

Care and Maintenance

The walker should be regularly inspected for signs of damage or general wear and tear. We recommend that you should periodically check for elongated or stressed adjustment holes, including any bends or cracks in the tube joints. Also check for loose or worn handles and any loose or unscrewed fasteners.

Also check for smooth, worn or split ferrules.

Replacement ferrules are available from SimplyMed. Our stock code is SMM055 (25mm Z Type).

The walker should be cleaned regularly with a damp cloth and mild disinfectant before use. Bleach or solvents must not be used.

Product Specification

Code	Desc	Size	Height Range	Wheels
SMM001	DOMESTIC	SMALL	700 - 775mm	YES
SMM002	DOMESTIC	MEDIUM	790 - 865mm	YES
SMM003	DOMESTIC	LARGE	885 - 960mm	YES
SMM004	DOMESTIC	SMALL	685 - 760mm	NO
SMM005	DOMESTIC	MEDIUM	760 - 835mm	NO
SMM006	DOMESTIC	LARGE	865 - 940mm	NO
SMM007	NARROW	SMALL	700 - 775mm	YES
SMM008	NARROW	MEDIUM	790 - 865mm	YES
SMM009	NARROW	LARGE	885 - 960mm	YES
SMM010	NARROW	SMALL	685 - 760mm	NO
SMM011	NARROW	MEDIUM	760 - 835mm	NO
SMM012	NARROW	LARGE	865 - 940mm	NO
SMM00K	DOMESTIC	PAEDIATRIC	535 - 635mm	NO
SMM00KW	DOMESTIC	PAEDIATRIC	585 - 660mm	YES

The weight limit for all walkers is 160kg (25 Stone)

Warranty Information

Your SimplyMed product is warranted to be free from defects in materials and workmanship for one year from the date of purchase.

This device was built to exacting standards and carefully inspected prior shipment. This warranty is an expression of our confidence in the quality and workmanship of our products to give assurances to the customer.

In the unlikely event your product develops a fault please contact your supplier / dealer immediately.

This warranty does not cover device failure due to owner misuse or non-observation of the instructions set out in this manual. This warranty does not extend to non-durable components, such as rubber ferrules that are subject to normal wear and tear conditions which need periodic replacements.

Conforms to The Medical Device Directive 93/42/EEC 1993



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SimplyMed

Walking Frame

User and Safety Manual for:

SMM001
SMM002
SMM003
SMM004
SMM005
SMM006
SMM007
SMM008
SMM009
SMM010
SMM011
SMM012
SMM00K
SMM00KW



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Safety Advice

Apply the following precautions before use:

Ensure all the legs on the walker are set to equal heights and that this is the correct height for the user.

Also ensure the brass push buttons are securely locked in the leg positions.

Ensure the ferrules have sufficient grip and beware of slippery surfaces such as wet floors, wet leaves etc. Remove or be aware of any obstacles on the floor in your path.

Do not store in sub-zero temperatures.

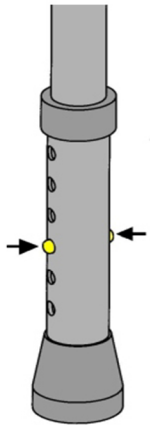
Never exceed the user weight limit of 160kg (25 Stone)

Height Adjustment

The height of the walker should be adjusted to suit each user for safety and comfort.

How to adjust the height:

1. Push in the brass buttons on each side of the walker.
2. Extend or retract the leg to your desired height.
3. When the desired height is reached release the brass buttons until they lock into position.
4. Repeat for the other legs, ensuring all legs are securely locked in position and all adjusted to the same height.



WARNING: When using a non-wheeled walking frame the legs should be set to the same height. When adjusting frames fitted with wheels it is advisable to set the rear legs one position higher than the front wheels. This is to compensate for the increased height of the wheels at the front which can adversely affect the stability of the frame and the slope of the handles.

Seek advice from a Physiotherapist or Occupational Therapist on adjusting the walker to the correct height.

Using the Walker

When the frame is adjusted correctly the user should be able to maintain an upright posture with the elbow slightly flexed in this way, body weight is taken through the frame by pushing down on the frame when walking.

If using with a chair, ensure the chair has arms and a high seat.

Take care when storing or carrying the walker to avoid damage, In the event of an accident the walker should be inspected before use.

Walking

- Place the walker one step ahead and place all four legs on the floor.
- Step forward with the worst affected leg first, then bring the second leg forward level or just past the first. Do not step too far in to the frame.
- For wheeled walkers push the walker a short distance ahead then step forward with the worst affected leg leading.



Glide Discs

Our wheeled walkers have the option to fit glide discs to help users walk on surfaces like carpet. These should only be used on suitable indoor surfaces.

To install the glide discs push the disk firmly on the bottom rear of the ferrules as shown. We recommend that you consult your healthcare professional before using.

Our stock code is SMGD002 (pair)

Using with Chairs

1. Position the frame in front of the chair.
2. Get up by pushing on the arms of the chair and transfer your hand to the frame when fully standing.
3. To sit down, using the frame, turn round in front of the chair and feel the chair behind you with your legs.
4. Place hands gently on the chair arms, bend slightly forward and sit down gently.

All recommendations contained herein should be checked with your health professionals (such as occupational therapist or physiotherapist) before use. Their advice should take precedence over the information herein. A full assessment of the user and their specific requirement is required before a walking frame is selected.