



# Freedom

## Rehab Shower Commodes



Model	Seat Width	Front Wheels	Rear Wheels
APZSC180	18"	5"	5"
APZSC180-24	18"	5"	24"
APZSC185	20"	5"	5"
APZSC185-24	20"	5"	24"
APZSC186	22"	5"	5"
APZSC186-24	22"	5"	24"

All models available with standard or tall seat height ranges

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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 2" to 3", depending on the wheel configuration and model, to adapt to toilet or bed heights and ease transfers.
- 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.

<b>Specification</b>	<b>Standard 180</b>	<b>Large 185</b>	<b>Extra Large 186</b>
Frame Material:	Aluminum	Aluminum	Aluminum
Weight:	28.4 lbs (12.9 kgs)	29 lbs (13.2 kgs)	32.3 lbs (14.7 kgs)
Rear Wheels:	5" Std or optional 24"	5" Std or optional 24"	5" Std or optional 24"
Front Casters:	5" Swivel Locking	5" Swivel Locking	5" Swivel Locking
Seat Width:	18"	20"	22"
Seat Depth:	17"	17"	17"
Standard Seat Height: (Caster stems P-HL100)	19.3", 20.3" or 21.3"	19.3", 20.3" or 21.3"	19.3", 20.3" or 21.3"
Tall Seat Height: (Caster stems P-HL101)	21", 22" or 23"	21", 22" or 23"	21", 22" or 23"
Footrest Angle:	60°	60°	60°
Footrest Length:	14" to 20"	14" to 20"	14" to 20"
Back Height:	18"	18"	18"
Arm Height:	11" (from seat)	11" (from seat)	11" (from seat)
Arm Length:	13"	13"	13"
Arm Pad Length:	9 1/2"	9 1/2"	9 1/2"

## Features

Molded seat, back & armrest pads

Flip back arms

Adjustable height swing away footrests

Side release seat belt

Available in 18", 20" and 22" Seat Widths

Adjustable Seat Height

Commode hole insert

Locking swivel casters

Composite flip up foot plates

Strong tubular aluminum frame

Adjustable removable anti-tippers

Caster Locking Ring with String

## Cleaning Instructions

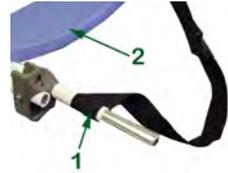
For institutional use, Freedom commodes can be cleaned with most commercial and institutional cleaning products (Virox and similar products) to ensure the level of infection control needed. Please follow the disinfectant manufacturer's directions for cleaning equipment.

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 and minutes, then rinse thoroughly with clear water.

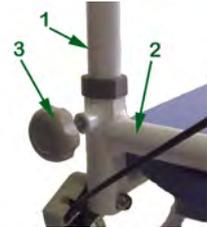
Do not use abrasives on the foam seat, arms and back pads.

# Assembly Instructions

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



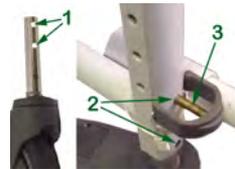
2. Insert two back support posts (1) into seat frame (2) and tighten two hand wheels (3).



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

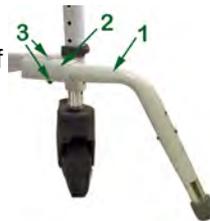


4. Set the seat height by aligning the caster stem holes (1) with the desired adjustment holes (2) in the frame and inserting the locking pin (3) to secure the caster.



**Note:** There are only three height settings. **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.





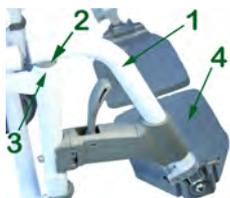
6. Anti-tipper adjustment is made by depressing the anti-tipper push pin (1), sliding the inner anti-tipper tube (2) to the desired length, aligning the push pin with the closest adjustment hole (3) and allowing it to pop through.

The anti-tippers can be flipped up or removed when necessary to clear obstacles but should be in place as often as possible to prevent accidental tipping.



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.



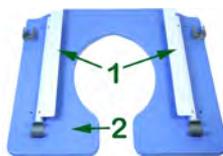
8. The foot plate height can be adjusted by loosening the footrest clamp (1), sliding the the foot plate extension tube (2) up or down inside the foot rest hanger tube (3) and re-tightening the clamp.



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.

**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).



**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.

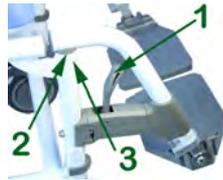
When doing a side transfer to or from the commode only the arm on the side the transfer is being done on should be raised.

**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.

**Casters** – The 190 shower commode 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.

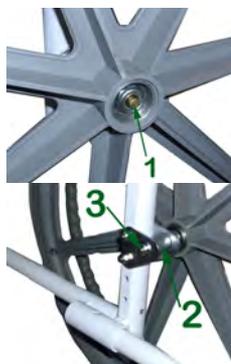
## Optional 24" Wheels

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 to 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.



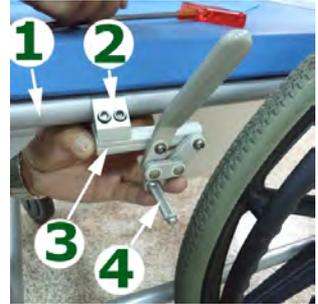
## Wheel Lock Installation for 24" Wheels

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.





## Safety Information

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 from the floor by reaching down between your knees.

To avoid tipping, DO NOT lean over the top of the back 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.

DO NOT stand on 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 shower chair. The weight capacity includes the user and anything 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 cracks 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.