

## Product 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.

## Cleaning

- 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.
- **Brake Adjustment:** The brake adjusters are situated in front of the brake handles, as shown in Diag: 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 should not touch the wheel, but the gap should be no greater than 3mm.

### IMPORTANT

For information on how to obtain the User Instructions in other languages and formats for use by people with visual, reading or cognitive impairments, please contact: [info@nrs-uk.co.uk](mailto:info@nrs-uk.co.uk) or telephone 0845 120 4522. Additional copies of this user instruction, together with details of our wide range of aids for daily living, are available on our website: [www.nrs-uk.co.uk](http://www.nrs-uk.co.uk).

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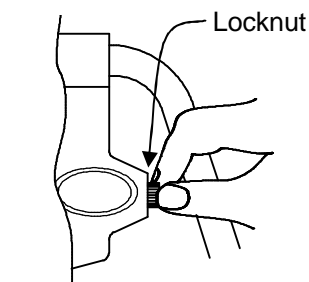
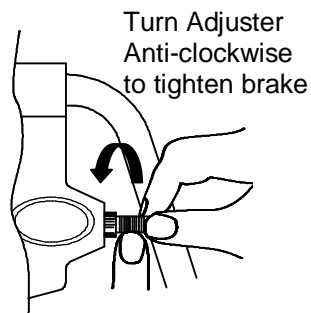


Diagram 3



- Caution: After making any adjustments to the brakes, you must test them before using the Rollator.
- If adjustment does not tighten the brakes, do not use the Rollator. Contact your dealer or NRS Customer services

## User Instructions

### L97986

## Mobility Care Heavy Duty Rollator

### Maximum User Weight



### General Safety Warning

**Please ensure these instructions are fully read and implemented. Failure to do so may result in injury to the user. Retain in a safe place for future reference.**

### Intended Use

The Heavy Duty Rollator is designed to provide support and assistance to those unable to, or who lack the confidence to, walk without some level of support. The Rollator, which is intended for indoor or outdoor use, also provides a seat to enable the user to rest whilst walking.

### 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.



Contents	
Description	Qty
Rollator Frame with braked handles	1
Hand-wheel and bolt	2
Back rest bar	1
Basket	1
User instructions	1

**Diag. 1 Rollator in folded position**



### 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 and push down the folding hinge until straight to secure the unit in the correct position.

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.

3 - Check that the holes in the handle bars and the frame are aligned. Using the hand-wheel and bolt to secure. (The bolt is fitted from the inside of the frame and the head should locate into the hexagonal opening on the inside of the frame).

4 - 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.

5 - Fit basket in correct position either under the seat or fitted at the front of the Rollator using the basket hooks. Note the maximum safe working load for the basket is 5Kg.

### Safety Precautions

- Do not exceed the maximum user weight limit of 227Kg (36st).
- 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 to transport individuals while seated for risk of injury.
- Do not use the Rollator on stairs or an escalator.
- Exercise caution when there is a heavy load in the basket (max. load 5Kg) Loads should only be transported using the basket.

- 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.

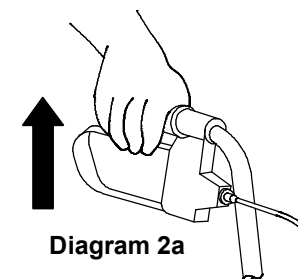
### Using the Rollator

**Opening:** Fold out the Rollator and push down the cross bar fully. Fit basket in correct position.

**Folding:** Remove basket and lift up the seat to fold the Rollator for storage. Diag:1 shows Rollator in folded position.

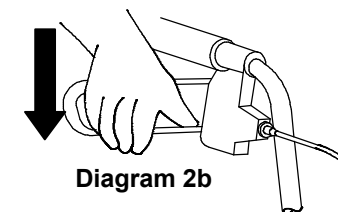
**Walking:** This unit is to be used as a mobility aid, creating a natural gait as the user walks securely with their primary weight distribution between the handlebars and with the unit in front of the user.

**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 diag:2a).



**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.



**Diagram 2b**

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.

**Sitting:** Ensure the Rollator is fully open and the parking brakes are applied before sitting on the seat.