



# HERO+

## User Manual - S11195

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Shower Chair  
205kg



## Shower Chair - Aluminium Hero Medical 205kg



### Instructions for Assembly

1. Remove contents from packaging
2. Attach all four legs onto the side supports by using the leg pin to clip into position
3. Using a Philips head screw driver and screws provided secure the seat to the centre sections

## How to use the Shower Chair

When sitting on the chair, move back until the seat is behind your legs, firmly place each hand on the armrest, if appropriate, to ensure your body is supported and the chair is stable. Then slowly lower yourself down.

When getting off the chair, bring your bottom to the front of the seat ensuring your feet are firmly placed on the floor. Place your hand on the armrests, if appropriate, to push yourself into standing leading with your head and shoulders.

## Adjusting the Height

To adjust the leg length, press the button in and slide the leg piece up or down to the appropriate notch. Your Occupational Therapist can best advise regarding the appropriate height. One leg has extra holes, which can be adjusted to help stabilize the shower chair for uneven surfaces.



**SWL : 205kg**

- This product is designed to be used daily in the home or community setting