

Day Chair – High & Low Back

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

WHAT IS A DAY CHAIR?

- A day chair is an everyday chair with armrests and height adjustable legs.
- A day chair can be used at a dining table, desk and in the lounge room.
- Day chairs are available in a range of fabrics and vinyls.

TO INSTALL:

- It is recommended that the day chair is height adjustable. The height should enable you to sit and stand with ease.
- To adjust the leg length, push the button in and slide the internal leg piece up or down to the appropriate notch. Your Occupational Therapist can advise you regarding the appropriate height.

HOW TO USE THE DAY CHAIR:

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



PRECAUTIONS & SAFETY:

- Ensure that the day chair is stable on the floor and cannot slide.
- Ensure there is adequate space around the day chair to enable safe movement on, off and around the chair.

MAINTENANCE & CLEANING:

- Ensure that you regularly clean the chair with a mild disinfectant.
- Should the equipment appear damaged – **DO NOT USE**. It may require replacing.