

4Healthcare

SHOWER COMMODE USER MANUAL



4H414



4H420

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1. Features

Swing Up Arms – Height Adjustable, Swing Away Footrest – Height Adjustable, Flip Up Foot Rests, Removable Backrest – Clip On/Off, Adjustable Seat Height, Removable Padded Seat, 4 x Total Lock Castors - Maintenance Free (4H414), 2 x Total Lock Castors – Maintenance Free (4H420), 2 x 22" Rear Wheel (4H420), 2 x Hand Brakes (4H420).

2. Specifications

Overall Width: 4H414 - 545mm, 4H420 - 685mm

Overall Height: Max – 1110mm, Min – 960mm

Overall Depth: 4H414 - 890mm, 4H420 - 1000mm

Turning Circle: Dia 1000mm

Armrest Height: Low – 230mm, High – 260mm

Backrest Height (Top of padded seat to top of backrest): 385mm

Seat Height (Floor to top front of padded seat):

Position 1 – 500mm

Position 2 – 525mm

Position 3 – 550mm

Position 4 – 575mm

Position 5 – 600mm

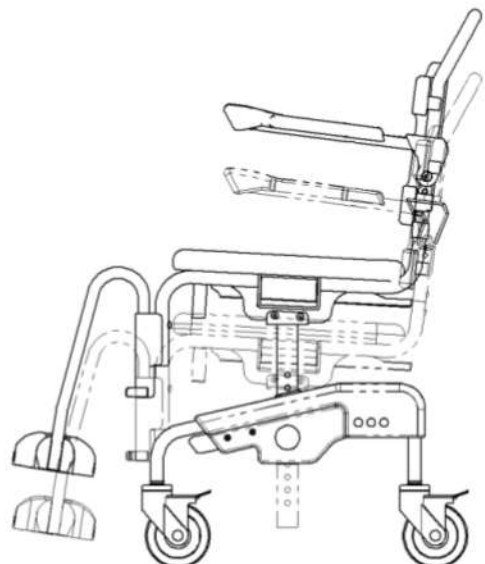
Position 6 – 625mm

Footrest Height (top front of padded seat):

Max – 435mm

Min – 310mm

5 x 25mm increments

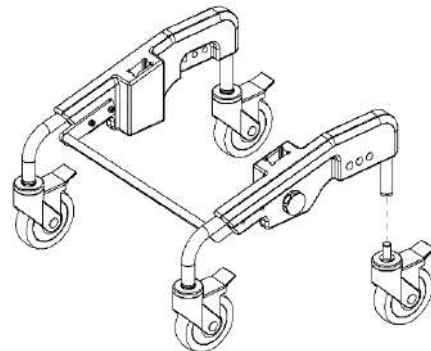
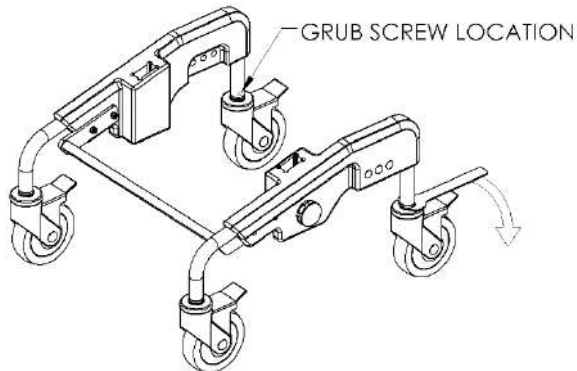


3. Assembly Instructions

4H420 – Self Propelled Shower Commode

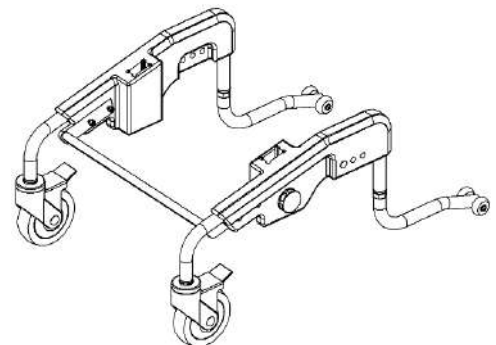
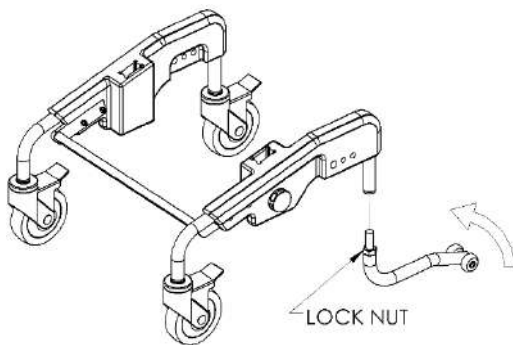
Base frame conversion

The base frame comes pre-assembled with 4 castors fitted. The two rear castors need to be replaced with Anti-tippers, the hand brakes and 22" wheels need to be fitted to the side frames.



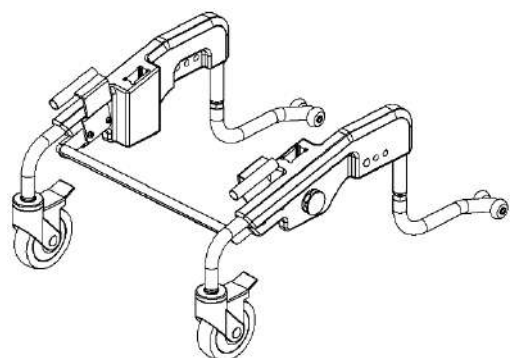
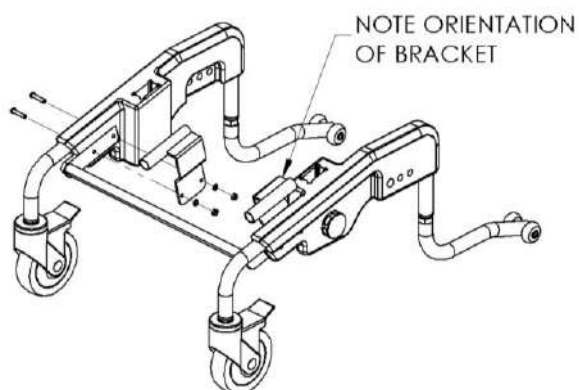
Step 1: Remove rear castors

- Loosen the locking grub screw located on the inside of the tube just above the castor.
- Undo the castor nut with the supplied 24mm open end spanner and remove castor.



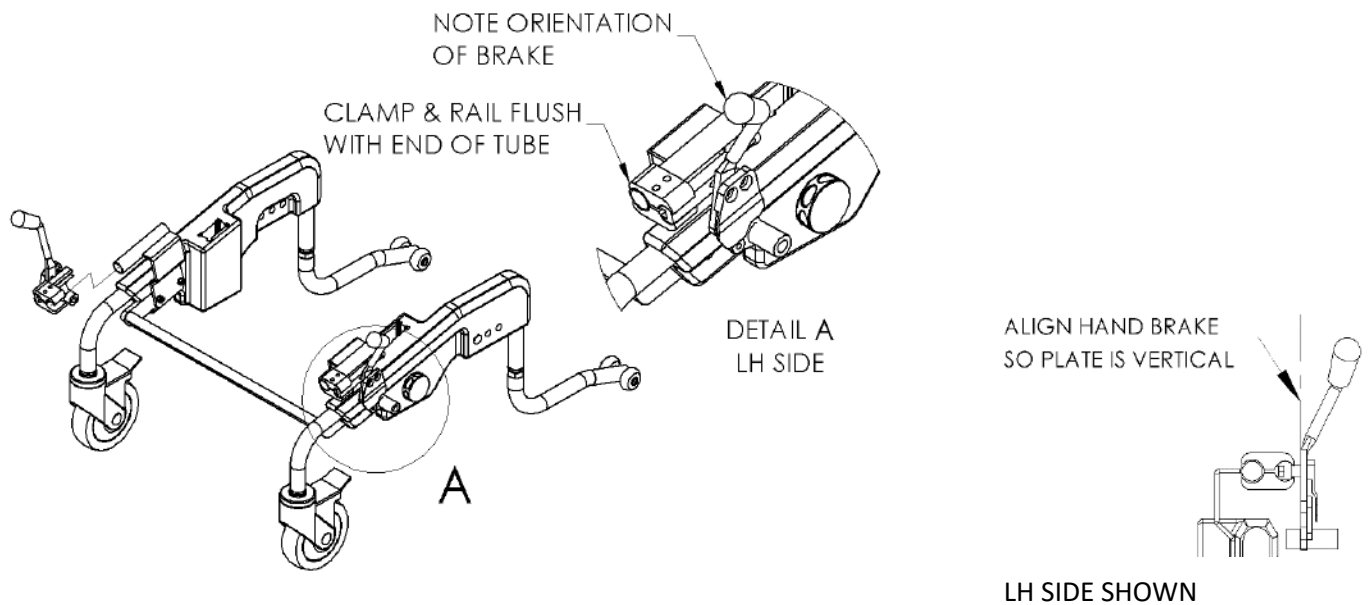
Step 2: Fit Anti-tippers

- Screw in the Anti-tipper and align it with the side frame.
- Tighten the lock nut with the 24mm spanner and tighten the locking grub screw.



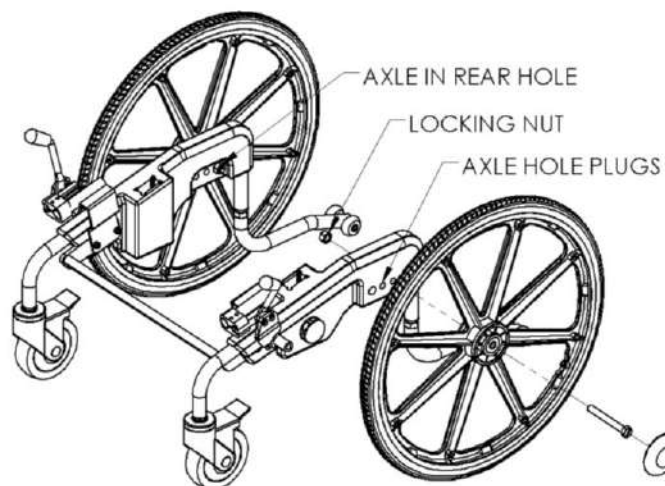
Step 3: Fit the hand brake mounts.

- Using the supplied 4mm Allen key and a 10mm ring spanner, remove the screws holding the front crossbar and side frame together. Do one side at a time.
- There is a RH & LH part, place the hand brake mount in the correct orientation and fit the screws and fixings.



Step 4: Fit the hand brakes

- There is a RH & LH part, fit the hand brake in the correct orientation and position it flush with the end of the mount tube as shown above. Tighten screws.



Step 5: Fit rear wheels

- Make sure the hand brake levers are in off position (pull lever towards anti-tipper).
- Remove the rear and middle axle hole plugs.
- On the wheel turn the hub cap anti-clockwise and remove cap.
- Slide the axle through the wheel hub and align with rear hole in side frame.
- Fit lock nut and tighten.
- Fit hub cap.
- Spin the wheel to make sure it rotates freely and check that the brake operates correctly.

Seat Frame to Base Frame Instructions

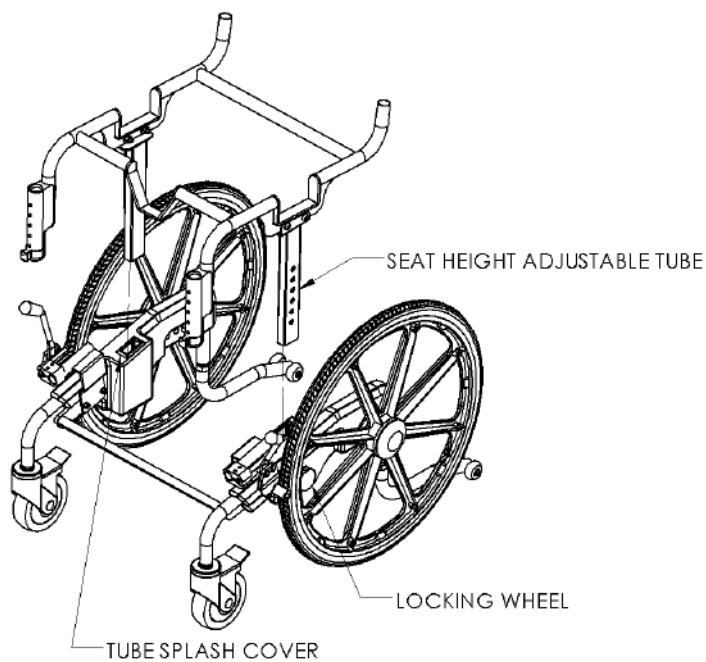


Figure 1

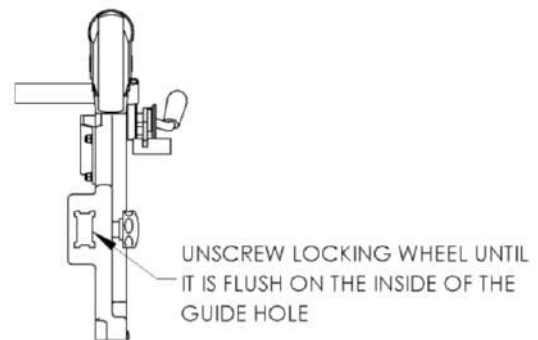


Figure 4



Figure 3

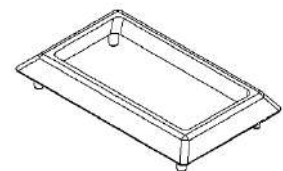


Figure 2

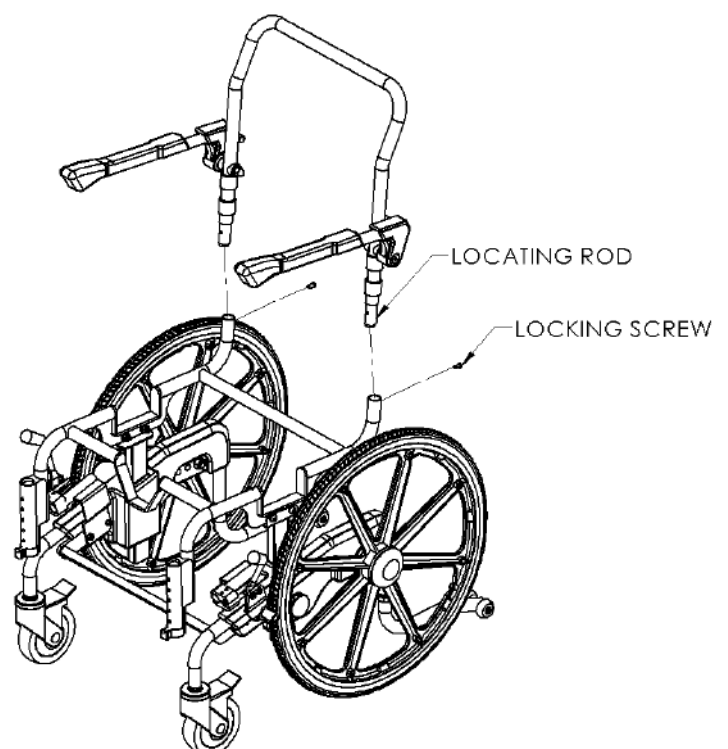
Step 1:

- Fit the splash covers over the guide holes on the side frame, see figures 2 & 3
- Unscrew the locking wheel as per figure 4
- Lower the seat frame and align the adjustable tubes into the holes.
- Line up a hole in the adjustable tube with the locking wheel and tighten wheel.

Backrest Frame to Seat Frame assembly

Step 1:

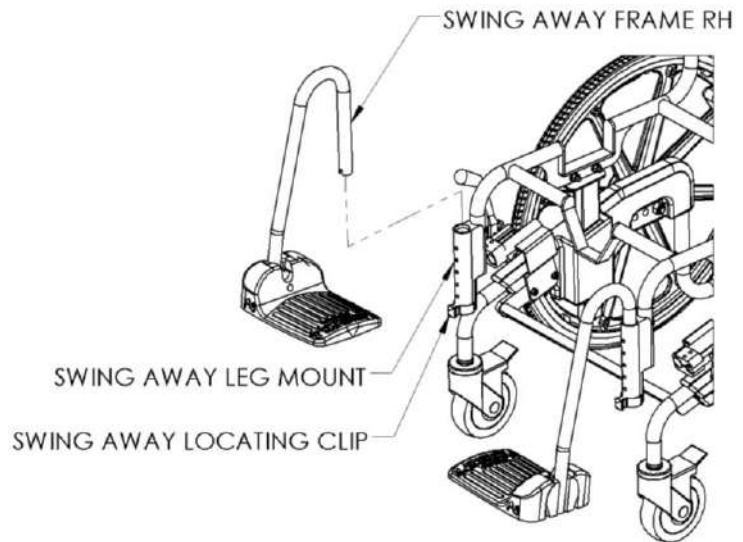
- Use a 4mm Allen key and remove the two locking screws from the locating rod on the backrest
- Align the locating rods with the tube in the seat frame and push backrest down into the tube until the hole in the seat frame tube lines up with the threaded hole in the locating rod.
- Fit locking screws and tighten.



Swing Away Frames to Seat Frame

Step 1:

- Make sure a locating clip is fitted into the leg mount.
- The swing away frames are a RH & LH part, fit the swing away into the leg mount in the correct orientation.



On how to fit the backrest and optional padded seat follow the instructions in the 'Operating Instructions' in section 6 below.

4. Safety Precautions

The Maximum user weight for the shower commode is 130kg.

Only use the commode indoors and on flat even surfaces.

DO NOT stand on the foot rests, they are only intended for resting the feet on.

DO NOT use in swimming pools, intended for shower use only.

When adjusting the seat height make sure the locking wheel has engaged the hole in the tube and is tight. (Refer to operating instructions).

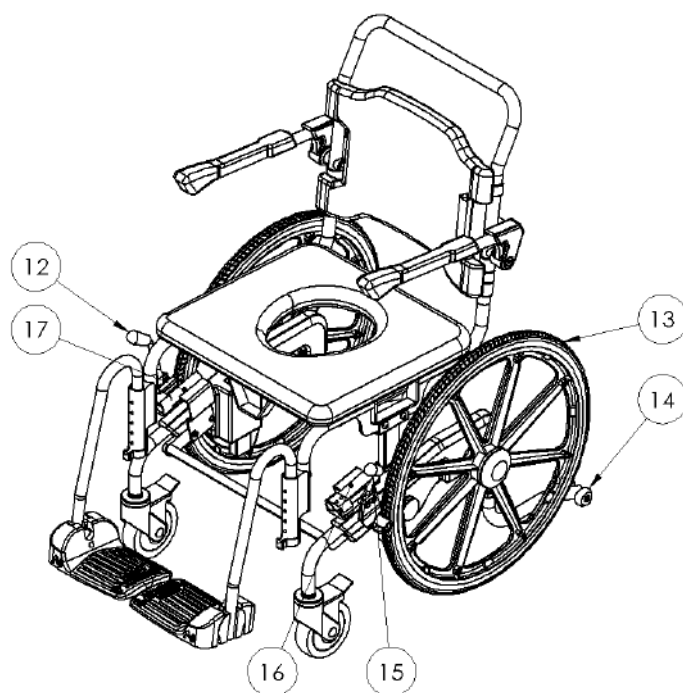
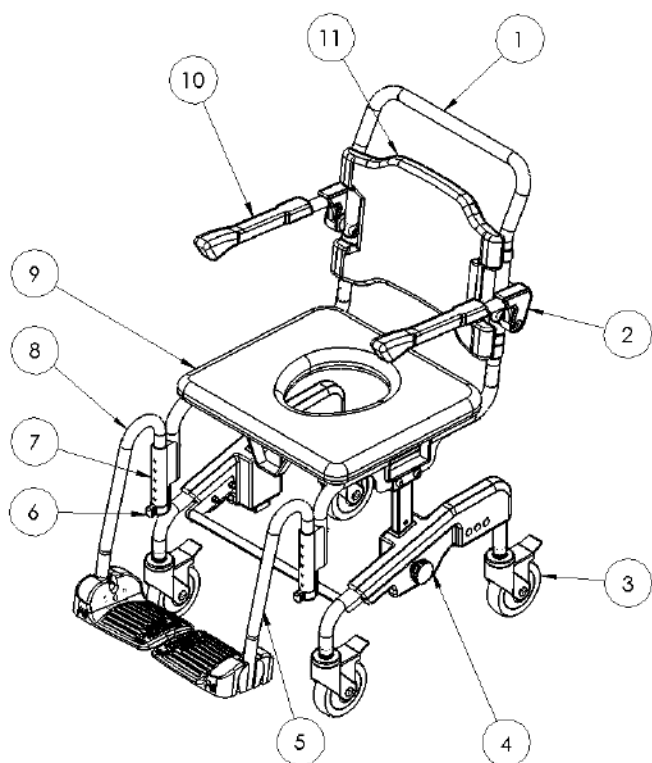
Ensure all brakes are engaged when transferring the client in and out of the commode.

Heavy uneven weight distribution may cause stress to the frame and may eventually result in damage to the shower commode.

The weight capacity of the shower commode may be reduced if the user applies their weight unevenly, forcefully or positions the chair unevenly.

5. Spare Parts

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	4S412BRF	BACKREST FRAME ASSEMBLY	1
2	4S412SUAL	SWING UP ARM L/H	1
3	CB125SC	CASTOR BRAKING S/C	4
4	412AHLW	ADJUSTABLE HEIGHT LOCKING WHEEL	2
5	4S414SAFL	SWING AWAY FRAME L/H	1
6	412SALC	SWING AWAY LOCATING CLIP	2
7	4S412SALM	SWING AWAY LEG MOUNT	2
8	4S414SAFR	SWING AWAY FRAME R/H	1
9	4S412CFPS	CLOSED FRONT PADDED SEAT	1
10	4S412PA	PADDED ARMREST	2
11	4S412PB	PADDED BACKREST	1
12	4S420HBR	HAND BRAKE RH	1
13	4S420RW	22" REAR WHEEL	2
14	4S420ATL	ANTI-TIPPER LEG	2
15	4S420HBL	HAND BRAKE LH	1
16	4S420HBML	HAND BRAKE MOUNT LH	1
17	4S420HBMR	HAND BRAKE MOUNT RH	1

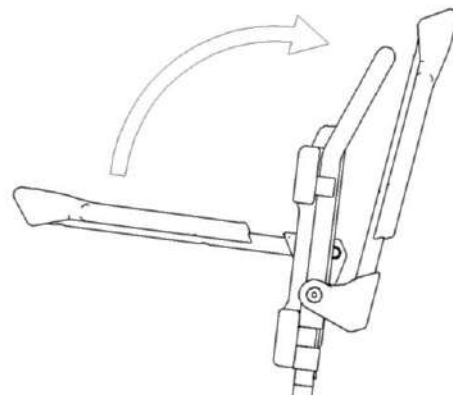


6. Operating Instructions

Swing up arms

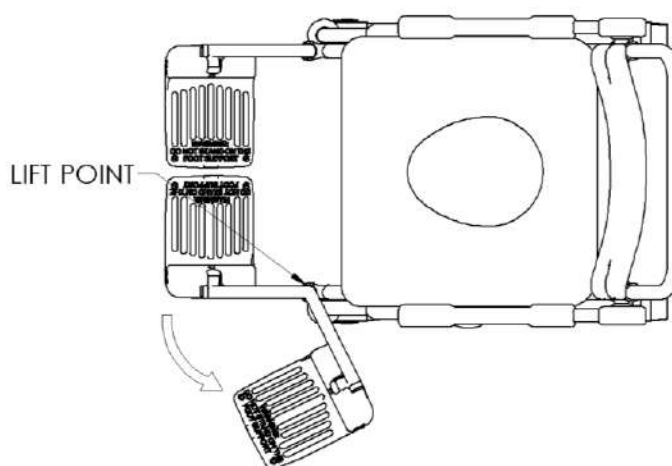
To swing up the arm hold it around the padded armrest and lift the arm up until it clears the backrest.

When lowering the armrest make sure to gently lower the arm till it stops. Try not to let the arm free fall into position.



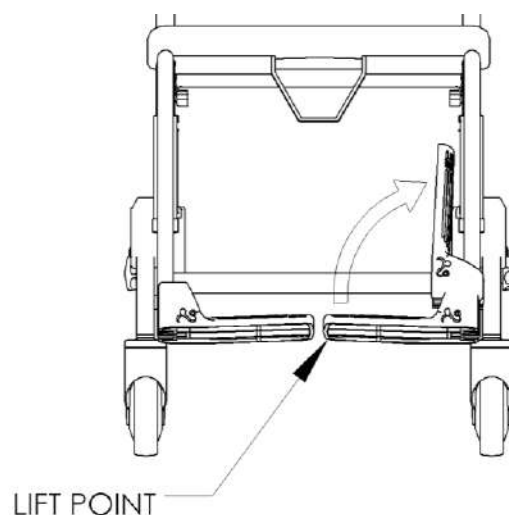
Swing away footrests

To swing the footrest leg away from the front of the commode, hold the footrest support tube at the top of the bend. Lift the support tube up past the locating pin at the bottom and swing away the leg to the side.



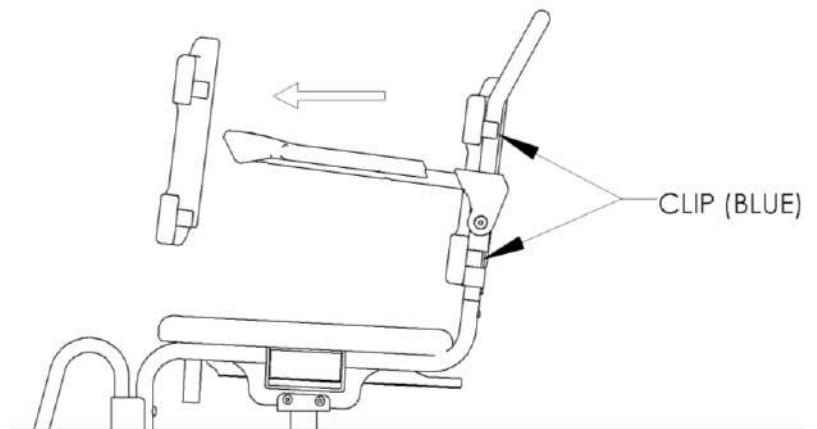
Flip up footrest

To flip the footrest up hold it at the indicated point. There will be some slight resistance to move it but this is normal, lift it all the way up to the support tube.



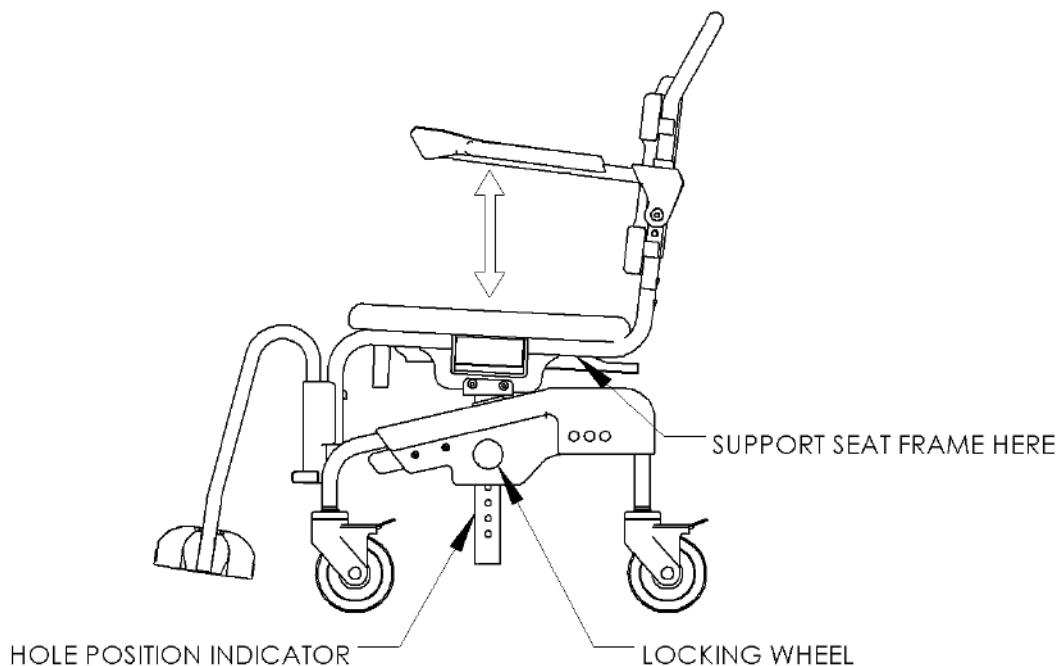
Padded backrest removal

To remove the padded backrest firstly swing away the footrests and stand in front of the commode facing the backrest. Grab hold of the backrest by a top corner then pull it towards you until the clip is off the frame, repeat process on the bottom corner then do the other side.



Seat height adjustment

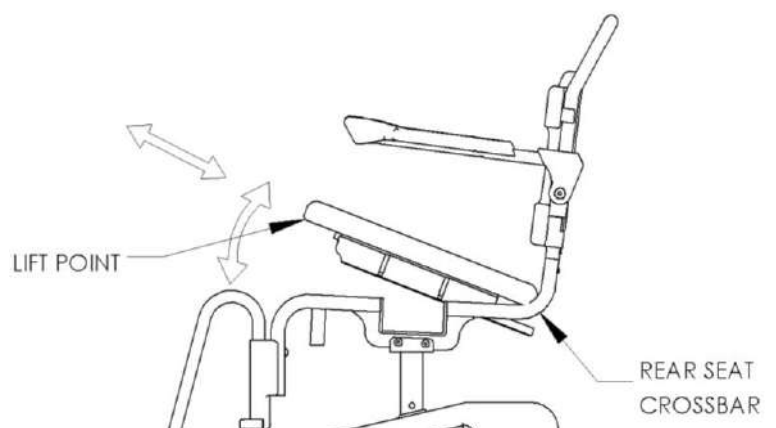
Preferably use two people to do this operation, one person on each side of the commode. With one hand support the weight of the seat frame whilst with the other hand unscrew the Locking Wheel Anti-clockwise until the seat frame can move up or down. Use the hole position indicator on the vertical adjustment tube to align the hole with the locking wheel. Rotate Locking wheel clockwise to tighten against vertical adjustment tube.



Padded seat fitment – clip on/off

To fit the seat to the commode, slide the cut out in the pan runner under the rear seat crossbar. Lower the seat and push it towards the rear of the commode. Push down firmly at the front of the seat and it will clip into the frame.

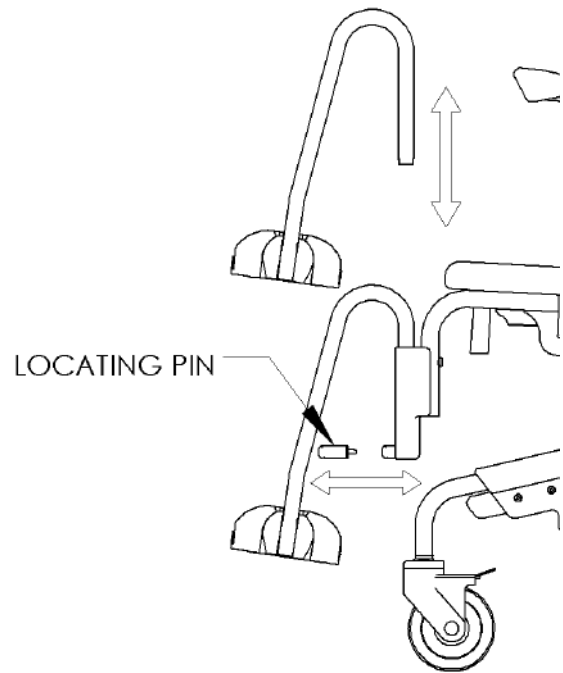
To remove lift the front of the seat at the lift point shown and pull the seat towards the front of the commode until the pan runner clears the rear seat crossbar.



Swing away footrest height adjustment

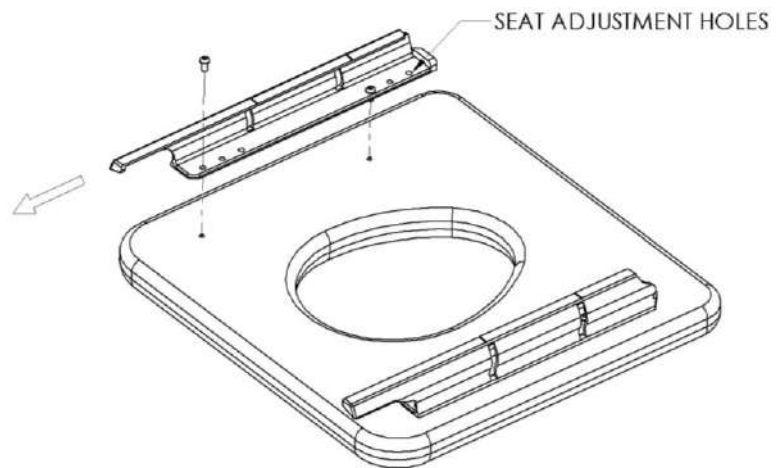
To adjust the height of the footrest, lift the support tube up and pull the locating pin out and select the required hole.

Slide the support tube back into the swing away mount and check footrest position.



Seat depth adjustment

Use a 4mm Allen key to unscrew the fasteners on the pan runner. There are 2 positions spaced at 25mm, select desired hole and screw fasteners in place.

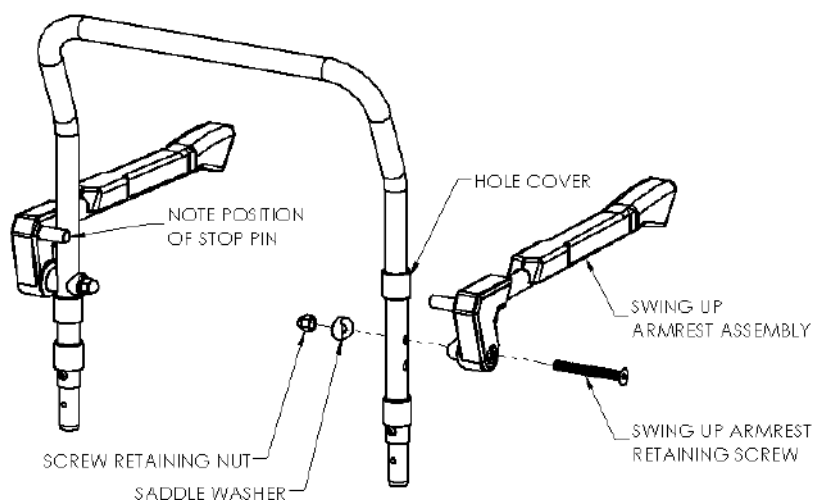


Armrest height adjustment

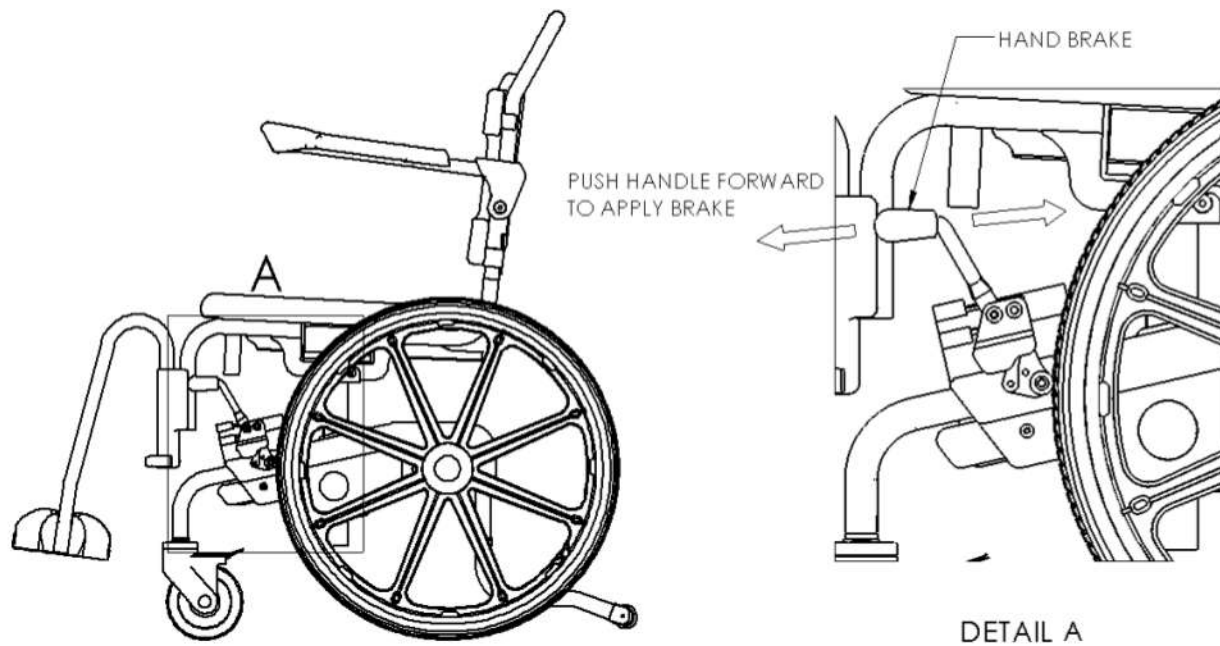
The armrest comes set from the factory in the high position. It can be set to the low position by following the instructions below.

Tools required; 17mm ring spanner & 5mm Allen key.

1. Use the Allen key to hold the swing up arm retaining screw from rotating whilst undoing the screw retaining nut with the 17mm ring spanner.
2. Slide the armrest outwards and put aside.
3. Slide the top hole cover up past the holes in the frame as shown in the illustration.
4. Place the armrest assembly over the lower hole and slide the screw through hole, place the saddle washer and nut onto the screw and tighten with spanner whilst holding the retaining screw with the Allen key.
5. **Note**, make sure the stop pin is behind the frame when fitting the armrest assembly to the frame.
6. Slide the hole cover down over the top hole in the frame.



4H420 – Hand Brake Operation



7. Care & Maintenance Instructions

Important

Do not use abrasive cleaning agents. Non-phenolic disinfectants are recommended in a diluted solution.

Spray the frame and components with the solution then wash with a sponge, rinse and dry thoroughly with a clean cloth.

Only detached the bolts/screws holding the parts together as instructed to do so in this manual.

Maintenance

It is recommended to the user that a qualified 4Healthcare dealer check over all fasteners and sub-assemblies on a regular basis or if there is cause for concern to the shower commodes performance.

8. Options

- Pan carrier
- Pan
- Lock down armrests
- Side opening seat
- Front opening seat
- 22" Wheel Push Rims

9. Warranty

The shower commode comes with a 24-month warranty.