

# Days Lightweight Tri-Wheel Walker Owner's Manual



days

These user instructions are available in large print, please contact Performance Health Customer Services for a copy.  
Please retain these instructions for future reference.

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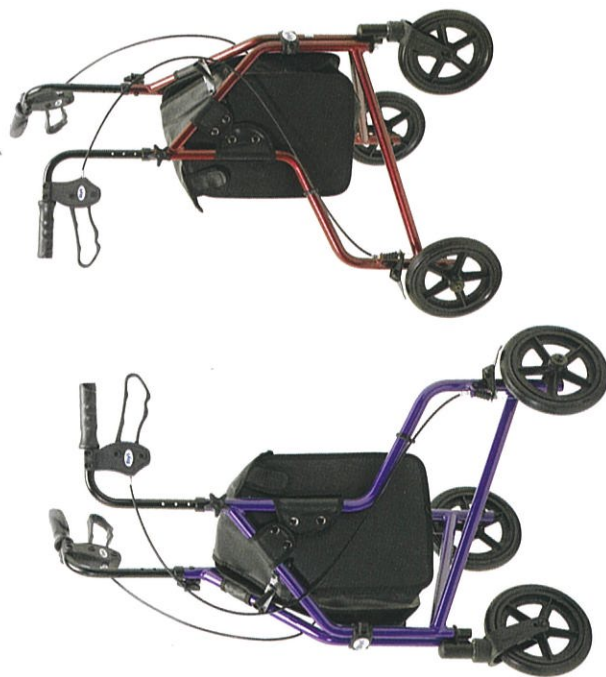
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**PERFORMANCE  
HEALTH**

**GB** Days Lightweight Tri-Wheel Walker - Model Number: 240L  
**F** Déambulateur léger à trois roues Days - Numéro de modèle : 240L  
**DE** Leichter 3-Rad Rollator von Days - Modellnummern: 240L  
**ES** Caminador ligero de tres ruedas Days - Número de modelo: 240L  
**I** Deambulatore Leggero Days a Tre Ruote - Numeri dei modelli: 240L  
**NL** Days lichtgewicht rollator met drie wielen - Modelnummers: 240L



GB	F	DE	ES	I	NL
Model Numbers	Número de modelo: 240L	Modellnummern: 240L	Números de modelo: 240L	Codici dei prodotti: 240L	Modelnummers: 240L
	240L / 09 154 1929 / 09 155 2710 / 09 155 2728 / 09 155 3007				
	09 155 3015 / 09 155 7461 / 09 155 7479 / 09 155 7487 / 09 155 7495 / 09 155 7503				

GB	F	DE	ES	I	NL
Available Colours:	Disponibles dans les coloris suivants:	Lieerbare Farben:	Colores disponibles:	Colori disponibili:	Beschikbare kleuren:
Ruby Red	Rouge rubis	Rubinrot	Rojo rubí	Rosso rubino	Robijnrood
Blue	Bleu	Blaü	Azul	Blu	Blauw
Graphite	Graphite	Graphit	Grafito	Grafite	Graphiet
Quartz	Quartz	Quartz	Quarzo	Quarzo	Kwarts
Purple	Violet	Violett	Púrpura	Viola	Paars
Russet Orange	Rouge grenadier	Braun-Orange	Naranja rojizo	Arancio ruggine	Donkeroranje

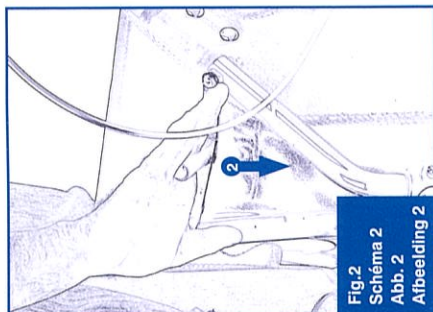


Fig.2  
Schéma 2  
Abb. 2  
Afbeelding 2

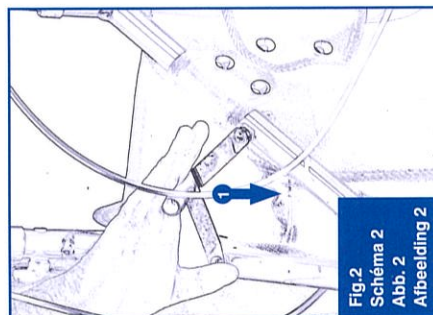


Fig.2  
Schéma 2  
Abb. 2  
Afbeelding 2

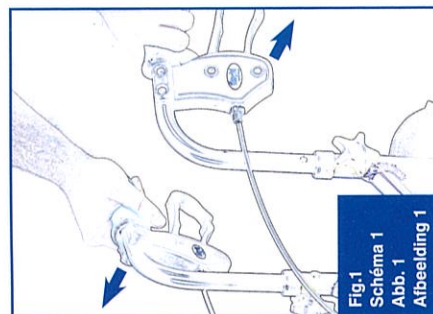


Fig.1  
Schéma 1  
Abb. 1  
Afbeelding 1

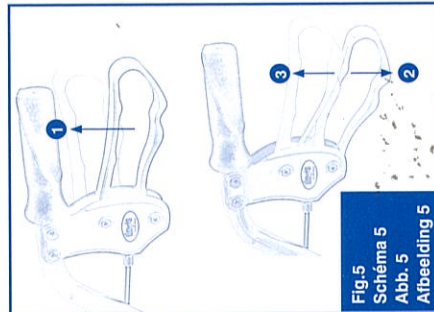


Fig.5  
Schéma 5  
Abb. 5  
Afbeelding 5

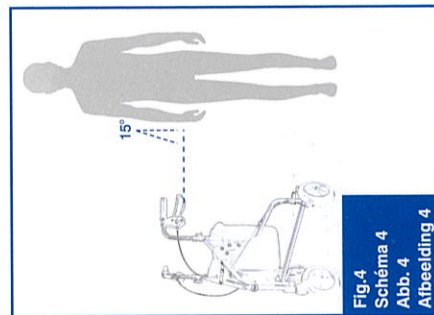


Fig.4  
Schéma 4  
Abb. 4  
Afbeelding 4

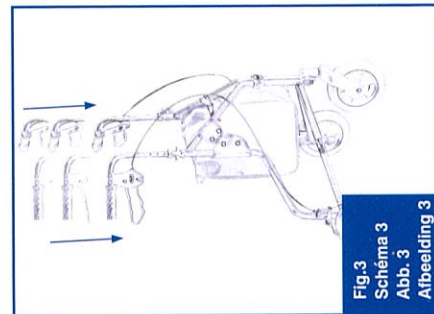


Fig.3  
Schéma 3  
Abb. 3  
Afbeelding 3

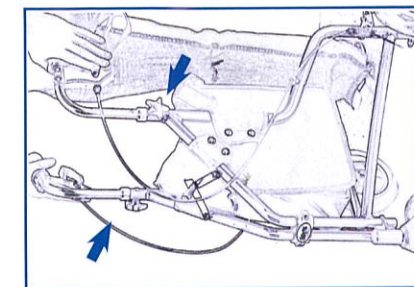


Fig.7  
Schéma 7  
Abb. 7  
Afbeelding 7

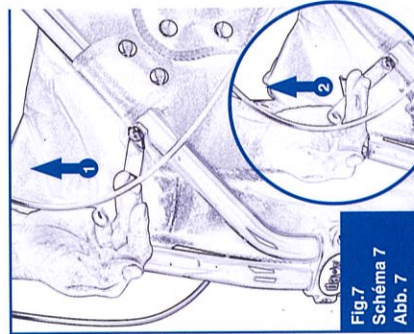


Fig.7  
Schéma 7  
Abb. 7  
Afbeelding 7

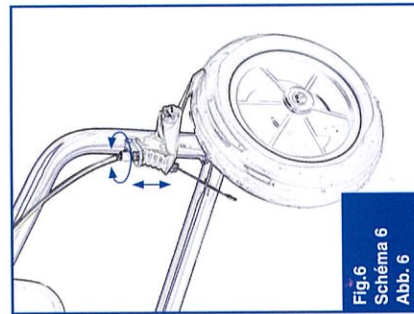


Fig.6  
Schéma 6  
Abb. 6  
Afbeelding 6


## Days Lightweight Tri-Wheel Walker - Model Number 240L

### Introduction

The Days Lightweight Tri-Wheel Walker is a durable walker manufactured from painted aluminium tubing with three solid tyre wheels. It incorporates a storage bag, locking brakes, adjustable handles and can be folded for storage or transportation. It is also available with an optional basket.

Before using your new Days Lightweight Tri-Wheel Walker, it is essential that you read and fully familiarise yourself with the instructions for use.

### Specifications

<b>Overall Height</b>	240L 830-930mm
<b>Overall Width</b>	665mm
<b>Overall Depth</b>	610mm
<b>Diameter of Wheels</b>	190mm
<b>Weight</b>	5kg
<b>Max. User Weight</b>	 125 kg / 180 lb

### Assembly Instructions

- Remove all packaging and examine all parts for signs of shipping damage. **Do not use walker if it is damaged or any parts are missing.**
- To open the walker, hold the two sides of the frame in both hands and push them away from each other. (See Fig. 1)
- To ensure the frame is held in the open position push the locking mechanism in the centre from the handle to lock it open. (See Fig. 2)
- Insert a handle with the pre-assembled locking loop brake into each handle tube. Ensure that the brake cables are not crossed. (See Fig. 3)
- Adjust each handle to the desired height, lining up the holes appropriately. Slide the bolts through the holes from the inside of the frame and screw on the tightening knot until secure. Ensure that the bolt heads are properly countersunk within the holes.
- Remove the protective plastic covering from the tyres.

### Setting the Handle Height

- The handles have five settings at 25mm intervals.
- To determine the correct height of the handle, (See Fig. 4)
  - Stand upright behind the walker with your shoulders relaxed and hands by your sides
  - Set the handle height to be level with your wrists
- To adjust each handle to the desired height, line up the holes appropriately. Slide the bolts through the holes from the inside of the frame and screw the tightening knobs until secure.
- Ensure that the bolt heads are countersunk within the holes, the tightening knobs are fully tightened and the handles are secure and stable.

When using the walker, be aware that stability depends on all three wheels being in contact with the flat surface. Care should be taken when negotiating uneven ground, inclines and kerbs, for example, as stability will inevitably be reduced. Ensure that the frame is opened completely with the folding mechanism locked in the open position.

- Completely close the frame by pulling it together at the handle end of the frame.

### Safety Precautions

- Ensure the walker is fully open and the folding hinge is straight to secure the walker in the correct position
- Ensure both handles are at the same height and that the tightening knobs are fully tightened. Test the walker for stability before applying full weight to the handles.
- Test the brake mechanism. When the wheels are locked, the brake pad should prevent the wheel from turning. If the wheels turn while the brakes are locked, refer to **Adjusting the Brake Pressure** section. When the brakes are released the wheels should turn freely.
- The walker is a walking aid only and should not be used as a transportation device
- Do not leave the walker unattended without locking the brakes
- Do not stop, turn or reverse on a ramp or incline
- Do not make sharp turns

### Care and Maintenance

- The walker should be inspected before each use to ensure it is free from damage and excessive wear.

Check that:

- The brakes are operating effectively
- The hand grips are not loose or damaged
- The brake cables are not damaged in any way
- The wheels are securely in place and are not damaged or excessively worn
- The frame is not cracked or dented
- The frame is secure, stable and all nuts and bolts are tight

**If you do find wear or damage to your walker,**

**DO NOT USE.**

- Check that all wheels and folding parts move freely and that there is no build-up of debris around the axle
- Keep the walker clean by wiping with a damp cloth on a regular basis. Do not use abrasive cleaning materials
- To adjust the position of the brake pad, undo the lock nut at the front of the brake handle and rotate the knurled nut. The back of the brake pad should clear
- If required, only use genuine parts supplied by Performance Health International Ltd or approved stockist

### Warranty

Performance Health International Ltd warrants that the walker is free from defects in material and workmanship. The warranty shall remain in effect for **three years** from the date of original consumer purchase.

The warranty does not extend to parts that are exposed to natural wear and tear that will require periodic replacement such as brakes, wheels, handgrips and bags.

**This warranty does not cover the following:**

- Replacement parts supplied by anyone other than Performance Health International Ltd or the stockist
- Any failure of the unit during the warranty period if the failure is not caused by defect in material or workmanship or if the failure is caused by unreasonable use
- Performance Health International Ltd is not liable for incidental or consequential injury or damage to property.
- Should it be necessary to return the walker, it is essential that it is adequately packed to protect it in transit, preferably in its original packaging, otherwise Performance Health International Ltd cannot accept any responsibility for transit damage to the unit.

This does not affect your statutory rights.

**Please retain these instructions for future reference.**

### Hand Brake Operation (See Fig. 5)

The walker is fitted with locking brakes for added security. Before use test the brake by rotating the rear wheels and applying the brakes.

**Note:** Always engage and disengage brakes on both sides

- To apply the brakes, squeeze both brake handles. This can be used to slow and stop.
- To lock the brakes, push both brake handles down until they click securely into the locked position.
- To release the brakes simply pull up on the brake handles until they click

### Adjusting the Brake Pressure (See Fig. 6)

If the brakes are too hard to apply, the pressure can be adjusted by reducing the tension in the spring above the brake shoe.

- The pressure needed to brake can be adjusted by turning the knurled knob whilst holding the hexagonal nut below it.
- Both the knob and nut are located above the brake shoe.
- Turning the knob anti-clockwise increases the pressure needed to brake by moving the brake shoe nearer to the wheel and compressing the spring.
- Turning the knob clockwise decreases the pressure needed to brake.

### CAUTION

Brakes that are adjusted to give light pressure will be less effective at preventing rear wheel movement under load.

### Folding the Walker for Storage and Transportation (See Fig. 7)

- To fold the walker, unlock the locking mechanism by pulling it in the centre from the front, up towards the handles.