

1. Fold seat against the wall.
2. Locate screw and loosen from one side.



3. Remove screw and lock washer.



4. Remove the cap assembly, o-rings and washer.  
Use a flat head screw driver to gently pry between washer, cap and seat frame.



Pry in small pulls in several areas around the cap ...



Continued ...



Continued ...



5. Note 2 o-rings between cap assembly and washer.



6. Remove inner o-ring from groove in cap.



7. Cut in half the inner o-ring.



8. Place one half of the o-ring back into the groove in the cap. The other half will be used on the other side.



9. Put the seat back together, ensuring all parts line up and are ordered correctly.
10. Repeat on other side.
11. At the end of the exercise, there should be one inner o-ring that can be discarded.