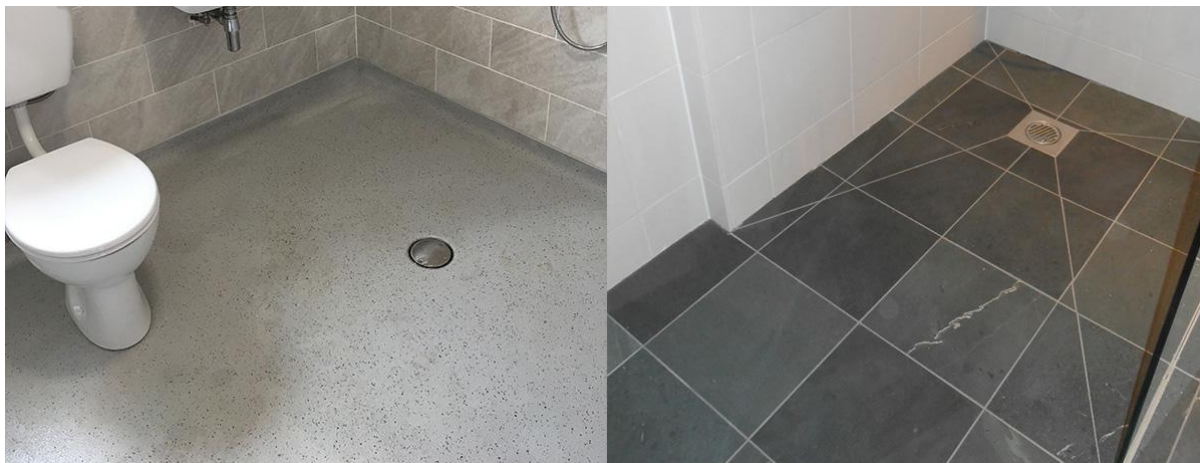


## Wet floor shower guidance

If you are adapting your shower we would recommend a wet floor shower, which is a sloped tray that is formed into the floor.

**We do not recommend shower trays with lips because they can be a tripping hazard.**



*Examples of wet floor shower installations.*

### View a wet floor shower in person

- Contact the Lothian Disabled Living Centre at the SMART Centre, Astley Ainslie Hospital, Grange Loan, Edinburgh, EH9 2HL  
Call: 0131 537 9177 (select option 5)  
Web: [www.smart.scot.nhs.uk/service/disabled-living-centre/](http://www.smart.scot.nhs.uk/service/disabled-living-centre/)

### Suppliers

We cannot recommend specific shower companies. However, below are some top tips to consider:



- Choose a company with positive customer reviews and a history of a reliable service.
- You will need to seek permission from the owner of the property to fit a wet shower
- You may wish to get advice from an architect or structural engineer before installing a wet shower.

### Contact us



- If you have any questions, or would like further advice, contact the Occupational Therapy Team on [0300 3690 680](tel:03003690680) and select option 2.

# Wet floor shower design considerations

## Layout of the bathroom and space



- Consider the space around the shower, toilet and sink and if this will provide suitable access if you require to use walking aids or a wheelchair.
- We recommend a minimum turning circle of 1500mm.

## Space around the toilet

To allow enough space for equipment we recommend:



- A close coupled standard height toilet of 400mm
- A toilet with a visible cistern that is not enclosed or boxed in
- The cistern is set out from the adjacent wall by 400mm to the centre of the toilet bowl.
- A toilet with a lever control to flush the toilet, as this is easier to use for people who have difficulties managing small controls

## Bathroom access



- Consider widening and re-hanging the bathroom door to open outwards or consider a sliding door.
- We recommend 838mm as a door width, should you require to use a wheelchair, and you are of small to medium build.

## Door threshold



- Consider altering the height of the threshold door for smoother access when using a wheelchair or to prevent a tripping hazard.

## Size of shower area



- Consider the size of the shower area and if this will provide enough space for equipment such as a shower stool or chair and to allow support from a carer if needed.
- We suggest a shower area no smaller than 900mm x 900mm or 800mm x 1300mm.

## Flooring

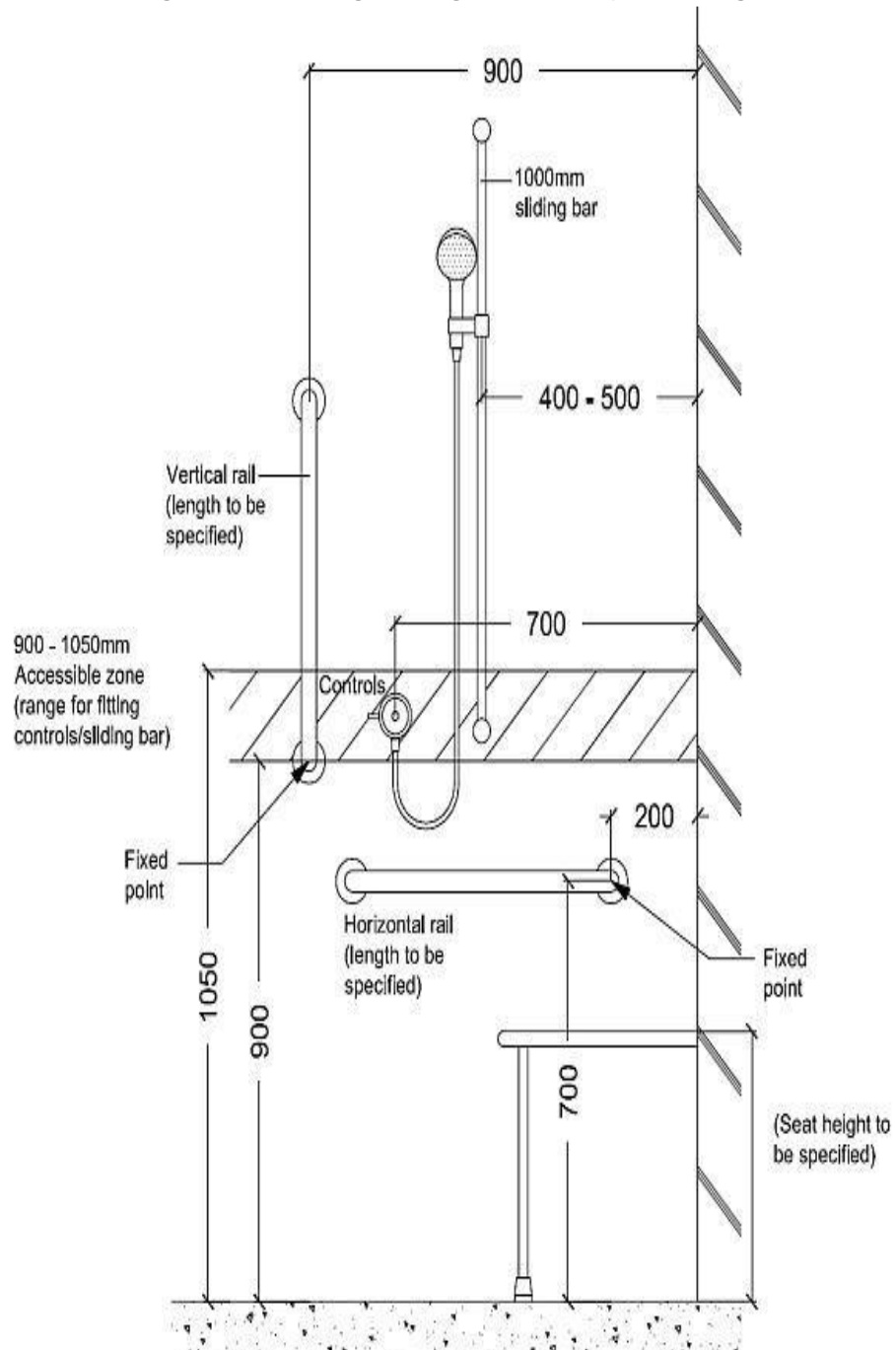


- Consider flooring which is slip resistant.
- Tiles can get very slippery when wet.

## Grab rails



- Consider fitting grab rails to offer additional support
- The below diagram indicated general guidance for positioning



## Shower controls



- Consider the shower unit and the power of water that this provides.
- Power showers can provide a stronger spray.
- This may result in more water being spread around the bathroom which can be slippery.
- We recommend a mixer shower unit to better prevent water spreading.

## Shower control position



- The bottom of shower control unit is recommended to be positioned 1000mm above floor level to ensure good access if seated.
- You could consider a longer shower pole so that the shower head can be moved up and down to accommodate different heights.

## Shower surround



- We recommend a shower curtain rather than a fixed glass screen, panel or door because this supports barrier free access.

## Light fittings



- For safety against water splashes consider a covered light fitting.

## Sink



- Consider a wall hung sink which allows for easier access should you require to use a wheelchair. We recommend lever taps for ease of use.