



etac®

# Product guide

Shower seats

# Safe and enjoyable bathroom routines

Daily hygiene routines are essential to our well-being, and the bathroom is where most of us start and finish each day. Whether we spend time there to relax or simply rush through our day-to-day personal care, it's a place where we want to be self-reliant. Using a seat can make daily tasks more enjoyable, but also help to prevent fall accidents. This can effectively promote and maintain good health and continued independent bathroom visits.

## Small additions can go a long way

The easiest way to improve safety is by reducing the time you stand. Introducing a seat in the bathroom is not only a good addition in the shower, but can also facilitate getting dressed, grooming or brushing one's teeth.

Seeing that bathrooms are where most domestic fall accidents occur, taking a preventive approach is a smart thing to do. By simply fitting the bathroom with a shower seat and one or two grab rails in useful places, safety is immensely improved. Making these minor additions early on, can go a long way in staying safe. All so that your time in the bathroom continues to be on your own terms.

## Etac's shower seats

Etac offers a wide range of shower stools, chairs and seats for varying needs and different stages of life. They are especially developed for wet environments and designed to match modern bathroom interiors.



## Bathroom safety

Fall injuries are a major public health problem with vast effects on society as well as the individual. This makes fall prevention important to address.

The good news is that many falls can be avoided. To make the process easier, Etac offers recommended safety solutions based on three levels of user needs.

Discover our Bathroom Safety Solutions by following the link.



# Seat categories

Etac's shower seats can be divided into three main categories with varying benefits and suitability for different user needs. This guide provides an introduction to the range and assistance in finding the best solution.



## Stools

Stools are a great and simple way to add a seat to the bathroom. They don't require any fixed installation, take up little space and provide a flexible seat that can be moved between different areas of the bathroom. They are all extremely easy to height-adjust, assemble and disassemble, which can be practical when used in several locations or for temporary needs.



## Chairs

A chair offers the same benefits as a stool but with the added comfort of a backrest. This is suitable for someone who prefers a more stable seat and additional support. The backrest increases comfort while seated, and the sturdy armrests facilitate standing up and sitting down. Chairs require more floor space than the other categories.



## Wall-mounted seats

A wall-mounted seat is always in place and saves space since it can be folded up when not in use. This can be beneficial in small spaces or where several people with varying mobility use the same bathroom. In turn, it requires fixed installation and can't be used in other parts of the room. Etac's models include optional arm supports.



# How to choose the right seat

## 1 The user's needs - initial considerations

### With or without arm supports

Someone active and healthy who just wants a seat in the bathroom, can choose any model. For a person with some level of reduced mobility, a model with arm support is better since it alleviates standing up and sitting down. Someone who struggles particularly with rising or sitting down, can benefit from a seat that can be set with an anterior tilt.

### Stool or chair

Users who need a back support to feel supported and comfortable, should choose a chair. This can be also be better for someone with balance issues, back aches or similar conditions. Those who are uncertain about choosing a stool or a chair, or suspect they might need further support in the future, can choose a Swift stool. This model can effectively be transformed into a chair by adding arm support and/or back support at a later time.

### Rehabilitation - temporary needs

For temporary needs, for example following surgery or a sporting injury, a stool or a chair that don't require a fixed installation could be of great help.

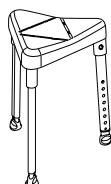
### Limited bathroom space

If space is very limited, a wall-mounted seat takes up the least space. In places where drilling into walls needs to be avoided, one of the smaller stools is a better alternative.

## 2 Choosing between stools

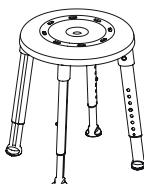
### Benefits with different shapes

If you have decided on a stool but feel unsure which seat to choose, the following offers guidance.



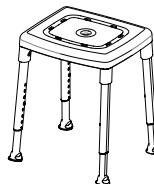
#### Triangular

- Space-saving, can be placed in a corner
- Users can straddle the seat when range of motion in the hip is limited.



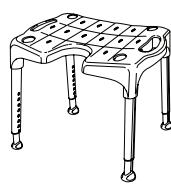
#### Round

- Easy to move sideways on, accessible from all sides
- No corners - always in the right position
- Neat in size
- High max user weight



#### Rectangular

- Allows for sitting along both narrow and wide side
- High max user weight



#### Rectangular with recess

- The recess makes reaching when washing easier
- Largest seat area
- Back/arm support as an option

### Shared features for all stools

Height-adjustment with a simple click | Quick to assemble without needing any tools | Great stability with feet that provide grip on wet and uneven floors | Non-slip seat surface and drainage holes for excess water | Comes flat-packed in clever carry cases that can be used again

## Additional safety with grab rails

Having grab rails in useful places is a good complement to a seat.

The handles can be placed at a height to make it easier to stand up, or positioned to support while standing.

Etac offers both screw-mounted and adhesive options. The latter is especially convenient when wanting to avoid drilling into walls. Handy is available in 3 lengths and an angled version. Flex allows for several rails to be connected to each other, and can be mounted in numerous angles.



Handy

Flex

## 3 Choice of colour

### To blend in - or stand out

Colour is not only a matter of aesthetics, but can in fact be used to improve visibility and recognition. This can be beneficial for someone with reduced eyesight or for people with cognitive impairments such as dementia. In this case, a colour that provides as much contrast to the bathroom interior as possible is a good choice.

Those who prefer the opposite, i.e. a seat that is discreet, can instead choose the colour that best blends in. Our shower seats always offer 2-4 colour options to make sure we accommodate both needs.



## 4 Summary

### Stools

- The simplest way to add a seat to the bathroom
- Good for temporary needs
- Can be moved between different areas within the bathroom
- Allow for usage in different bathrooms or locations
- No installation needed
- Space-saving

### Chairs

- Comfortable and stable sitting with back and arm supports
- Can be moved between different areas within the bathroom
- Can be used in different bathrooms, locations or for temporary needs
- No installation needed
- Require more floor space

### Wall-mounted seats

- Always in place, never in the way
- Space-saving, foldable and solid solution
- Provides arm support options
- Can be suitable when there are several people using the same bathroom
- Requires fixed installation and drilling into walls

# Product selection guide

## Etac shower seats

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Product	Edge	Easy	Smart	Swift stool	Swift stool with arm support	Swift chair	Relax
<b>Category</b>	Stool	Stool	Stool	Stool	Stool	Chair	Wall-mounted seat
<b>Primary features</b>	Triangular, space-saving shape  The seat can be straddled when range of motion in the hip is limited.  Fits well in smaller spaces or corners	Classic rounded shape  Can be accessed from all sides and is easy to swivel on.  Fits well in smaller spaces	Rectangular seat  Can be used from both sides, offering a wide and a narrow seat	Award-winning, modular and best-selling classic  Recess on one side for good access and handles on each side  Can change with the user's needs by adding back- and arm support	Award-winning, modular and best-selling classic  Sturdy (and removable) arm support to facilitate transfers  Recess on one side (front or back) for good access  Can change with the user's needs by adding back support	Award-winning, modular and best-selling classic  Sturdy, comfortable (and removable) arm and back support  Recess on one side for good access, can be set in front or back	Foldable and space-saving design  Always in place, never in the way  Available in many versions and with matching grab rails (Flex)  Stylish and modern design with velvety surface
<b>Accessories</b> For the complete and continuously updated range, visit our web site.	Seat pad	Seat pad   Swivel pad	Seat pad   Swivel pad	Soap dish   Arm support   Back support   Back support pad   Seat pad	Soap dish   Back support   Back support pad   Seat pad	Soap dish   Back support pad   Seat pad	Soft back support   Supporting legs
<b>Comparison matrix</b>							
Height-adjustable	42-57 cm	42-57 cm	42-57 cm	42-57 cm	42-57 cm	42-57 cm	Mounted in the preferred height
Low version, height-adjustable	34,5-42 cm	-	34,5-42 cm	34,5-42 cm	34,5-42 cm	34,5-42 cm	-
Max user weight	130 kg	200 kg	200 kg	160 kg	160 kg	160 kg	125 kg (150*)
Seat area (w x d)	45x40,5 cm	40 cm	43x38 cm	54x41 cm	45x41 cm	45x41 cm	39x45 cm
Drainage holes in seat	✓	✓	✓	✓	✓	✓	-
Arm supports	-	-	-	Optional	✓	✓	Optional
Individually manageable arm supports	-	-	-	-	Removable	Removable	Foldable
Can be used with only one arm support	-	-	-	-	Yes	Yes	Yes, with one folded up
Can be set with anterior tilt	✓	✓	✓	✓	✓	✓	-
Colours	White   Grey   Ice blue	White   Grey   Ice blue	White   Grey   Ice blue	White   Grey   Blue   Lagoon green	White   Grey   Blue   Lagoon green	White   Grey   Blue   Lagoon green	White   Volcano grey

\*150 kg with supporting legs

### Product pages

Go to [www.etac.com](http://www.etac.com) for additional details and item numbers.





Etac is a world-leading developer of innovative assistive devices and patient handling equipment. Since 1973, we have been committed to improving quality of life for the individual, family members and caregivers.

For the intended purpose of the products and latest information, please visit [www.etac.com](http://www.etac.com)

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Creating Possibilities