

SimplyMed User Instructions

SMM048 SimplyMed Tri-walker

General Safety Warning

Please ensure these instructions are fully read and understood before use.

Retain these instructions in a safe place for future reference.



Intended Use

The SimplyMed Three Wheeled Rollator comes complete with Bag, Basket and tray and is designed to provide support and assistance to those unable to, or who lack the confidence to, walk without some level of support. This rollator is intended for indoor and outdoor use.

Safety Precautions

- Do not exceed the maximum user weight limit of 115Kg (18st).
- Ensure Rollator is locked open before use.
- Check the brakes before use.
- Only use the rollator as a walking support.
- Do not use the rollator on stairs or an escalator.
- Exercise caution when there is a heavy load in the bag (max. 5Kg) or basket /tray (max. 5Kg)
- Loads should only be transported using the bag or basket/tray (where fitted). Do not hang heavy items from the handles as this may affect the stability of the Rollator.
- 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 in a serious risk of a fall or injury.
- Do not perform any adjustments to the rollator while it is in use.
- Wheels must be in contact with floor at all times.
- When using the rollator in a stationary position, the brakes must be locked.



Assembly and Height Adjustment

NOTE: Before assembly consult a suitably qualified healthcare professional regarding the correct height adjustment for maximum support; and correct brake activation.

1. Open the Rollator into operating position (see overleaf)
2. Insert the Handlebars into the framing 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.
 - In this position, the handgrips of the rollator should be adjusted to a height level with your wrists.
 - This will position your arms at an approximate 20° to 30° bend when using the rollator.
 - Check that the holes in the handle bars and the frame are aligned.
 - Place the supplied bolt through the aligned holes in the handlebar and frame. The holes in the frame are hexagonal in shape to accommodate the head of the bolt.
 - Place the washer over the bolt and then apply the hand nut. Hand-tighten firmly, but do not over tighten
3. Check the brakes thoroughly before use. NOTE: The brakes are factory set, and if assembled correctly do 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 applied, when released, the gap between the brake and the wheel should be between 1 to 3 mm. If either of the above conditions is not correct adjust the brakes as detailed in the maintenance section, and re-check.

CONTENTS LIST

Item	Description	Qty.
1	Rollator Frame with braked handles	1
2	Basket with lid/tray	1
3	Bag	1
4	Hand wheels with bolts/plastic washers	2
5	User instructions.	1

Unpacking

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

Assembly continued:

1. Fit the bag if not already fitted

Using the Three Wheeled Rollator

Opening: Fold out the Rollator and push down the cross bar fully. (See Diagram 1a) – **It is very important that the crossbar is pushed fully down to prevent the Rollator folding during use.** Fit basket/tray in correct position (if provided)

Folding: Remove basket (if present) and Pull up the cross bar. (See Diagram 1b) The Rollator will then close inwards for storage. Take care to keep fingers out of frame when folding. The bag should be empty before folding.

Walking: This unit is to be used as a mobility aid, creating a natural gait as the user walks securely with their primary weight distribution between the handlebars and with the unit in front of the user.

Braking: The locking brakes are intended to assist the user to control the Rollator. To apply the brakes

when in motion, pull up both of the loop handles. (See diagram 2a).

To apply the parking brakes, push down the handles until they lock down. A distinct click indicates that the brake is in the correct position. (See Diagram 2b) It is important that both the brakes are put in the parking position when they are to be used. Lift up the handle to release.

If you apply the parking brakes, or pull up the brakes to stop whilst moving, and the rear wheels on the rollator still move, stop use immediately. Do not use again until the brakes have been checked and correctly adjusted. Refer to the maintenance section.

Maintenance

- Regularly check for wear and tear and that all screws and knobs are securely fastened.
- Check brakes are working satisfactorily by both walking and squeezing the brakes and by braking to a stop.
- Check the parking brakes by pushing the handles into the locked position, and then trying to push the rollator.
- If the brakes do not completely lock the wheels the brakes need to be adjusted, as detailed below.
- **Brake Adjustment:** The brake adjusters are situated in front of the brake handles, as shown in diagram 3. To adjust, loosen the lock nut, turn the adjuster anticlockwise to tighten the brake then retighten the lock nut.
- For correct adjustment the brake mechanism should not touch the wheel, but the gap should be no greater than 3mm.

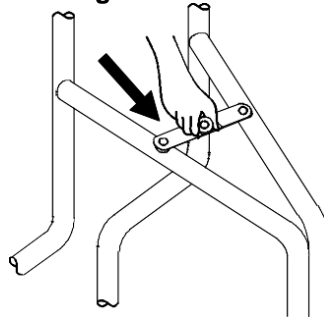
- Caution: After making any adjustments to the brakes, you must test them before the rollator is used.
- If adjustment does not tighten the brakes, do not use the rollator. Contact your dealer or SimplyMed Customer services, details below.

Cleaning Instructions

Clean regularly, wipe down with a soft, non abrasive cloth.

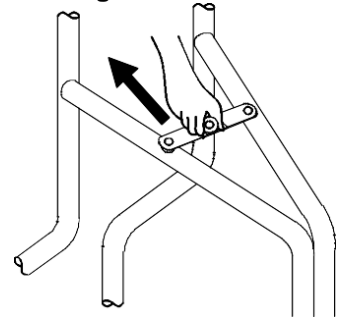
Ensure there is no build up of dirt or debris around the axle, brakes and wheels.

Diagram 1a



Push down fully to lock the rollator in the open position

Diagram 1b



Pull up to fold the rollator. Take care to keep fingers away from frame when folding

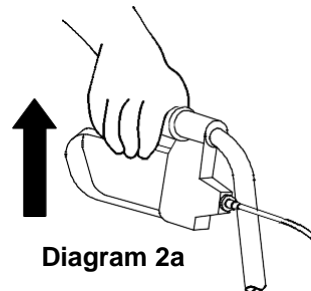


Diagram 2a

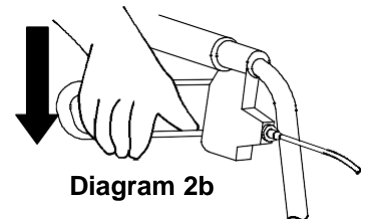
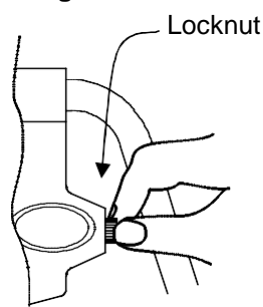
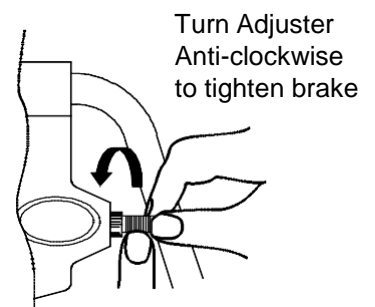


Diagram 2b

Diagram 3



Locknut



Turn Adjuster Anti-clockwise to tighten brake



SimplyMed
shaping mobility

SimplyMed Limited
Unit B, New Venture Business Park
Leopold Street, Wigan, WN5 8FR

Registered number: 07051239
Vat Registration Number 979 7837 26

Tel: 01942 243 999
Fax: 01942 217 992
Web: www.simplymed.co.uk