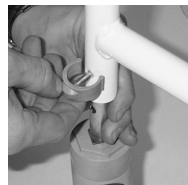
### Adjusting the seat height

Upon receipt of the M2 Self-Propelled chair the seat height is set at 490mm. To change the seat height, lay the chair on its side and remove one of the 24" wheels from the bushing. The bushing then needs to be removed using an adjustable spanner and positioned at the desired height.



The anti-tip bar needs to be moved to the same height position as the 24" wheels. Remove the height adjustment clips by pushing on the two open sides of the clips with your thumbs. Slide the anti-tip bar to the desired height and replace the clips.

Make sure the clips are pushed all the way through the bars to ensure stability.



To adjust the front wheels, remove the height adjustment clips by pushing on the two open sides of the clips with your thumbs. Slide the leg in and out to the desired height and replace the clips. Make sure the clips are pushed all the way through the legs to ensure stability.

Repeat the procedure on the other side of the chair. All wheels should be at the same height.

**Double check all the nuts and bolts are tightened and that all clips are fully pressed in place**



To reposition the brakes to accommodate the change in seat height use an Alun key to loosen the brake. Move to position and tighten. Repeat on the other side of the chair.

### Footrests



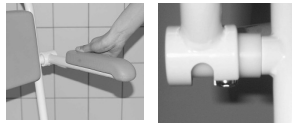
The footrests slot into the two holders at the front of the chair frame.

The height of the footrests can be adjusted to suit individual users. Remove the height adjustment clips by pushing on the two open sides of the clips with your thumbs. Slide the

footrest to the desired height and replace the clips ensuring they are all the way through the stainless steel tubing.

The angle of the footplates can be inclined. Simply remove each footrest from the chair, detach the adjustment clips, turn the footplate 180° and replace the clips. Position the footrests on the opposite side of the chair.

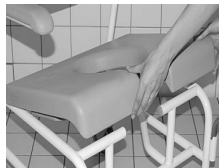
### Armrests



The armrests have the ability to be swiveled backwards to facilitate side transfers. The armrests can be removed completely

if lifted vertically and pulled free of the chair over the positioning bolt.

### Removing and replacing the seat module



The seat module is removed by holding both sides of the module and lifting upwards from the frame. The seat is replaced by applying a light pressure on either side of the seat module. The seat lid fits over the aperture covering the opening.

### Commode Pan

If using a commode pan, ensure the pan is slid straight forwards and backwards along the seat. On the underside of the seat module the two commode pan holders can be tightened by bending the wings closer to the seat to enable a firmer grip on the commode pan or indeed loosened accordingly.



### Potential Risks, Cautions and Warnings

- The user is at risk if the chair is not properly set up to their requirements.
- When adjusting the seat height and footrest height of the chair ensure the adjustment clips are pushed fully through the holes before use and the nuts and bolts are fully tightened.
- Ensure the seat module is correctly "snapped" back in place before use.
- Before using the chair for showering or toileting apply all the brakes.
- The anti-tip bars should **not** be completely removed.

### Care and Maintenance

- Wipe down the framework with soapy water and a soft cloth to reduce the build up of soap and limescale.
- Cleaning with a scouring pad is not advised.
- Maximum temperature 80°C.

### Helpline

Should you have any concerns either pre or post purchase of the chair contact our Customer Service Team on **Freephone 0800 212709 or +44 (0) 1440 705352**, to discuss further. Alternatively, if you purchased your chair from a Kirton distributor in the first instance please contact your point of reference there.



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