

Dear Customer,

Thank you for your purchase of the Evaco™ squatting platform. It works with all standard sitting toilets that does not exceed 42 cm in width and 40 cm in height.

User's Manual

Evaco™ Squatting Platform



It has been carefully designed and built to enable you and your family members to enjoy the health benefits of squatting in a safe manner for many years to come.

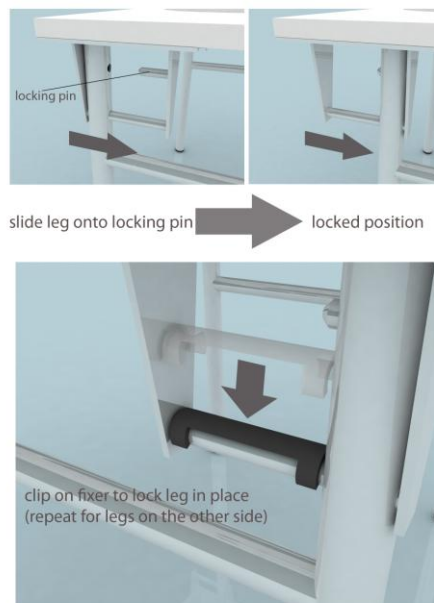
Please take some time to read this manual as it will enable you to set up and use the squatting platform in the correct way.

SETTING UP OF SQUATTING PLATFORM

1



2



3

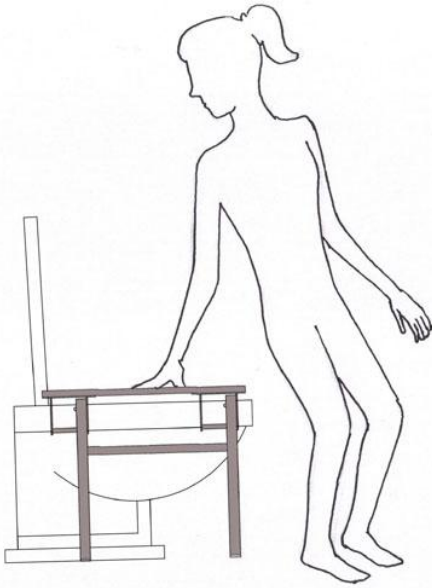


USE OF SQUATTING PLATFORM

(Note: For best results, remove all clothing from waist downwards)

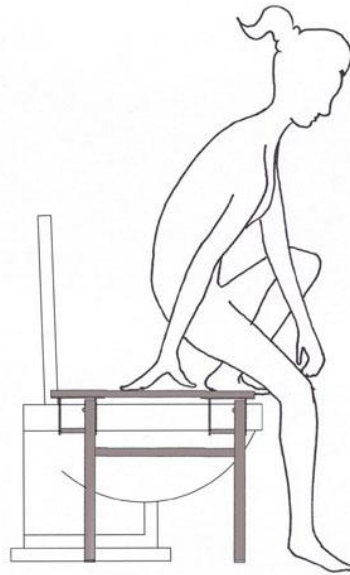
Step 1

- (a) Stand with your back to toilet and squatting platform
- (b) Bend your knees slightly and place your right hand on platform



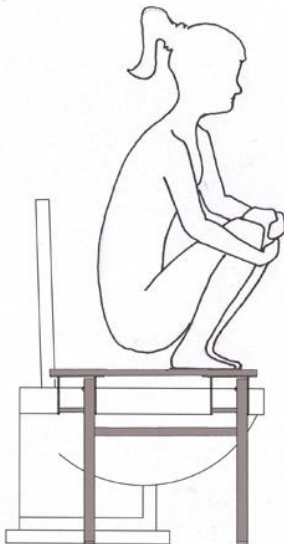
Step 2

Lean backwards slightly and place your left foot on platform



Step 3

Place your right foot on platform to adopt the squatting position



Step 4

To get off, place your right hand on platform and place your feet - one at a time - on the floor

