

# User Instructions

## M39634 – Mobility Care Aluminium Rollator

**Maximum User Weight:**



### 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 Mobility Care Aluminium Rollator 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's and Don'ts**

- Do not exceed the maximum user weight limit of 127Kg (20st).
- Do not use the rollator on stairs or an escalator.
- Do not attempt to push the rollator while someone is sitting in the seat.
- Do not use the seat to transport people or objects.
- Do not use the seat without the backrest in place.
- Do not sit on the seat when the rollator is on an incline.
- Only use the rollator as a walking support.
- Only use the specified accessories and spare parts for this rollator
- 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.

### **Safety Precautions - Pre Use Checks**

- Ensure Rollator is locked open before use.
- Check the brakes before use.
- Make sure that all parts are secure and that moving parts are in good working order.

### **Safety Precautions - During use**

- Do not self propel the rollator while seated. Serious injury to the user and/or damage to the rollator frame or wheels may result from improper use.



- 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.
- Exercise caution when there is a heavy load in the basket (max. load 5Kg)
- All wheels must be in contact with the floor at all times.
- Brakes must be in the locked position before using the seat.
- When using the rollator in a stationary position, the brakes must be locked.

### **CONTENTS LIST**

Item	Description	Qty.
1	Rollator assembly	1
2	Storage Basket	1
3	Backrest	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 of the parts are damaged.
- Do not assemble if any of the parts in the Contents list are missing.
- When unpacking make sure the handles and brake cables are not twisted as this can affect the operation of the brakes, when assembled.

## 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. To assemble, open the rollator frame, push down on the seat until all four wheels are extended and the cross member is in line, as shown in diagram 1. Make sure that all four wheels make contact with the floor and the rollator is stable in the open position.
2. Position the backrest bar so that the padded portion faces the front of the rollator. Insert into the brackets until the push buttons on the bar lock into place.
3. 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 (see diagram 1) 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
  - NOTE: When assembling the handlebars make sure the handles and brake cables are not twisted as this can affect the operation of the brakes. To ensure the assembly has been carried out correctly, the brake cable route should run close to the handle as shown by cable - A in diagram 2. If the cable is bowed away from the handle, as shown by cable - B in diagram 2, the cable may have been twisted and the operation of the brakes may be affected.
4. Check the brakes thoroughly before use.  
NOTE: The Rollator Brakes are factory set, and if assembled correctly do not need adjusting prior to use. To check; Apply and release the parking brake on each side 10 times. (Push brake lever down to lock, lift to release) The brake should grip the wheel and prevent any movement when applied, when released, the gap between the brake moulding 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. Check to make sure all other nuts, bolts and screws are tightly fastened.
6. Check all wheels are in good working order and roll freely.
7. Basket fitting  
The supplied basket can be fitted either under the seat, or to allow the rollator to be folded whilst still fitted; it can be fitted onto hooks on the front of the frame, as shown in diagram 1.

Diagram: 1



Diagram: 2



## Operating Instructions

### Opening the Rollator

- Hold one handlebar and push down on the seat until all four wheels are extended out and the seat is fully flat.
- Before using the rollator make sure that all four wheels make contact with the floor and the rollator is stable in the open position, as shown in diagram 1

### Folding the Rollator

- Lift the seat and pull up on the strap until the rollator closes.
- For more compact storage, remove the backrest.

### 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.

### Sitting

When using the rollator as a seat, ensure the safety precautions detailed on page one are adhered to, in particular;

- Ensure the parking brakes are in the locked position.
- Do not use as a seat without the backrest being fitted
- Do not use as a seat on sloping or uneven ground
- Do not exceed the maximum user weight
- Do not use the rollator as a wheelchair

### Checking and Operating the Brakes

- Before using the rollator always check the brakes are working correctly.
- Check the normal brake function by pulling up the brake handles as shown in diagram 3a, the rollator should be held firm with no movement.
- 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, the rollator should be held firm with no movement. (See Diagram 3b) It is important that both brakes are used for parking. Lift up the handles to release the parking brakes.

### Brake Operation

- To slow down, pull up both of the loop handles. (See Diagram 3a)
- To apply the parking brakes, push down both handles until they lock down. A distinct click indicates that the brakes are in the correct position. (See Diagram 3b) It is important that both brakes are put in the parking position when they are used.
- Lift up both handles to release the parking brakes.
- 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.

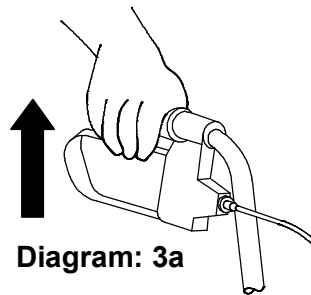


Diagram: 3a

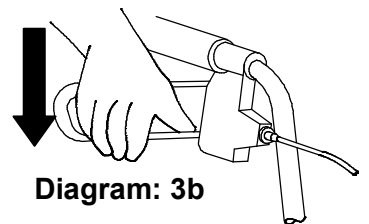


Diagram: 3b

### 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.

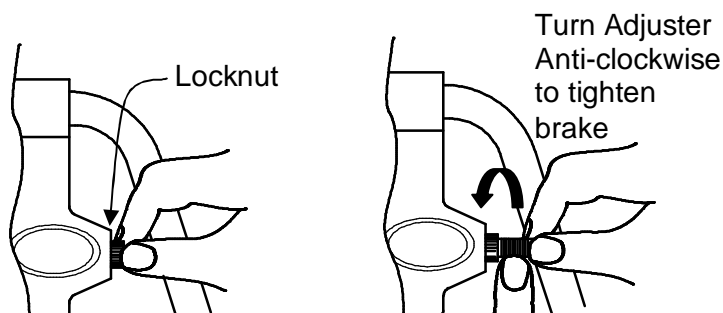
### Maintenance

- 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.

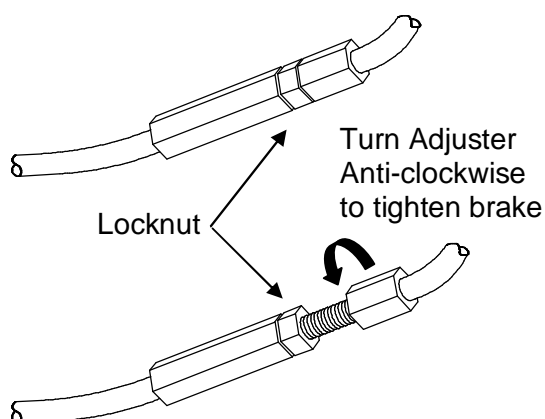
## Maintenance continued;

### Brake Adjustment (see Diagram 4)

- There are two brake adjusters on each side of the Rollator, one in front of the brake handle and the second is positioned in the middle of the brake cable (See diagram 1)
- To adjust the handle brake, loosen the lock nut, turn the adjuster anticlockwise to tighten the brake then retighten the lock nut. (See Diagram 4)
- To adjust the mid-cable brake, loosen the lock nut, turn the adjuster anticlockwise to tighten the brake then retighten the lock nut. (See Diagram 5)
- 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 NRS Customer services, details below.



**Diagram: 4 – Handle brake adjustment**



**Diagram: 5 – Mid-Cable brake adjustment**

If you use this product....you may also find useful:

### Aids for getting into and out of the car



**Handybar  
M14674**



**Car Caddie  
M15393**



**Swivel Seat Deluxe L33996**

These products are included in our range of over 3000 daily living aids available from NRS Healthcare.

To view the full range visit;

[www.nrs-uk.co.uk](http://www.nrs-uk.co.uk)

Or request a catalogue from the number below.

### NRS Healthcare

Sherwood House, Cartwright Way  
Forest Business Park, Bardon Hill  
Coalville, Leicestershire. LE67 1UB UK

Tel: 0845 120 4522

Fax: 0845 121 8112

Email: [customerservice@nrs-uk.co.uk](mailto:customerservice@nrs-uk.co.uk)

[www.nrs-uk.co.uk](http://www.nrs-uk.co.uk)

