

# USER INSTRUCTIONS

## 4 WHEELED FOREARM ROLLATOR

S20756

4 Wheeled Forearm Rollator - Red

### ⚠ General Safety Warning ⚠

Read and follow these instructions carefully. Keep these instructions in a safe place for future reference.

### Maximum User Weight



### 1. INTENDED USE

The 4 Wheeled Forearm Rollator has been developed especially for users who need additional arm support, through limited grip strength. The rollator is foldable and fully adjustable to suit a wide range of users.



We recommend that an assessment is done by a qualified healthcare professional before purchasing or using the rollator.

**Handle Height Range:** 1160 - 1260 mm

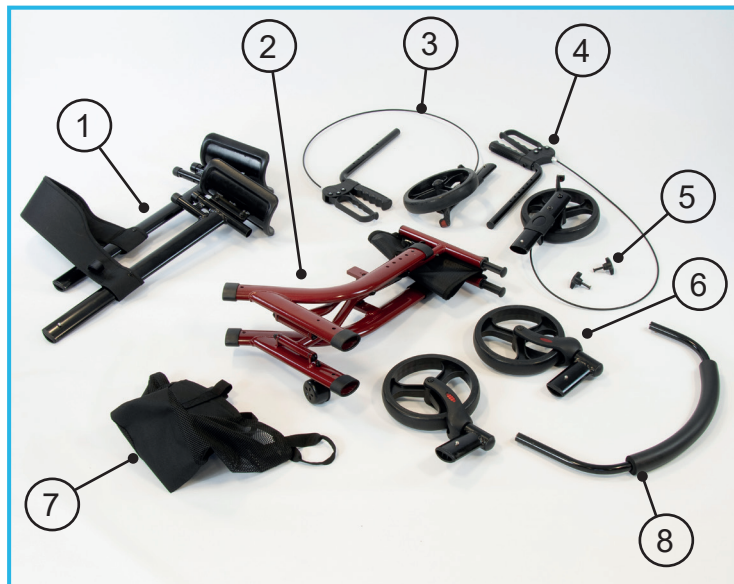
**Length:** 650 mm

**Width:** 230 mm (folded) - 650 mm (Unfolded).

### 3. UNPACKING

Remove the packaging and check all parts carefully. Contact your supplier immediately if parts are missing or damaged and do not try and assemble.

### Contents:



### 2. SAFETY



**Warning:** Do not exceed the maximum user weight of 136 kg (21 st).

**Lock** the rollator in the open position before use.

**Only** use as a walking aid in the forward direction.

**Only** carry loads using the bag supplied (maximum load 5 kg).

Only use the supplied accessories.

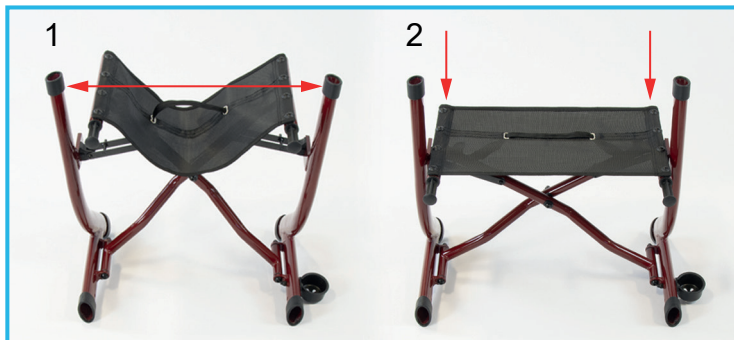
### DO NOT:

- Use the rollator on stairs or escalators and take care on steep hills.
- Hang items from the handles as this may affect the stability of the rollator.
- Move or adjust the rollator when the seat is occupied.
- Sit on the seat when the rollator is on an incline.
- Sit on the seat without locking the brakes first.
- Use the seat without the backrest fully engaged.
- Use the seat to transport people or objects.

1. Arm Rest Assemblies
2. Frame Assembly
3. Left-hand Side Handle & Rear Wheel Assembly
4. Right-hand Side Handle & Rear Wheel Assembly
5. Handle Fixings (bolt, saddle-washer and hand-wheel) x 2
6. Front Wheel Assemblies x 2
7. Storage Bag
8. Backrest

## 4. ASSEMBLY

### 4.1 Unfolding the Frame Assembly:



1. Pull frame apart.
2. Push down firmly to lock in place.

### 4.2 Insert the Armrests

**Note:** The armrests must be set up correctly for the user. Refer to Section 5.1 for details.



1. Insert the armrests into the frame assembly.
2. Press the button-clip in and push down on the armrest until the button-clip clicks into place.
3. Repeat for the opposite side.

**Note:** Make sure the handles are the same height and that the button-clips have fully engaged into the holes.

### 4.3 Attaching the Handles

**Note:** The handles must be set up correctly for the user. Refer to Section 5.2 for details.



1. Insert the handles and line up the holes.
2. Insert 1 x bolt, making sure the bolt head slots into the hexagonal recess.

**Note:** The hand-wheel must always be on the outside of the rollator frame.



3. Attach the saddle-washer and hand-wheel, then tighten fully by turning clockwise.

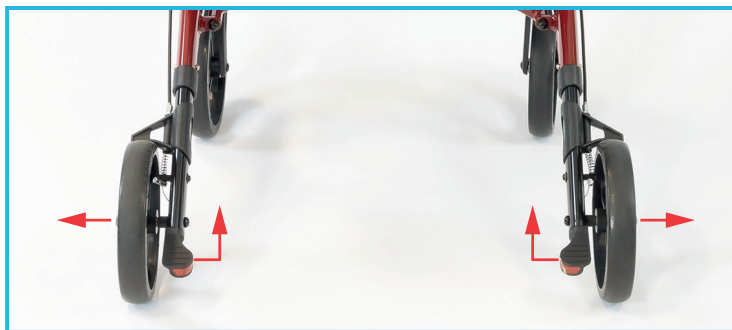
Repeat for the opposite side.

**Note:** Make sure both handles have been set to the same length and the hand-wheels are fully tight and secure.

### 4.4 Insert the Rear Wheels



1. Insert the left hand side rear wheel, connected to the left hand side handle, into the frame assembly.
2. Press the button-clip in and push down on the wheel assembly until the button-clip clicks into place.



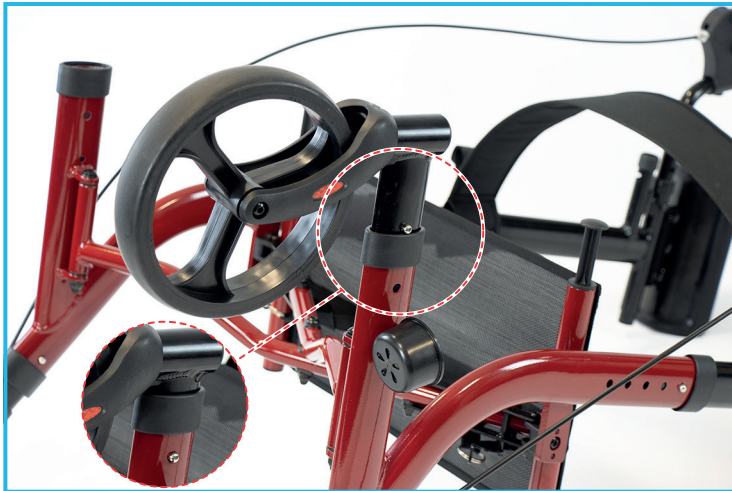
3. Repeat for the opposite side.

**Note:** Fully engage the button-clips into the holes and make sure the wheel assemblies have been inserted with the wheels facing out and the kerb-lifters facing up as shown.



#### 4.5 Insert the Front Wheels

1. Flip the assembly onto the rear wheels and armrests.



2. Insert the left-hand side front wheel into the frame assembly.
3. Press the button-clip in and push down on the wheel assembly until the button-clip clicks into place.



4. Repeat for the opposite side.

**Note:** Make sure the button-clips have fully engaged into the holes.

#### 4.6 Fitting the Backrest

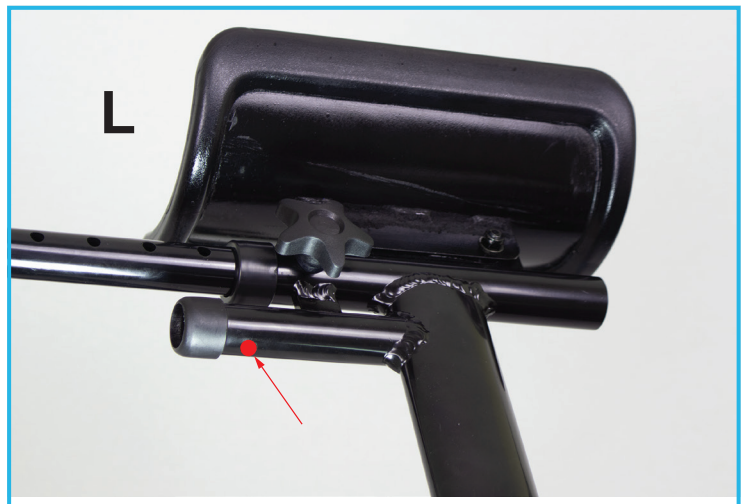


The backrest is a critical part of the rollator. You must fit it correctly or the rollator will not be stable.

**Note:** The right hand side of the backrest (R) is longer than the left hand side (L), viewed as if you are using pushing the rollator. Each end has button clips underneath.



**Note:** The button clip holes for the backrest under the armrests are different. The left-hand side has just one hole for the button clip. The right-hand side has one hole and one slot for the button clip.

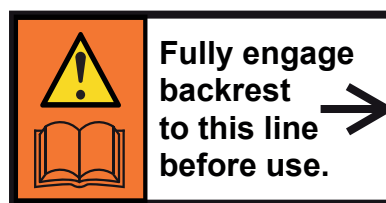


1. Slide the longer right-hand end of the backrest into the hole under the right armrest. Press the button-clip in, then push the backrest in until it clicks into the slot (\*).





**Note:** You must fully engage the backrest button-clips into the correct hole positions or the rollator will not be stable. A warning label reminds you to fully engage the backrest.



Warning Label

2. Now slide the shorter left-hand end of the backrest into the hole under the left armrest.
3. Simultaneously press the button-clips underneath both ends of the backrest and push the backrest fully in until it clicks into both holes as shown.



#### 4.7 To attach the Bag



Slide the bag loops over the frame.



## 5. USING THE ROLLATOR

We recommend that a qualified healthcare professional assists you with the adjustment of the rollator to ensure the set up is safe and comfortable to use.

When using the forearm rollator you should stand inside the rollator footprint, placing your forearms comfortably in the armrest supports, keeping your elbows close to your body in line with your shoulders where possible.

### 5.1 Forearm Support Height Adjustment

Adjust the forearm support height so that it is safe and comfortable for the user.



Press the button-clip in and adjust the handle height up or down as needed.

Repeat for the opposite side.

**Note:** Set both armrests to the same height.

**Note:** Make sure the button-clips have fully engaged the holes before use.

### 5.2 Handle Length Adjustment

Adjust the Rollator handle length so the user can easily reach and use the brake levers.



1. Undo and remove the hand-wheel by turning anticlockwise.
2. Remove the saddle-washer, then remove the bolt.
3. Adjust the handle length to the required position, then secure using the bolt, saddle washer and hand-wheel. Refer to Section 4.3.
4. Repeat for the opposite handle.

**Note:** Set both handles to the same length and fully tighten and secure both hand-wheels before use.

### 5.3 Brake Operation



To slow down or stop the rollator, pull both brake handles towards you.



To apply the parking brake, push the brake handles forward until they lock into place.

**Note:** Apply both brake handles.

Pull both handles towards you to release the parking brakes.

**Warning:** If the brakes fail to stop or lock the wheels, stop using the rollator immediately. Do not use the rollator again until the brakes have been checked and correctly adjusted. Refer to Section 6.1.

## 5.4 Folding the Rollator

**Note:** Make sure all items have been removed from the bag before folding.

### 5.4.1 Remove the Backrest



1. Refer to Section 4.6. Push in the backrest button-clips on both sides, then pull the backrest forward until the button clip clicks into the first slot on the right hand side.
2. Pull the left hand side of the backrest out fully and swing the backrest down as shown.
3. Pull the seat handle up to unlock the frame.
4. Push the handles together to fold the rollator.

## 6. MAINTENANCE

Check both hand-wheels are secure before use.

Check all wheels are clean and can rotate freely.

Regularly check for wear and damage. Immediately report any suspected faults or damage to your supplier and take the product out of use.

Check the brakes before use. Refer to Section 5.1.

### 6.1 Brake Adjustment

**⚠ The following section needs some technical ability. Do not attempt to carry out the adjustment unless you are confident to do so.**

#### Tighten the Brakes:

**Note:** The brake adjustment nut is at the bottom of the brake cable, above the rear wheel on both sides.



1. Use a spanner to loosen the locking nut in an anticlockwise direction.
2. Use a spanner to adjust the brake tension. To tighten the brakes, turn the adjustment nut in an anticlockwise direction.

**Note:** There must be a small gap between the brake mechanism and the wheel, when the brake lever is released.

3. Use the spanner to tighten the locking nut in a clockwise direction.

**Note:** Use another spanner to hold the adjustment nut in position while you tighten the locking nut.

4. Test the brakes in accordance with Section 5.1.

**Note:** Incorrectly adjusted brakes can lead to injury, please contact us if you need assistance.

## 7. CLEANING

Remove all dirt and debris from around the wheels, axle and brakes.

To clean the bag, wipe with a damp cloth. Do not machine wash.

Clean the frame regularly, using a general purpose, neutral detergent and warm water.

Check the suitability of the cleaning products before use. Do not use abrasive cleaners or cloths as these could permanently damage the surface and invalidate any warranty.

Allow the product to dry thoroughly before use or storage.

## 8. PRODUCT DISPOSAL

Thoroughly clean this product before disposal.

This product is manufactured from metal and plastic and can be disposed of through Local Authority Household Waste and Recycling Centres or through Local Trade Waste Collectors.

## 9. PRODUCT GUARANTEE

NRS Healthcare guarantee this product for a period of 24 months, from the date of purchase, against faulty materials and workmanship.

This guarantee does not cover abuse, interference or tampering with any part of the products. Issues arising from fair wear & tear and customer misuse are not covered.











This guarantee covers domestic use only. If the product is used in commercial or semi-commercial settings such as care homes, schools, rental or communal accommodation etc, the guarantee is valid for one year only. Consumable parts are also guaranteed for one year only.

Any guarantee issued by NRS Healthcare does not affect your statutory rights.

If you have any problems with our products, please contact us. See the end of this document for our contact details.

If you have experienced an injury, contact us but feel free to contact the Medicine and Healthcare products Regulatory Agency at: [devices.regulatory@mhra.gov.uk](mailto:devices.regulatory@mhra.gov.uk)

## 10. GLOSSARY

	Manufacturer		Batch Reference Code		Consult the instructions for use
	Maximum User Weight		Authorised representative in the European Community		Medical Device
	Item/Catalogue number		European Conformity / Conformité Européene		UK conformity assessed marking
	Warning				



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