

# EZee Life™

## Tilt Shower Commode User Manual



Healthline Products

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## Product Information

This series of rehab commodes offer the features and qualities important to both the home and institutional user.

- The frame is of aluminum construction making them very light and easy for caregivers to manoeuvre yet strong enough to support users up to 400 pounds depending on the model.
- All models are equipped with 5" locking swivel casters but can be ordered with optional 24" rear wheels to enable self propulsion and a degree of independence for users.
- The materials used to construct these commodes and the finishes used are compatible with institutional cleansers and disinfectants to provide the highest level of infection control possible.
- The seat height is adjustable by 3", depending on the wheel configuration and model, to adapt to toilet or bed heights and ease transfers. Optional tall model available for higher seat heights.
- The seat, back and arm foam is textured to reduce the amount of slipping the user may experience when wet but soft enough to provide comfort and reduce pressure points while in use.
- The removable seat insert provides comfort for users who use the commode for showering but not for bowel or bladder elimination.
- The commode is equipped with a large round bucket that can be removed from the rear.
- The footrests are adjustable in height and can be swung away or removed when needed.
- These commodes come equipped with anti-tippers for the safety of the user and peace of mind for the caregiver. They are adjustable height so they can be adapted to various types of floors and terrains and can be removed or flipped up out of the way when not needed.
- The white frame and light blue seat, back and arms give these commodes an attractive look not found in other models. This less institutional appearance is appreciated by both home and institutional users.

The lightweight and compact size makes these commodes ideal for home use as well as institutional and can be used as a bedside commode, used over the toilet or in shower stalls designed to be used with shower commodes.

## **Commode Suitability Information**

Ezee Life™ rehab shower commodes are designed to be used by people who suffer from a variety of conditions and disabilities.

### **Our Tilt Series (models: 155, 190, 195)**

These tilting models are suitable for a wider variety of users. These tilting rehab shower commodes reduce the chances of developing pressure sores by distributing the user's weight over a larger area and allowing the caregiver to dynamically adjust the seat angle and change pressure points. The tilt feature provides a solution for those who lack the ability to sit upright, helps to relax users who suffer from involuntary movements, moderate spasticity and high muscle tone providing a more secure seated position. A multi position headrest is provided with all tilting rehab commodes to support and control the user's head movements.

### **Steps to improve stability**

1) Seat height will have a effect on safety during standing transfers. In order for the user to sit back as far as possible when doing a standing transfer the seat height can't be too high. The optimal height will vary depending not on the user's leg length but if they can't sit down with their back all the way back against the backrest then either the seat depth is too deep or the seat height is too high. Since the commodes are only 18" deep the depth should not be an issue for most adults.

2) Swivel casters by nature have to "trail" to roll and swivel properly. If the caregivers ensure the casters are swivelled and locked forward during transfers or when there is a danger the user may lean forward the chances of forward tipping will be greatly reduced. By swivelling the casters forward you'll probably gain about 5" of wheelbase length.

### **Additional Features and Attributes**

The calf strap on all models of Ezee Life™ rehab commodes can be used to prevent the feet from falling back under the commode or positioned in front of the shins to prevent the user from kicking forward and the seat positioning belt will prevent sliding, reduce shearing and keep the user securely seated.

Using a commode with a closed front, or an open front commode seat with an opening insert, will provide more support for the client and prevent thin or spastic users from slipping into the opening.

The following is a list of features or attributes that may be needed by an institution to meet the needs of their population. The products and features listed below are examples of features available as aftermarket products and/or from other manufacturers.

- Lateral supports
- Hip guides
- Head supports
- Tilt feature
- Lap belt
- Calf strap
- Toe straps
- Closed front seat
- Solid seat
- Oval seat
- 4 way seat
- Horseshoe seat
- Bariatric sizes 24", 26", 28" and 30" seat widths
- High weight capacity 300lb, 400lb, 500lb, 600lbs +
- ELR (Elevating leg rests)
- Power tilt commode
- 4 way seat

## **Additional Information**

All our current commode models are designed to be suitable for the majority of clients. Our non-tilt models are a good choice for low needs clients who are aware of their situation and can be relied on to practice some level of common sense while seated. Our tilt models are designed for those users with higher needs and incorporate gravity to help keep the user secure and safe and provide pressure relief while seated on the shower commode.

While these two designs of commode will be suitable for a large variety of clients, There will always be clients who need commodes with different features and attributes. There is not a single commode that will meet the needs of all clients and institutions will need to have a variety of commode models and styles on hand to meet the needs their entire patient load.

In some cases there are aftermarket accessories available (lateral supports, hip guides, chest straps, etc.) that can be added to our commodes to make them more secure for patients who require added support. People with special needs that are not normal to most applications in institutional and homecare might not be suitable clients for our commodes. Our commodes are designed to suite most applications setting in hospital, nursing home (institutional) and homecare environments.

In some cases the attendance of two care givers may be the only solution for safe bathing/showering/toileting of high needs clients. If there is any doubt as to the features and methods needed to bath/shower/toilet a patient safely for both the client and the staff, a healthcare professional should be consulted for their assessment.

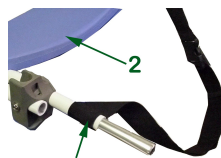
<b>Specification</b>	<b>MODEL #155</b>	<b>Model #190</b>	<b>Model #195</b>
Frame Material	Aluminum	Aluminum	Aluminum
Tilt Range	33°	33°	33°
Weight	32.6 lbs	36 lbs	38 lbs
Rear Wheels	5" (optional 22")	5" (optional 24")	5" (optional 24")
Front Casters	5"	5"	5"
Seat Width	15"	18"	20"
Seat Depth	15"	17"	17"
Standard Seat Heights (Standard caster stems P-HL100)	21", 22" or 23"	21", 22" or 23"	21", 22" or 23"
Tall Seat Heights (Optional tall caster stems P-HL101)	22.9", 23.9" or 24.9"	22.9", 23.9" or 24.9"	22.9", 23.9" or 24.9"
Foot Rest Angle	60°	60°	60°
Foot Rest Length	14" to 20"	14" to 20"	14" to 20"
Back Height	18"	18"	18"
Arm Height	11"	11" (from seat)	11" (from seat)
Arm Length	13"	13"	13"
Weight Capacity	250	250 lbs	300 lbs

## Features:

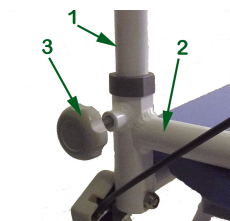
Molded seat, back & arm rest pads	Commode hole insert
Adjustable molded headrest	Flip back arms
Locking swivel casters	Adjustable swing away footrests
Composite flip up foot plates	Side release seat belt
Calf Strap	Single lever tilt release
Strong tubular aluminum frame	Adjustable removable anti-tippers
Choice of 5" casters or 24" wheels	Caster locking ring with string
Adjustable Seat Height	Optional long caster stems for higher seat heights

## Assembly Instructions

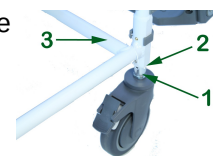
1. Slide seat belt loops (1) onto each side of backrest (2) posts.



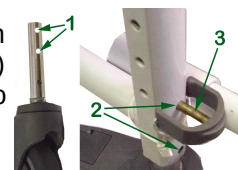
2. Insert two back support posts (1) into seat frame (2) and tighten two hand wheels (3).



3. Insert four caster stems (1) into holes (2) in the four corners of the bottom of the seat frame (3). Standard caster stems (P-HL100) will provide normal seat heights. Optional tall caster stems (P-HL100) will provide tall seat heights.



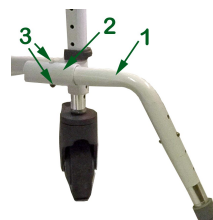
4. Set the seat height by aligning the caster stem holes (1) with the desired adjustment holes (2) in the frame and inserting the locking pin (3) to secure the caster.



**Note:** There are only three height settings with standard casters. For added height use the optional extended casters

**DO NOT** align the top hole in the caster stem with the bottom hole in the frame. The top hole on the caster stem should only be aligned with the top hole in the frame. The bottom hole in the caster stem can be aligned with either hole in the commode frame.

5. Insert the anti-tippers (1) into the two anti-tipper receiver tubes (2) located at the rear of the seat frame above the casters.



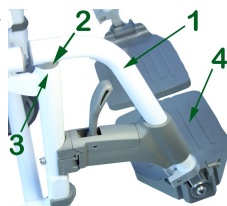
Ensure the push pins (3) have popped through the set receiver holes.

6. The adjustment is made by simply depressing the anti-tipper push pin (1), sliding the inner anti-tipper tube (2) to the desired length, aligning the push pin with the closest adjustment hole (3) and allowing it to pop through.

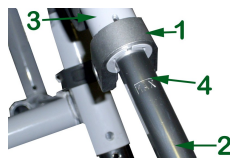
(The anti-tippers should be as close to the floor as possible without catching on doorway thresholds, changes in floor levels or other obstacles.)



7. To attach the foot rest (1) to the commode lower the foot rest pivot plug (2) into the top of the front seat frame (3) with the foot plate (4) off to the side of the commode. Then swing the foot rest to the forward position where it will lock in place.

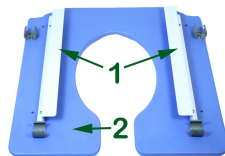


8. The foot plate height can be adjusted by loosening the footrest clamp (1), sliding the foot plate extension tube (2) up or down inside the foot rest hanger tube (3) and re-tightening the clamp.



**DO NOT** extend the footplates past the MAX line (4) stamped into the foot plate extension tubes. The MAX line should not be visible.

9. From the back of the commode slide the commode pail into the pail support channels (1) located on the bottom of the seat pan (2).



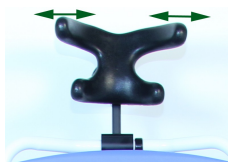
10. Install the adjustable head rest (1) by inserting and vertical support tube (2) into the headrest bracket (3) mounted on the commode push bar and then insert the horizontal support tube (4) through the end bracket (5) of the vertical tube (2).



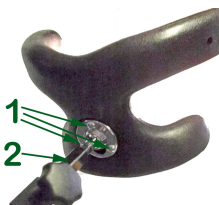
## Adjustments

**Headrest** – The headrest on this commode is referred to as an “X” headrest and the smaller end of the “X” is at the bottom to support the neck where it meets the back of the skull.

The arms of this style of headrest can be flexed in or out as needed by simply pulling them apart or squeezing them together to provide more control or more freedom as needed.



The angle of the headrest can also be adjusted by loosening the three allen screws (1) holding the horizontal support tube (2), pivoting the head rest to the desired position and re-tightening the allen screws.

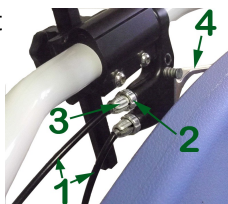


**Anti-Tippers** – The anti-tippers are required to prevent the commode from tipping backwards when it is tilted back or when the user is self-propelling with the optional 24” wheels.

They can be flipped up or removed when necessary to clear obstacles but should be in place as often as possible to prevent accidental tipping of the commode.

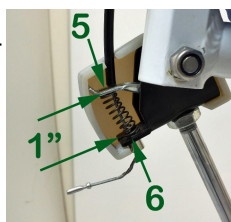
**Tilt Mechanism Cables** – The cables (1) that allow the chair to tilt may over time stretch.

This is normal and can be adjusted by loosening the lock nut (2), turning the adjustment screw (3) counter-clockwise and re-tightening the lock nut.



When adjusted properly the distance between the strut release lever (5) and the cable anchor (6) should be 1”.

If the chair angle cannot be changed when the tilt lever (4) is depressed the cause is usually stretched cables. If the chair will not lock at any angle the cables are likely adjusted too tight.





## Adjustments cont'd

**Footplate Adjustment** – Proper footplate adjustment is required for comfort and reduction of pressure points. If the footplates are positioned too high pressure is increased on the buttock area; if they are too low, pressure is increased on the the backs of the legs just above the knees and the feet are left dangling.

See item 8 on page 4 for adjustment procedure.

## Operating Instructions

**Arms** – The arms of the commode can be flipped up and back to aid in transfers or access by caregivers for bathing. The arms will stay raised when raised all the way.

When doing a side transfer to or from the commode only the arm on the side the transfer is being done on should be raised.

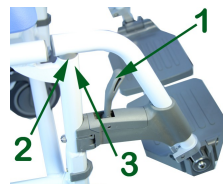
**Seat Belt** – The seat belt supplied with the commode is known as a side release seat belt. To undo the buckle simply depress both release tabs at once and pull the two sides apart.

To do up the seat belt insert the prongs into the receiver until they click into position.

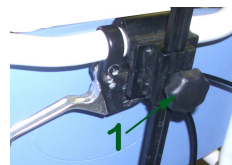


**Foot Rests** – The foot rests can be removed by pushing the release lever (1) swinging the footrests out to the side, or into the middle, and lifting straight up.

To replace the foot rests, lower the foot rest pivot plug (2) into the commode seat frame holes (3) from the side on the center of the seat and swing the footrests to the front until they lock into position.



**Headrest** – The headrest can be removed to aid in transfers by loosening the Headrest clamp on the commode push bar.

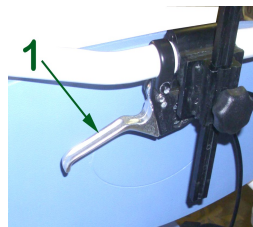


## Operating Instructions cont'd

**Tilting** – The tilt feature of the 190 tilt shower commode can be used for comfort, for those users who have balance control problems or may squirm in the seat too much to be safe when the seat is level.

This shower commode also features an anterior tilt (tilts forward) to aid in transferring into and out of the seat.

To activate the tilt mechanism the caregiver grasps the commode push bar and squeezes the release lever (1). When the release lever is squeezed, two gas struts mounted on the side frames that hold the seat in position are released and the seat can be positioned at the angle wanted. Letting the release lever out will lock the seat at the angle set.



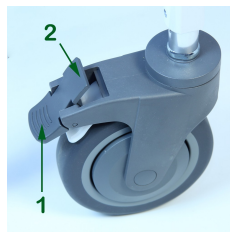
**Important:** When the release lever is squeezed the seat will move freely. The caregiver must have the push bar of the commode firmly grasped when activating the release lever to prevent the seat from pitching forward possibly injuring the user.

The user should always wear the provided seat belt for safety while sitting in this commode.

**Casters** – The 180 and 185 shower commodes come standard with 4 locking 5" swivel casters that allow the commode to be turned a full circle in its own length and be pushed in any direction required. This is particularly important feature when the commode has to be used in areas where there isn't much room for manoeuvring.

To lock the casters the caregiver uses their steps on the lock lever (1).

To release the wheel lock the caregiver pushes down on the release lever (2) with their foot.



When the casters are in the locked position the swivel feature also locks for safety.

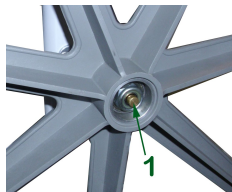
## Optional 24" Wheels

The optional 24" wheels allow the user to be able to self propel the shower commode and provide a level of independence.

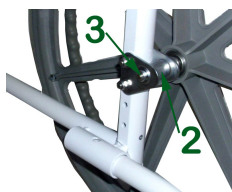
The 24" wheels are equipped with contoured hand rims for better grip, solid maintenance free lightly treaded tires to ease propulsion and quick release axles to allow the wheels to be removed and replaced easily without tools.

**Installation and Removal** - To install the optional 24" wheels there are 2 simple steps:

1. Insert the quick release axles through the center of the wheels by pushing the quick release button (1) in the center of the wheel.



2. Holding the wheel by the spokes, once again push the quick release button (1) with your thumb and pass the portion of the axle protruding through the back of the wheel through the axle housing (2) until the axle protrudes all the way through (3).

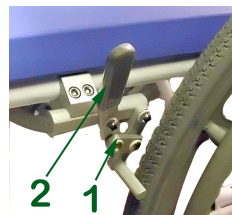


3. Ensure the wheel is securely attached to the commode by trying to remove the wheel without depressing the quick release button.

4. Push to quick release button and pull on the wheel to remove.

**Note:** The wheel locks must be in the off position to install or remove the wheels.

**Wheel Locks** - When your commode is equipped with 24" wheels the wheel lock system for those wheels is the same as found on a manual wheelchair. The front casters will still be the standard 5" casters with foot activated wheel locks.



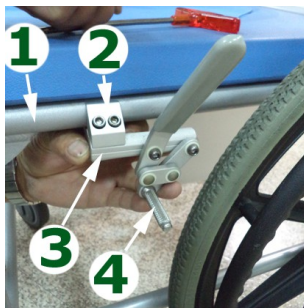
To engage the wheel locks (1) push the brake levers (2) forward until they lock. To release, pull the brake levers backwards.

## Wheel Lock Installation for 24" Wheels

When the optional 24" wheels are ordered with your commode the push to lock hand brakes will need to be installed to the side frame seat rail.

The wheel lock assemblies are clamped to the seat rail (1) using a double clamp that simultaneously tightens onto the seat rail and wheel lock mounting bar.

1) Position the double clamp (2) onto the seat rail and wheel lock mounting bar (3) and tighten loosely so that the assembly will hold together but can still be adjusted.



2) Position the knurled brake bar (4) horizontally in front of the tire and slide the entire assembly along the seat rail as needed until the distance from the front of the wheel lock mounting bar to the front of the seat rail is approximately 8.5 cm (3 3/8").

3) Tighten up the double clamp (2) enough to test the wheel lock and ensure the brake bar (4) indents into the tire far enough to prevent the wheel from turning when wheel lock is engaged.

4) If needed, the double clamp (2) can be loosened slightly and positioned a little farther from or closer to the tire to ensure good contact with the tire while still being fairly easy to operate.

5) Tighten double clamp (2) and repeat this procedure for the opposite side of the commode.

**Note:** The double clamps can be used on either side of the commode but the wheel lock assemblies come in left hand and right hand configurations. The wheel locks and the assembly procedure will not work if the the right hand wheel lock is mounted on the left side of the commode and vice versa.

### Optional 4 Way Seat (Models 180-4w & 190-4w only)

The 4 way seat option allows the seat to be mounted on the commode with the opening to the front, sides or back for peri care access in any 4 directions for attendee or client.

Simply lift on the seat to unsnap it from the frame, position the seat in the direction needs, align the snap clamps with the frame tubing and push down re-snapping the seat onto commode.

## Safety Information

**Never operate the tilt mechanism without having a firm grip on the commode push bar. The gas struts used to aid in tilting the commode need to be controlled while changing the tilt angle to prevent the chair from pitching forward**

Ensure back rest is securely attached before using.

To avoid tipping, DO NOT attempt to reach objects if you have to move forward in the seat.

To avoid tipping, DO NOT attempt to reach objects if you have to pick them up from the floor by reaching down between your knees.

To avoid tipping, DO NOT lean over the top of the back upholstery to reach objects behind you, as this may cause the commode chair to tip over.

To avoid tipping, DO NOT shift your weight or sitting position toward the direction you are reaching.

DO NOT attempt to stop, or slow, a moving transport chair with wheel locks. Wheel locks are not brakes.

DO NOT climb, go up or down ramps or traverse slopes greater than 5 degrees (1:12 grade).

Travel up and down slopes and inclines. DO NOT travel across inclines.

Use caution on slippery surfaces.

DO NOT transfer into, or out of, the shower commode chair on slippery floors.

Ensure wheel locks are engaged and wheels are positioned outward before transferring into or out of the shower commode.

DO NOT stand on foot plates or seat.

Always use the supplied seat belt for safety.

Always have the arms flipped down if the user has upper body stability problems.

Always use supplied anti-tippers for users who are known for rocking in their seats.

DO NOT leave users unattended in the shower chair.

DO NOT overload this transport chair. The weight capacity is 300 pounds including the user and any things they may be carrying.

## **Inspection Items**

Ensure the commode chair rolls straight (no excessive drag or pull to one side).

Inspect the seat, back and arms for tears and/or damage.

Inspect for any loose or broken hardware or parts.

Inspect for cracked, broken or loose wheels.

Ensure the hand brakes are easy to engage and prevent the wheels from turning.

## **Cleaning Instructions**

For institutional use, EZee Life commodes can be cleaned with most commercial and institutional cleaning products (Virox and similar products) to ensure the level of infection control needed. Please follow the disinfectant manufacturer's directions for cleaning equipment.

For home use, we recommend cleaning the surfaces of the commode with a solution made from a mild detergent (dish soap, etc.) to remove organic materials. Once cleaned, the commode can be disinfected but wiping it down with a 5% (1 cup bleach to 1 gallon water) solution of bleach and water. Allow the bleach solution to remain on the surfaces for 3 to 5 minutes, then rinse thoroughly with clear water.

Do not use abrasives on the foam seat, arms and back pads.

## **Limited Warranty:**

EZee Life products carry a one year warranty against manufacturing defects, faulty materials and workmanship only.

Any alterations, misuse, abuse, or accidental damage voids this warranty. EZee Life reserves the right to replace or repair any part that has become defective.

The warranty does not extend to consequential costs resulting from the fault or defect of the product: freight and travel costs, loss of earnings, or other expenses that one may incur.

Warranty is valid for the original purchaser only and the original receipt must be presented before any warranty options are considered.

Please also be prepared to provide the date of purchase and serial number.