



TOILET SEAT RAISER HEIGHT

QUICK REFERENCE GUIDE

Find the Right Height for You

Mack'n Me

Selecting the correct toilet seat raiser is important for safety and confidence when using the toilet. Follow these steps to determine the height increase required to achieve a safe and comfortable seated position.

GOOD SEATED POSITION

Both feet flat on the floor, with hips slightly higher than the knees.

1 DETERMINE YOUR IDEAL SITTING HEIGHT

- Sit on a firm chair that allows you to stand up comfortably.
- Wear your usual footwear and place both feet flat on the floor.
- Your hips should be slightly higher than your knees.
- Measure from the floor to the crease behind your knee (knee crease).

IDEAL SITTING HEIGHT:

_____ cm

2 MEASURE YOUR TOILET

Measure vertically from the bathroom floor to the top edge of the porcelain toilet bowl.

Do not include the toilet seat in this measurement.

TOILET HEIGHT:

_____ cm

IMPORTANT: Measuring to the toilet seat instead of the porcelain bowl may result in choosing the wrong raiser height.

3 CALCULATE THE HEIGHT REQUIRED

Ideal Sitting Height - Toilet Height = Required Raise

Example: 50 cm - 40 cm = 10 cm Required Raise

_____ cm - _____ cm = _____ cm Required Raise

4 CHECK BEFORE USE

- | | |
|--|---|
| ☐ Both feet are flat and stable on the floor | ☐ Hips are slightly higher than the knees |
| ☐ The raiser is securely fitted and does not move | ☐ Sitting down and standing up can be performed safely and comfortably |

5 PRODUCT OPTION AVAILABLE

Adjustable toilet seat raisers are available and can be adjusted to 50mm, 100mm or 150mm heights. These models also include removable armrests, providing additional support and flexibility where required.

NEED HELP CHOOSING?

If you're unsure which toilet seat raiser best suits your needs, we're here to help. The team at Mack 'n Me can provide advice on the most appropriate height, style and support options for your situation.