

Hinged and fixed arm supports	
Sturdy arm supports on both sides of toilet ¹	symmetrical support
Protrudes beyond the front of the toilet and the shower seat ²	200 mm
Height of arm supports (on both sides) above toilet and/or shower seat ²	min 250 mm, max 300 mm
Distance between top of arm supports and surface of floor ³	750 mm
Distance between inside of arm supports and side wall ²	≥ 350 mm
Distance between centre of toilet and/or shower seat and arm supports ¹	350 mm
Distance between arm supports ¹	700 mm
Walls suitable for installation of sturdy arm supports ¹	
Arm supports can be grasped firmly ¹	
Essential components are sturdy and robust ¹	

Toilets	
Distance between centre of toilet and side wall ¹	≥ 550 mm
Height of backrest above toilet (measured from toilet seat to bottom of backrest) ³	min 230 mm, max 300 mm

Shower seats (wall mounted) and commode / shower chairs	
Seat height (= top of shower seat from surface of floor) ¹	min value 400 mm, average value 470 mm, max value 540 mm
Distance between centre of shower seat and side wall (corner installations) ¹	550 mm
Seat depth ¹	between 400 – 450 mm
Total depth of shower seat from rear wall ²	≥ 515 mm
Seat area, width x length ¹	700 x 900 mm
Free space next to shower seat on both sides, minimum ¹	350 x 1200 mm
Free space next to shower seat for sideways transfers and care, minimum 1 side ¹	900 x 1200 mm
Free space at front of shower seat ²	≥ 1200 x 1200 mm
Standard shower area, preferably sloping towards drainage ¹	900 x 900 mm
Support: sturdy armrests, distance above seat ¹	200 – 330 mm
Support: distance between armrests approx. ¹	500 mm

Grab rails, horizontally installed	
Horizontal surface, rail height (above floor or stairs) ¹	between 850 – 900 mm
Height of second rail (above floor or stairs) ¹	600 mm
Hand must be able to hold onto rail easily, space around rail ¹	≥ 50 mm
Hand must be able to move along the rail easily ¹	
Horizontal rail in combination with Click-On frame for shower seat (centre of tube) ³	920 mm

Grab rails (and shower rail where appropriate), vertically installed	
Distance to side wall ²	≥ 50 mm
Reach envelope, height ¹	average value 400 – 1350 mm, max value 1800 mm
Grab rail as shower rail, length ²	≥ 1000 mm
Height of shower head on shower rail from surface of floor ¹	min 950 mm, max 2200 mm

Grab rails, diagonally installed	
Installation at an angle of 45 degrees ³	
Grip point is at the bottom corner, within comfortable reach of the user ¹	average value 400 – 1350 mm, max value 1800 mm

Definitions:

- Minimum value ¹ = minimum value for shorter users
- Average value ¹ = average value or preferred value for shared use
- Maximum value ¹ = maximum value for taller users
- Critical value ¹ = recommended range, limit values

Grab rails and other components (shelves, taps, toilet handles etc.)

Walls suitable for installation of sturdy grab rails / arm supports ¹	
Form and function: component can be identified by touch ¹	
Essential components are sturdy, robust and can be grasped firmly ¹	
Distance from an internal angle (in the shower, outside shower spray) ¹	≥ 500 - 550 mm
Height of components (e.g. shower tap) above surface of floor ¹	optimum value 1050 mm, average value 900 – 1200 mm critical value 400 – 1350 mm, max value 1800 mm
Height of alarm cord, round at wall, above surface of floor ²	400 mm
(Grab) rail over full width of door, height from surface of floor ²	900 mm

Washbasin adjustment system and washbasin rails

Height for use when sitting, measured from surface of floor to top of tube ¹	min value 620 mm, average value 700 mm, max value 820 mm
To accommodate wheelchair users ¹	820 mm

Shower stretchers and trolleys

Height for standing carer, measured from surface of floor to lying surface ¹	min value 800 mm, average value 1000 mm, max value 1250 mm
---	--

Mirrors

Height of mirror from surface of floor, standing ¹	min 1050 mm, max 1950 mm
Height of mirror from surface of floor, sitting ²	min 600 mm, max 1450 mm

Space required in bathrooms and toilets

Transfer space

In front of and beside toilets and (area for possible) shower seat ¹	≥ 900 x 1200 mm
With assistance, on one side of toilet ¹	≥ 900 x 1800 mm
With assistance, on other side of toilet ¹	≥ 900 x 1200 mm
With lift ²	≥ 900 x 1200 mm
Visitor's toilet in dwelling, free corridor width ¹	≥ 1100 mm
Walking space between sanitary items such as toilet, washbasin and shower area ¹	≥ 900 mm
Turning space /turning circle ¹	≥ 1500 x 1500 mm
Standing space for wheelchair , (partially) under washbasin ^{1,2}	≥ 900 x 1200 mm

Sitting space

Distance from backrest ²	≥ 850 mm
Sitting space, including backrest, width x length ^{1,2}	≥ 700 x 900 mm
Sitting space, wheelchair user, width x length ²	≥ 900 x 1200 mm
Leg room , height x width x depth ¹	≥ 600 x ≥ 600 x 600 mm
Foot space , height x depth ¹	≥ 200 x ≥ 800 mm

Definitions:

Minimum value ¹ = minimum value for shorter users
 Average value ¹ = average value or preferred value for shared use
 Maximum value ¹ = maximum value for taller users
 Critical value ¹ = recommended range, limit values

Sources:

- Handboek voor Toegankelijkheid, Over de ergonomie van buitenruimten, gebouwen en woningen (Accessibility Manual, The ergonomics of outdoor spaces, buildings and dwellings), M Wijk 7th Edition, ISBN 978-90-12-58505-7.
- Handboek voor Toegankelijkheid, Over de ergonomie van buitenruimten, gebouwen en woningen (Accessibility Manual, The ergonomics of outdoor spaces, buildings and dwellings), M Wijk 6th Edition, ISBN 978-90-6228-685-0.
- Handicare, your professional partner for functional, durable sanitary products.