



Squat for health. Squat for life.



GRAND THRONE

Gently lowering you down and then lifting you back up again.

Instruction Manual

Assembly and instructions for your Grand Throne.

Introduction

The Grand Throne was designed to meet a real need. Through our work with the Baby Throne, we learned that there was a real need for more independence, dignity and health in the bathroom and around the home for all ages.

We discovered that there are times in our lives when moving from a standing position to a sitting position, and back up again, is a real challenge.

The Grand Throne offers secure help in **gently lowering you down into that optimal seated position and lifting you back up to a standing position again.**

We hoped that by creating the Grand Throne we would give people of all ages access to that freedom and dignity in their own homes. The Grand Throne can be used in the bathroom (toilet and shower) and around the home.

Using the Grand Throne in the home as part of medical care will not only give you privacy and dignity, it will also support your colon health and comfort.

Zoë Durbach MSc MBA
Inventor, Engineer, Owner,
Mother and Daughter.

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Keep your vitality. A life without health is like a river without water.

Maxime Lagacé

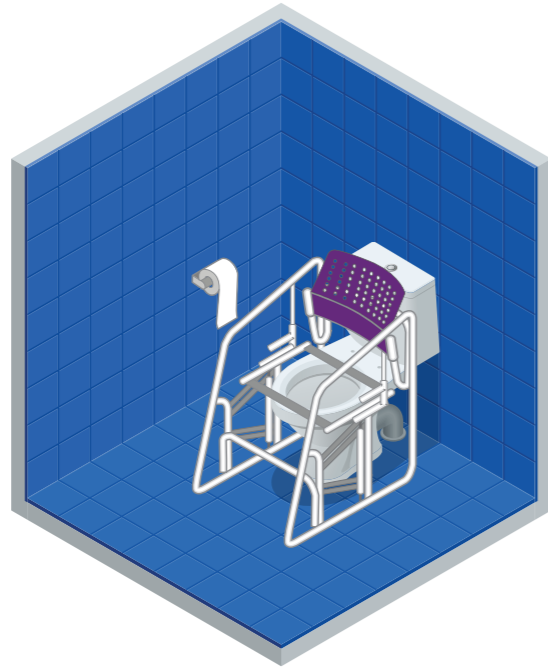


Watch the video to see how to **assemble** the Grand Throne.

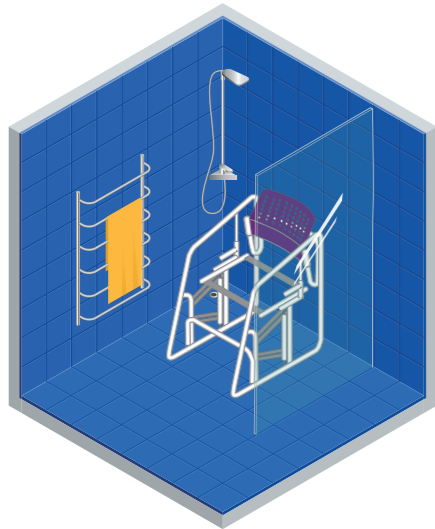


Watch the video to see how to **use** the Grand Throne.

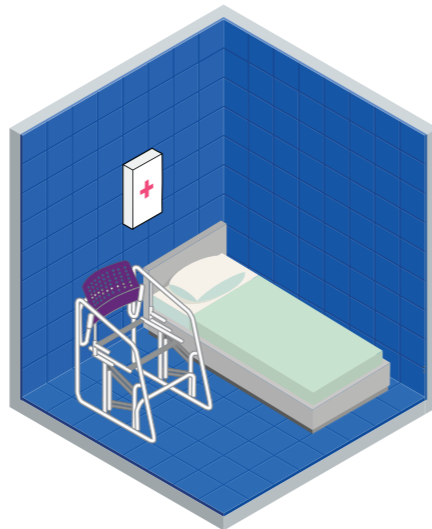
Uses



Independence



Multiple Uses



Medical Care

In these images the Grand Throne is not fitted with a standard-sized toilet seat—or the Throne Squat Seat—as it is easier to see how the Throne can be used for different purposes.

Health Facts

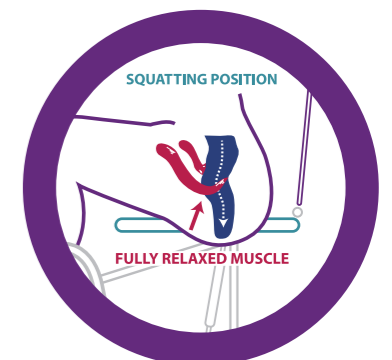
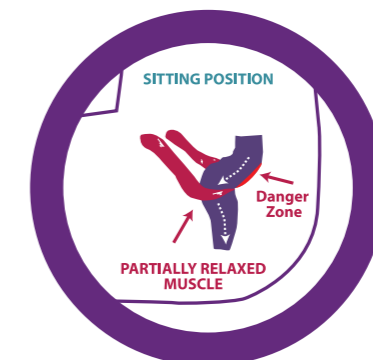
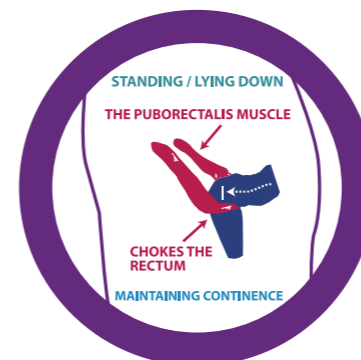
Whether injured, frail or convalescing, the Grand Throne offers secure help in **gently lowering you down into that optimal seated position and lifting you back up to a standing position again.**



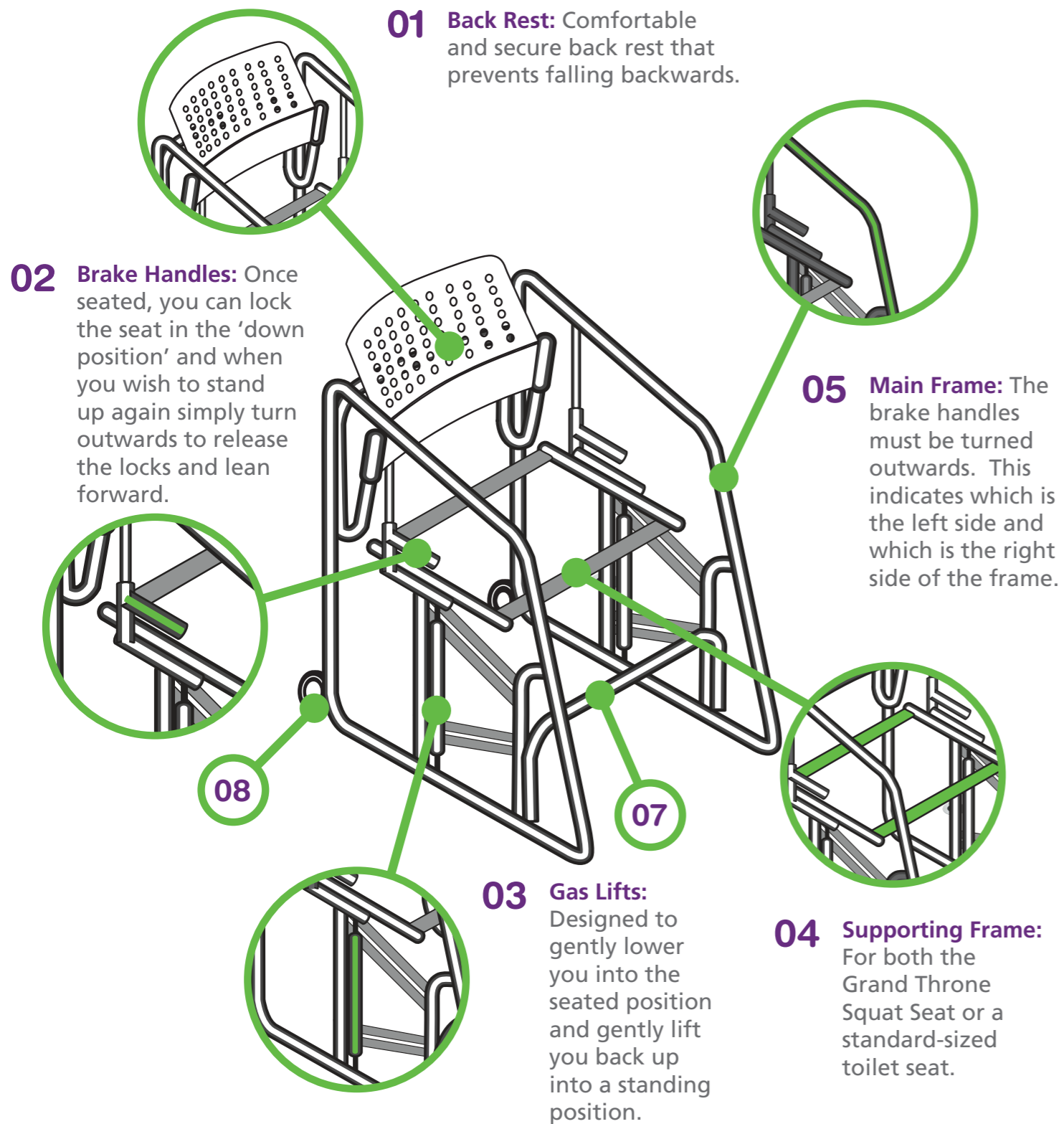
The Grand Throne frame provides both versatility and safety. The Grand Throne supports the user from the back and the sides to ensure safety and stability, while the handrails provide the option of additional support. The Grand Throne can be used with either standard-sized toilet seat or with the Grand Throne Squat Seat (depending on preference and comfort). The standard-sized toilet seat offers a 90 degree seated angle whereas the Grand Throne Squat Seat offers an optimal seated position for enhanced colon health. In cases of more complex needs, a medical professional can advise you on what is appropriate for your individual medical needs.

The gas-lifts gently lower you down as you lean back into the toilet seat. These gas-lifts also lift you back up again as you lean forward into a standing position. The amount of lift required is a personal choice and generally depends upon the weight of the individual. You can choose from the 3 models', 100N (suitable for uses from 50kg to 60kg) or the 200N (suitable for users from 60kg to 90kg) or 300N (suitable for users from 90kg to 120kgs) individuals. The Grand Throne adds approximately 5 cm to the height of a standard toilet. If this is too high for you simply use a step-up of your choice.

Sitting in the correct position is vital for colon health. Medical research shows that the optimal squat position not only relaxes the puborectalis muscle (therefore triggering the urge to push) but also enables the bowels to fully empty. The optimal squat position prevents and eases constipation as it keeps the puborectalis muscle in a relaxed position as the bowel empties.



Key Parts



- 01: Back Rest
- 02: Brake Handles
- 03: Gas Lifts
- 04: Supporting Frame for Grand Throne
Squat Seat or standard-sized toilet seat (seat frame)
- 05: Main Frame
- 06: Bolts
06a: 2 inch bolts and screws x4
06b: 4 inch bolts and screws x8
- 07: Foot Rest
- 08: Wheels

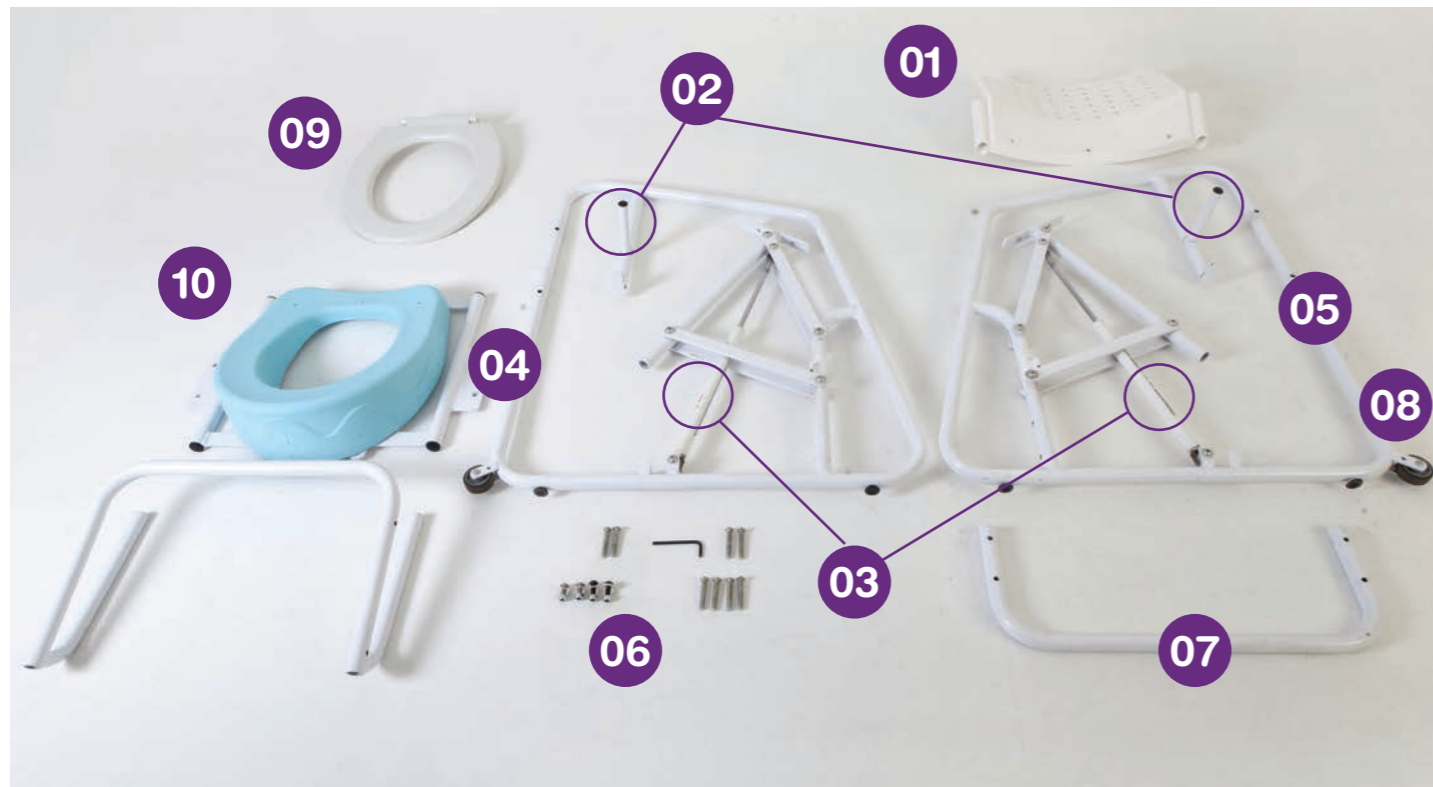


- 1. Back Rest:** Comfortable and secure back rest that prevents falling backwards
- 2. Brake Handles:** Once seated you can lock the seat in the 'down position' and when you wish to stand up again, simply turn the brake handles outwards to release and lean forward. Use the brake handles to know which side of the frame is the left and which is the right side of the frame. Handles must turn outwards.
- 3. Gas-Lifts:** Designed to gently lower you into the seated position. Once the brakes have been released and you lean forward; they gently lift you back up into a standing position.
- 4. Supporting Frame for the Grand Throne Squat Seat or a standard-sized toilet seat:** This seat frame has standard fittings for any standard-sized toilet seat. The 4 short bolts attach the supporting frame to the main frame.
- 5. Main Frame:** There is a left and a right side. The brake handles must turn outwards to show which is the left side and which is the right side of the frame.
- 6. Bolts:** The 4 short bolts secure the seat frame onto the main frame of the Grand Throne. The 8 long bolts secure the seat back rest to the main frame and the foot rest to the main frame.
- 7. Foot Rest:** Supports you while sitting. It is not for standing on!
- 8. Wheels:** Designed to help move the Grand Throne. Simply lift the front of the Grand Throne to activate the wheels.

The greatest wealth is health.

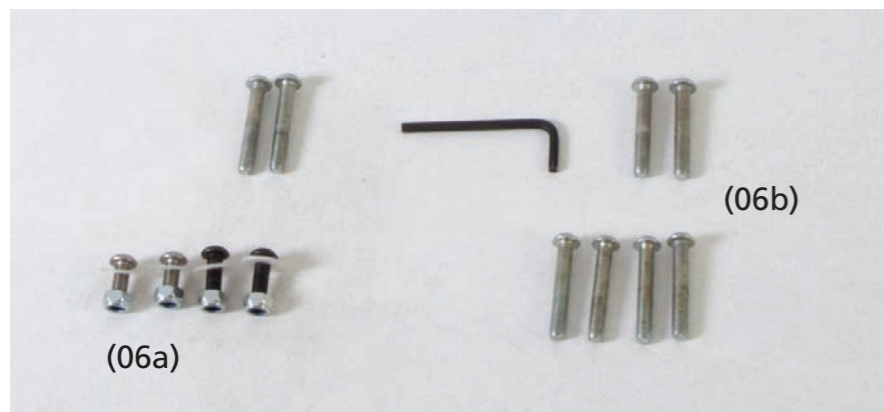
The Poet - Virgil

What's in the Box



- | | | | |
|------------------|--|--------------|---|
| 1. Back Rest | 4. Supporting Frame for the Grand Throne | 6. Bolts | 9. Standard-sized toilet seat |
| 2. Brake Handles | 5. Main Frame | 7. Foot Rest | 10. Grand Throne Squat Seat on seat frame |
| 3. Gas-Lifts | | 8. Wheels | |

Bolts



Bolts: The 4 short bolts (06a) secure the seat frame onto the main frame of the Grand Throne. The 8 long bolts (06b) secure the seat back rest to the main frame and the foot rest to the main frame.

Tools:



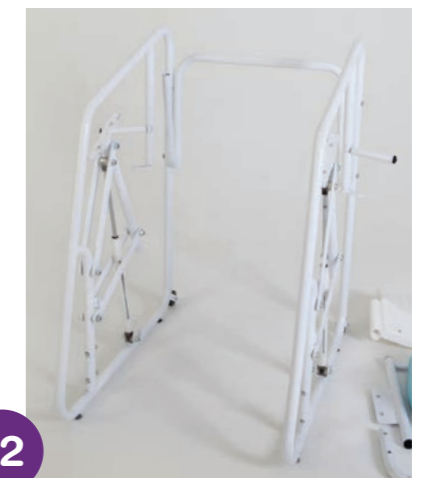
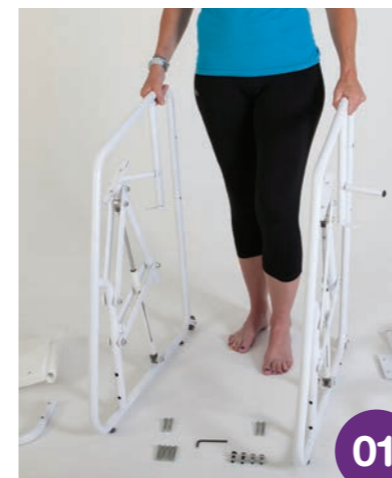
What you need: Spanner/wrench (size: 13) and Allen Key (size: 5).

Assembly Instructions

Although not essential, it is easier if two people assemble the Grand Throne. One person to hold the sides of the frame, and the other to fasten the 12 bolts. Assembly is very easy and assembly time is approximately 15 minutes. Before you start the assembly decide if you would like a standard-sized toilet seat or the Grand Throne Squat Seat and secure this to the seat frame.

1. Hold the left and the right sides of the frame vertically. Ensure the brake handles turn outwards.
2. Secure the back rest frame onto the two side frames, using 4 of the long bolts.
3. Secure the foot rest onto the side frames, using the remaining 4 long bolts.
4. Slide the back rest onto the back rest frame.
5. Secure the seat frame onto the Grand Throne frame, using the 4 small bolts.

Assembly for the normal seat and the Throne Squat Seat is the same.



Step 1, 2 and 3 complete.

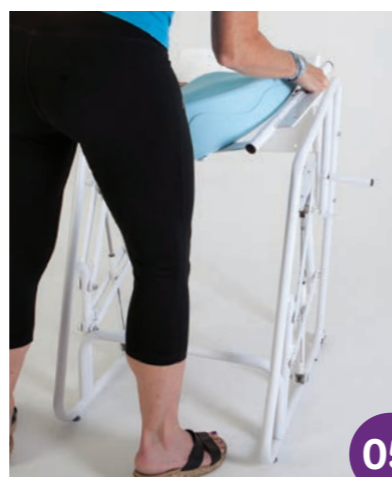
Assembly with the standard-sized toilet seat and the Grand Throne Squat Seat is the same.



04



05



05



Allen Key Bolts: 4 in total
2 on each side to secure the
seat frame.

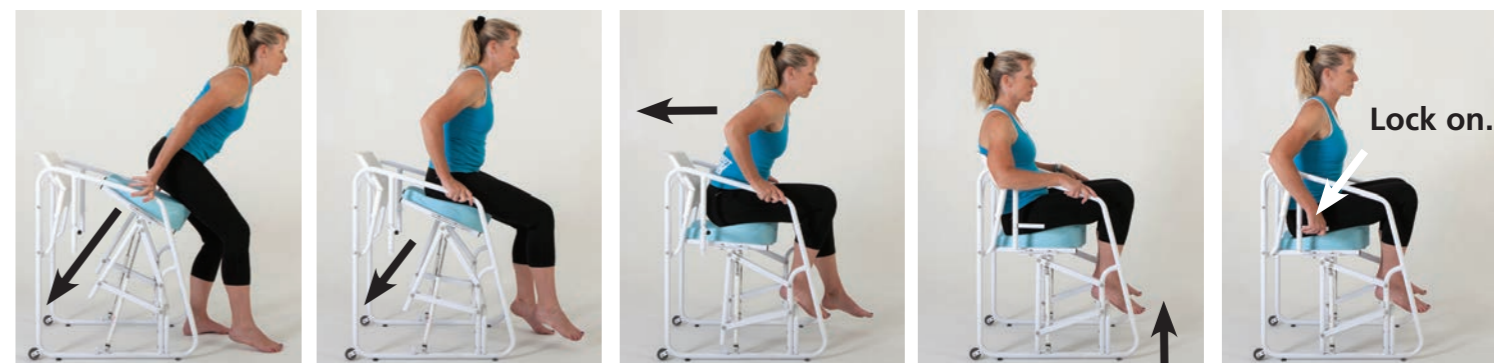


All steps completed.

Instructions: Using the Squat Seat

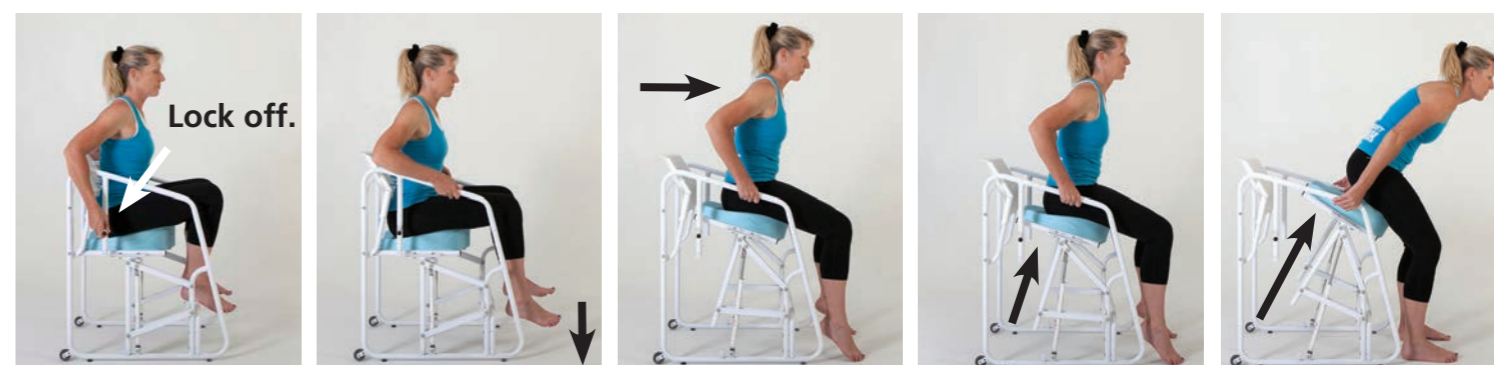
The Grand Throne has been designed to be fitted with either the standard-sized toilet seat or the Grand Throne Squat Seat and used over the toilet. However, it can be used in the shower or elsewhere in the house.

- Step 1:** Gently lean back onto the seat while holding onto the supporting bars of the frame. The seat will gently lower you into a seated or squat position.
- Step 2:** Turn the brake handles inwards to lock the seat into position and place your feet onto the foot rest for comfort.
- Step 3:** Once ready, turn the handles outwards to release the brake and place feet onto the floor from the foot rest.
- Step 4:** Use the side bars to help you lean forward and lift yourself up with the aid of the gas-lifts.



STEP 1

STEP 2



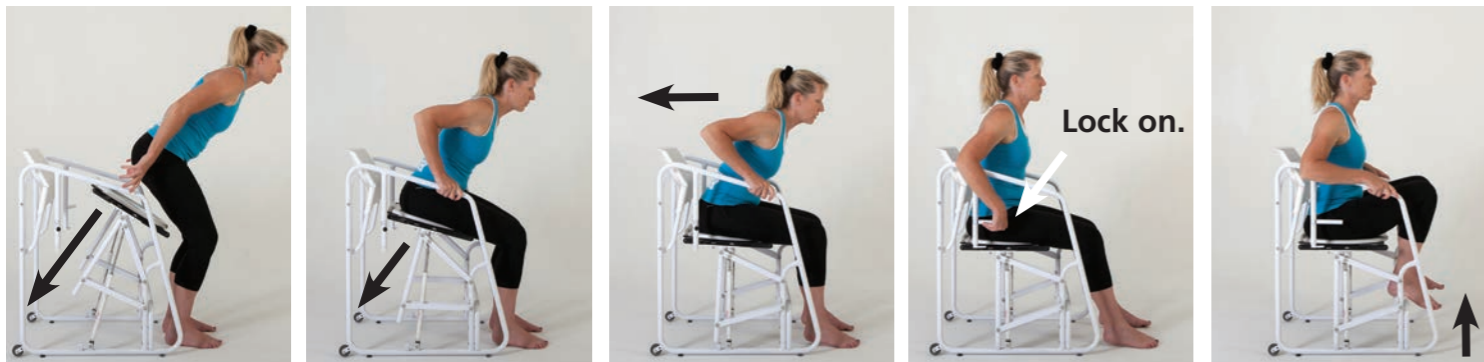
STEP 3

STEP 4

Instructions: Using the Standard Seat

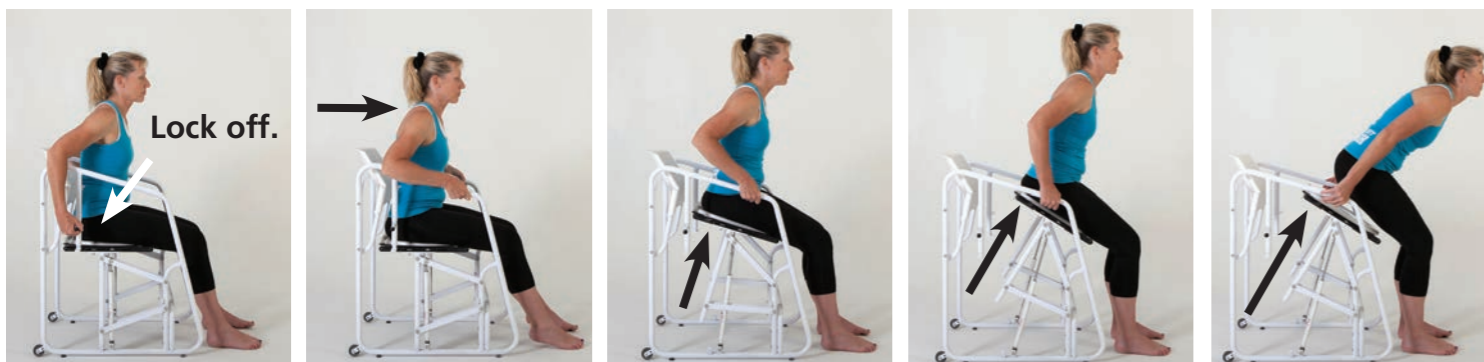
The Grand Throne (fitted with either the standard-sized toilet seat or the Throne's Squat Seat) has been designed to be used over the toilet. However, it can be used in the shower or elsewhere in the house.

- Step 1:** Gently lean back onto the seat holding onto the supporting bars of the frame. The seat will gently lower you into a seated or squat position.
- Step 2:** Turn the brake handles inwards to lock the seat into position. Place your feet onto the foot rest if you wish to raise your knees further.
- Step 3:** Once ready, turn the handles outwards to release the brake and ensure your feet are placed firmly on the floor.
- Step 4:** Use the side bars to help you lean forward and lift yourself up with the aid of the gas-lifts.



STEP 1

STEP 2: - Note the angle of the knees when feet are on the floor and when feet are on the foot rest.



STEP 3

STEP 4

Care and Safety

The Grand Throne is not a toy. It is designed to help adults move from a standing position to a seated position and back up again to a standing position. To avoid injury ensure that the bolts are always secure as with any moving parts it is possible for the bolts to become loose over time. **Check the bolts regularly.** After use in the shower, wipe down your Throne with a soft cloth. With good care the surface will not rust. **Take care of your Throne and it will take care of you!**

We have taken great pride and care in creating the Grand Throne. All parts are guaranteed for a year. The Grand Throne must only be used for intended purposes; it is designed for adults' use (children must be supervised). It is essential that all foreign objects, fingers and materials are kept away from any moving parts on the Grand Throne. Please follow instructions carefully. Any issues, please contact us immediately.

Important Information:

As with all of Knight's Baby Training products the Grand Throne must be used for intended purposes only. The Grand Throne is designed to be used over the toilet and can also be used in the shower or elsewhere in the house. It has been designed for adult use (children must be supervised).

Knight's Baby Training (PTY) Ltd cannot be held responsible for incorrect following of assembly instructions for any of their products or personal injury as a result of misuse or lack of care.

In purchasing or using any products from Knight's Baby Training (PTY) Ltd you agree that under no circumstances we, and/or our offices, employees, successors, shareholders, joint venture partners or anyone else working with us shall be liable for any direct, indirect, incidental, consequential, equitable, special, punitive, exemplary or any other damages resulting from your use of our website including, but not limited to, all the content, information, products, services and graphics presented on our website or within our manuals.

Users of all items produced by Knight's Baby Training (PTY) Ltd assume any and all such risks associated with their use. All users must further agree to not sue Knight's Baby Training (PTY) Ltd, the Board of Directors, its members individually, its officers, agents or employees for any claim for damages arising or growing out of voluntary use of Knight's Baby Training (PTY) Ltd products.

If you encounter any problems whilst ordering from Knight's Baby Training (PTY) Ltd please do not hesitate to contact us through email:

info@knightsbabytraining.com

Guarantee:

Our warranty does not cover items used outside of the SA mainland and does not include the cost of the hire of a replacement product(s). For items purchased outside of mainland SA, we can provide a return to base warranty at our discretion and at your cost.

Our warranties only provide coverage if you maintain or use the product as directed. For example, our warranty covers only personal use - as opposed to business use - of the product. If there are multiple users of the product then we would not cover any product faults. Please note that if you have made any modifications to the product then this invalidates the manufacturer's warranty and the Knight's Baby Training (PTY) Ltd guarantee.

It is our legal duty to supply products that are fit for purpose and meet satisfactory quality requirements.

As a customer, it is your legal right to receive either a refund, repair or replacement for products that are either faulty or not what you expected as per the Consumer Rights Act.

We will offer resolutions based on the timelines outlined in the Consumer Rights Act 2015 for products purchased from 1st October 2015 onwards.

1. If a fault has been confirmed with your new product within 30 days of delivery, you can return it in exchange for a full refund.
2. If you find a fault with your product after the 30 day cut off (but within 6 months of owning it) we have the choice to either repair or replace it for you. If this is not possible we have the right to offer a partial refund or you can return the product and receive a full refund.
3. If you find a fault after 6 months of owning the product and you can prove the defect was present when we delivered it, we will follow the same processes that are outlined in Point 2.
4. You can get advice regarding your legal rights from your local Citizens Advice Bureau or Trading Standards Office. Nothing in these terms will affect your legal rights.
5. The manufacturers will supply a warranty in addition to your rights under the Sale of Goods Act. You will receive a 1 year warranty which covers parts and labour.
6. Please also note that our warranties only cover domestic use; items for use in commercial properties might not be covered.