



# 90387 Four Wheel Aluminum Rollator User Manual

## **General Safety Warning**

**Please ensure that these User Instructions are fully read and understood before use.**

**Retain these instructions in a safe place for future reference.**

## **Intended Use**

The Four Wheel Aluminium Rollator comes complete with a shopping carry bag and seat and is designed to be used to provide support and assistance to those persons who are unable to, or lack the confidence to, walk without some level of support. This rollator is intended for, and is suitable for, both indoor and outdoor use.

## **Safety Precautions Do's and Don'ts**

- **Do not** exceed the maximum user weight limit of 165Kg (26 Stone)
- **Do not** attempt to use the rollator on stairs or on an escalator.
- **Do not** attempt to push the rollator while someone is sitting in the seat.
- **Do not** attempt to use the seat to transport people or objects.
- **Do not** use the seat without the backrest in place.
- **Do not** sit on the seat when the rollator is positioned on an incline.
- **Do** use the rollator as a walking support.
- **Do** only use the bag supplied for transporting loads. **Do not** hang heavy items from the handles as this may affect the stability of the rollator.

## **Safety Precautions – Pre-Use Checks**

- Ensure that the rollator is locked in the open positions before using.
- Check the brakes before using.
- Make sure that all parts are secure and that all moving parts are in good working order before use.

## **Safety Precautions – During Use**

- Do not self-propel the rollator while seated. Serious injury to the user and/or damage to the rollator frame or wheels may result from improper use.
- Do not use the rollator to walk backwards.
- Caution must be taken when negotiating curbs and other obstacles, or when using on sloping, uneven or slippery surfaces. Failure to do so may result a serious risk of a fall or injury.
- Do not perform any adjustments to the rollator while it is in use.
- Exercise caution when there is a heavy load in the bag. (Max. load 5Kg)
- All wheels must be in contact with the floor at all times.
- Brakes must be in a locked position before using the seat.
- When using the rollator in a stationary position, the brakes must be locked.

## **List of Contents (See Diagram 1 on page 5)**

<b>Item</b>	<b>Description</b>	<b>Qty</b>
1	Four Wheeled Walker with braked Handles	1
2	Bag	1
3	Padded Backrest	1
4	Hand Wheels with bolts / Washers	2
5	User Instructions	1

## **Unpacking**

Check all parts carefully before assembling the product. Do not assemble the product if any parts are missing or are damaged.

When unpacking the unit make sure the handles and brake cables are not twisted, as this can affect the operation of the brakes when the rollator is assembled.

## Assembly & Height Adjustment

**NOTE:** Before assembling the product, consult a suitably qualified healthcare professional, to ensure that the correct height adjustment for maximum support is achieved along with the correct brake activation.

- 1 To assemble the rollator, open the frame, push down on the seat until all four wheels are extended and the cross member is in line, as shown in diagram 1. (See next page) Make sure that all four wheels are in contact with the floor and that the rollator is in a stable position.
- 2 Position the backrest bar so that the padded section is facing the front of the rollator. Insert the bar into the brackets until the push buttons on the bar lock into place.
- 3 Insert the handlebars into the frame tubes and set to the correct height as follows:
  - Stand upright behind the Rollator with your shoulders relaxed and your arms by your side, looking straight ahead.
  - When you are in this position, the handgrips should be adjusted to height that brings them level with your wrists.
  - Your arms should now be able to be bent at an angle of 20° to 30° when using the Rollator.
  - Check that the holes in both the Handlebars and the frame are correctly aligned.
  - Place the supplied bolt through the aligned holes in the handlebar and frame. The holes in the frame are hexagonal in shape so that they accommodate the head of the bolt.
  - Place the washer over the threaded section of bolt that is protruding from the outer side of the frame and then screw the hand wheel onto the threaded section. Hand-tighten firmly, but do not overtighten.
  - Follow the same procedure for the second handlebar.
- 4 Check the brakes grip the wheels thoroughly before using the Rollator. **NOTE:** The brakes are factory set and if assembled correctly, should not need adjusting. To check: Apply and release the parking brake on each side 10 times. (See diagram 2b) The brake should grip the wheel and prevent any

movement when they are applied. When released, the gap between the brake and the wheel should be between 1mm and 3mm. If either of the above conditions are not correct, adjust the brakes as detailed in the maintenance section and re-check the brakes.

- 5 Fit the bag to the frame beneath the seat using the tags and poppers supplied.
- 6 Check to make sure all nuts, bolts and screws are tightly fastened.
- 7 Check that all wheels are in good working order and roll freely.

## Diagram 1



## Using the Four Wheel Rollator

**Opening:** Hold one handlebar and push down on the seat until all four wheels are extended out and the seat is fully flat. Before using the rollator, make sure that all four wheels make contact with the floor and that the rollator is stable in an open position as shown in diagram 1 above.

**Folding:** Lift the seat up and pull on the strap inside of the bag until the rollator closes. If a more compact storage solution is required, remove the padded backrest by pushing down on the push buttons and pulling the backrest forwards until it is fully released from the brackets on the frame.

**Walking:** This product is designed to be a walking aid, creating a natural gait as the user walks securely and safely, with their primary weight distribution between the handlebars and with the Rollator in front of the user.

**Sitting:** When using the rollator as a seat, please ensure that the safety precautions detailed on pages 2 and 3 are adhered to, particularly;

- Ensure that the parking brakes are applied to the wheels in a locked position.
- Do not use a seat unless the backrest has been properly fitted.
- Do not use as a seat on an incline or uneven ground.
- Do not exceed the maximum user weight.
- Do not use the rollator as a wheelchair.

### **Checking and operating the brakes:**

- Before using the rollator always check that the brakes are working correctly.
- Check the normal brake function by pulling up the loop handles as shown in diagram 2a. (See next page) The rollator should be held firm with no movement.
- To apply the parking brakes, push down the loop handles until they lock in place. A distinct audible click will be heard to indicate that the brake is in the correct position. The rollator should not be able to move without force. (See diagram 2b on the next page) It is important that both brakes are used for parking the rollator. To release the parking brakes, lift both loop handles to their normal position.

- If you apply the parking brakes, or pull up the brakes to stop the rollator while moving and the rear wheels are still able to move, stop using the rollator **immediately**. Do not use again until the brakes have been checked and correctly adjusted. Please refer to the maintenance section on the next page.

### **Cleaning Instructions:**

- Clean regularly using a soft, dry, clean, non-abrasive cloth.
- Ensure that there is no build-up of dirt or debris around the wheel axles, brakes or wheels.



**Diagram 2a**

Pull loop handles up while in motion to stop the rollator from moving while user is walking.



**Diagram 2b**

Push loop handles fully down to lock the rollator in the Parking position. Use this position for parking the rollator when not in use or for implementing the bag.

### **Maintenance**

- Regularly check for wear and tear and to ensure that all screws and knobs are fastened securely.
- Check that both brakes work correctly by both walking and squeezing the loop handles to apply the brakes and by applying the parking brakes by pushing the loop handles down and then trying to move the Walker forwards.
- If the brakes do not fully lock on the wheels with the loop handles in either position, then the brakes need to be adjusted. (See next page)

- **Brake Adjustment:** The brake adjusters are positioned at the front of the brake loop handles, as shown in diagrams 3a and 3b below. To adjust, loosen the lock nut, turn the adjuster anticlockwise in order to tighten the brake cable, then retighten the locknut.
- For correct adjustment, the brake mechanism should not touch the wheel, but the gap between the brake shoe and the wheel should be no more than 3mm.
- Caution: After making any adjustments to the brakes, you must test them to ensure that they lock onto the wheels, before the Walker is used.
- If adjustment does not tighten the brakes, do not use the Walker. Contact your dealer's customer services. (Details below)



**Diagram 3a**

Loosen Locknut to allow the adjuster to be turned.



**Diagram 3b**

Turn the adjuster anticlockwise to tighten the brake.

