

4 STEPS TO PROPERLY ADJUST YOUR BATH SEAT HEIGHT

Bath seat height is one of the most important steps you can take to make your bathing experience comfortable. A bath seat that is too low can cause lower back pain and a seat that is too high can cause instability. Follow these steps to adjust your seat height and maximize your comfort:



Step 1

Determine which adjustment hole will provide the proper seat height. The seat height adjustment holes are one inch apart.

[Click here](#) to learn how to determine the proper seat height for your body.



Step 2

Push in the adjustment button and twist the leg slightly so that the button remains depressed, but visible.



Step 3

Slide the leg up or down to the desired adjustment hole.



Step 4

Twist the leg slightly back so that the button protrudes fully through the adjustment hole. You will hear it click into place.

Repeat for each leg. Ensure the seat is level and all legs are adjusted to the same height.

**It is best to discuss your situation with a professional to determine the best way to use a bath seat. Be sure to read and understand the instructions provided with your bath seat before using it.*

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