

Walk Safe®

by NRS Healthcare

User Instructions

S58115 Walk Safe® Medium
S58139 Walk Safe® Large



**Please ensure you read these mandatory instructions before use.
Keep instructions in a safe place for future reference.**

UK Patent GB2613198 | Chinese Utility Patent ZL202122982123.8
International Patent Publication WO/2023/094832 | Australia Patent Pending AU2022395923
Canadian Patent Pending CA3239048 | US Patent Pending US18712590



Scan this QR code for supplementary clinical guidance
on how to set up and use the Walk Safe®

Intended Use

The Walk Safe[®] provides standing and walking support to mobility impaired users who can bear weight on both arms and legs. It also helps users rise or lower from a seated position. It is for indoor use only.

Symbols

Symbols used on the product and in these instructions.



Manufacturer



Batch
Reference Code



Consult the
Instructions for Use



Item / Catalogue
Number



Please Ensure You
Read & Follow These
Instructions Carefully



Recycling
Symbol



Maximum
User Weight



Warning



Medical Device



European
Conformity /
Conformité
Européenne



Unique Device
Identification System



Authorised
Representative
in the European
Community

Safety



- If you are unsure how to use the Walk Safe®, or if you feel unsafe or unwell whilst using the Walk Safe®, stop using the Walk Safe® immediately and consult a healthcare professional.

- For indoor use only

- DO NOT use if you cannot bear weight on both arms and legs.
- DO NOT use on slippery or wet floors.
- DO NOT use on uneven floors.
- DO NOT use to go upstairs.



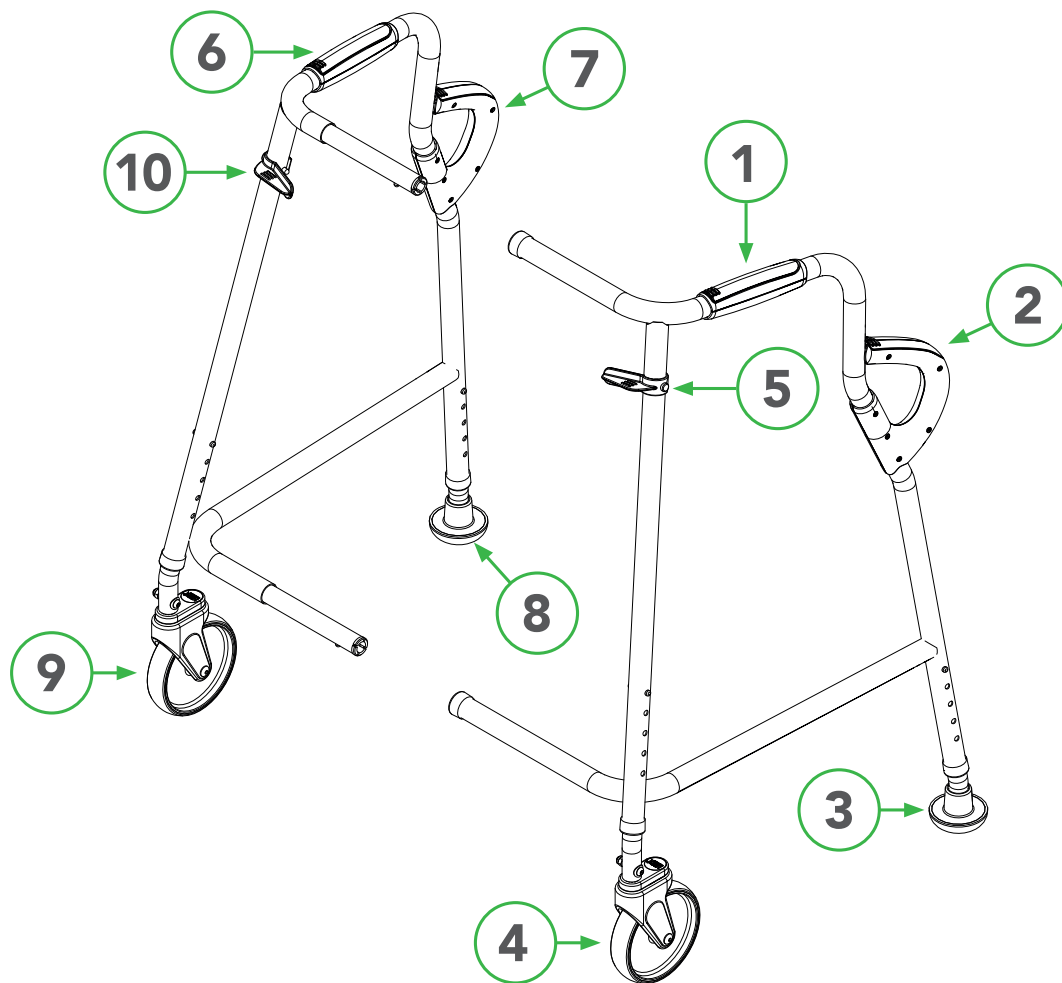
- DO NOT exceed the maximum user weight of 230kg (36 stone).
- If the Walk Safe® is damaged or develops a fault, you must stop using the Walk Safe® immediately and contact your supplier or the manufacturer.
- Report any serious incident relating to using the Walk Safe® to the supplier or manufacturer as well as the relevant competent authority within the territory that the user resides.

Unpacking

Remove the packaging and check all parts carefully.



Contact your supplier or service provider immediately if ANY parts are missing or damaged. DO NOT try to assemble.



Left Hand (LH) Frame Assembly

- ① Upper Handle
- ② Lower Handle
- ③ LH Slider Assembly
- ④ LH Wheel Assembly
- ⑤ Caddy Rest

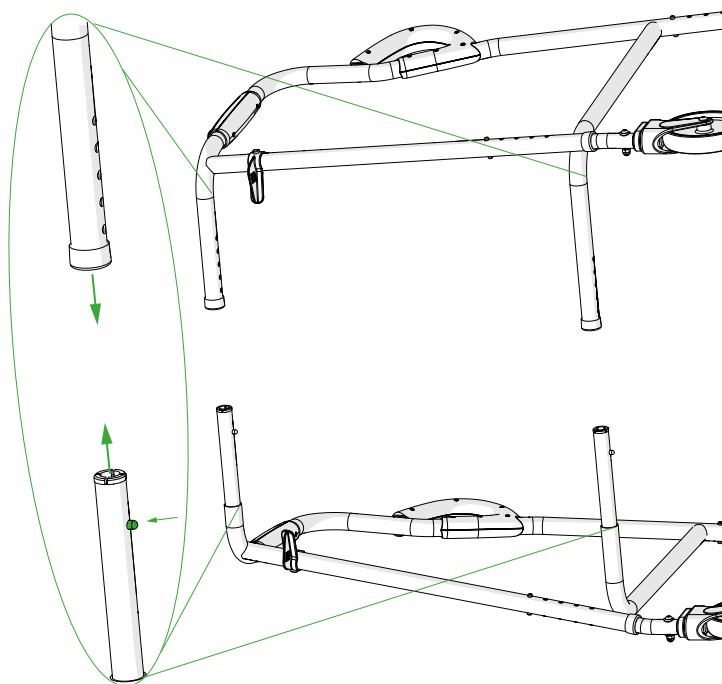
Right Hand (RH) Frame Assembly

- ⑥ Upper Handle
- ⑦ Lower Handle
- ⑧ RH Slider Assembly
- ⑨ RH Wheel Assembly
- ⑩ Caddy Rest

Assembly

To assemble the Walk Safe®, rest the RH Frame Assembly on its side and position the LH Frame Assembly so that the tubes align as shown.

Push the tubes together whilst pressing the button locks, until the button locks click in place. Stand the Walk Safe® upright and check that it is securely fixed together.



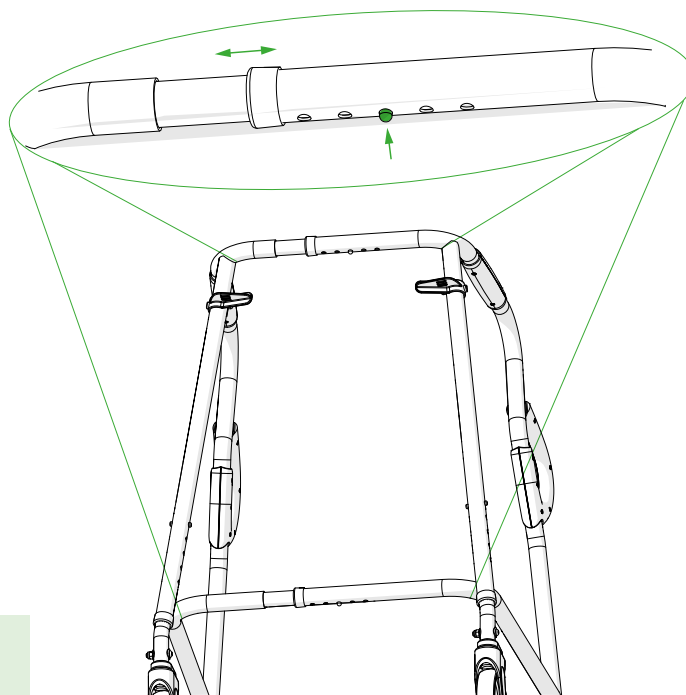
Disassembly

Reverse the procedure to disassemble if the frame needs to be disassembled for storage, transport etc.

Width Adjustment

To adjust the width of the Walk Safe®, press the button locks on the top and bottom connecting tubes and move the frame sides together or apart as required. Make sure the button locks are in the same positions top and bottom.

Adjust the frame width until your hips fit comfortably between the upper handles.



Frame width (to outside handles):

Both Models 380-460mm (15"-18").

Height Adjustment

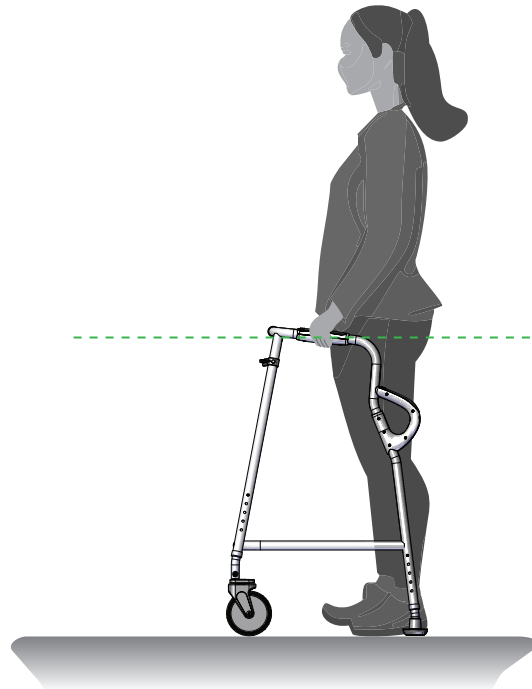
It is essential that the Walk Safe® is set to the correct height. To check the correct height of your frame, when standing holding the hand grips, your elbows should be slightly bent.

When standing with your hands by your side the hand grips should reach just above the wrist joint.

Frame Height (to top of handles):

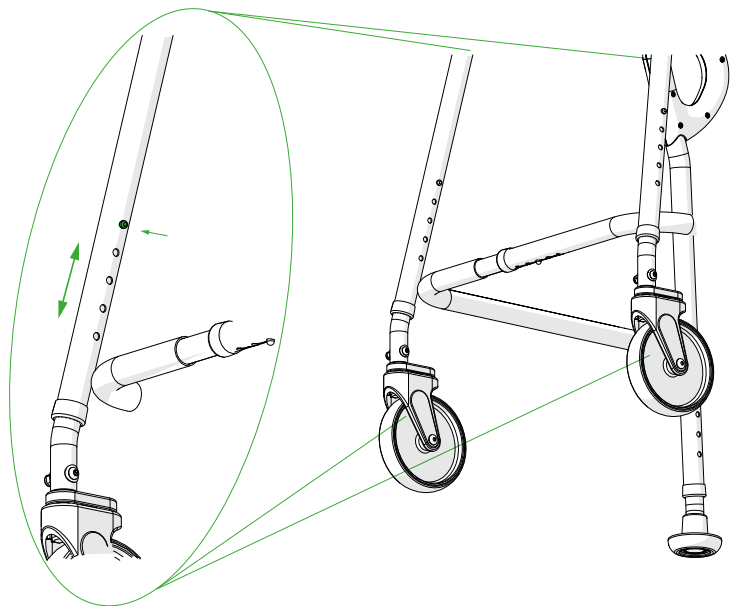
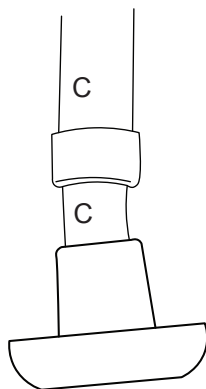
S58115 Medium 750-850mm (30"-34").

S58139 Large 850-950mm (34"-38").



To adjust the height, press the button locks above each wheel and slider assembly and adjust until they are at the height setting you need. Ensure button locks engage fully in the holes.

Each wheel and slider assembly is labeled. Ensure the letter on each wheel and slider assembly matches and aligns with the letter on the frame above.



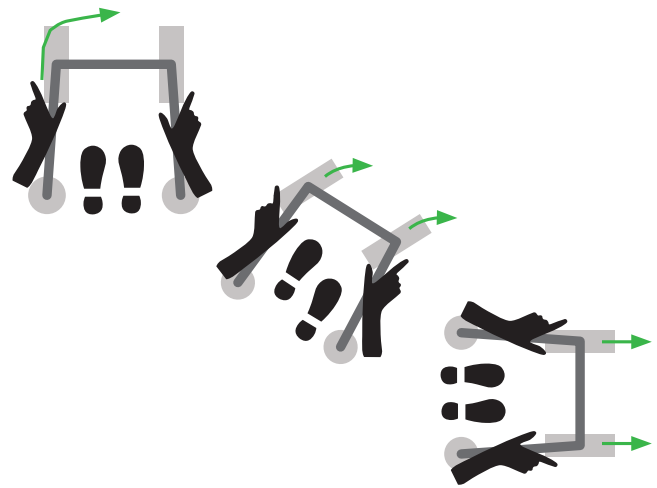
- Ensure each leg of the frame is at the same height.
- DO NOT extend the legs beyond their 'MAX' marking. This may cause injury.
- The wheel assemblies include powerful magnets. Keep ANY sensitive equipment at least 6" (152 mm) away from them during assembly and use.



Walking in a Straight Line

To walk in a straight line, simply push the Walk Safe® forward one step ahead of you.

Walk into the frame, stepping one foot in front of the other, until both legs are inside the frame. If one leg is weaker than the other, step with the weaker leg first.

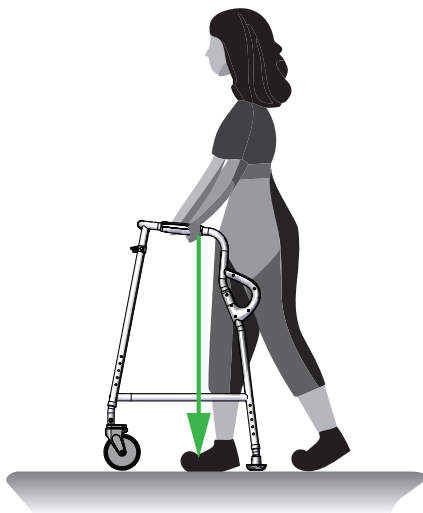


Turning

To turn, apply a little 'steering' effort to the handles of the Walk Safe®. This will make the front wheels turn, and the frame will go in the direction you require.

When you begin walking in a straight line the front wheels will return to the straight ahead position.

There is no need to lift the frame to turn.



Stopping

If you feel the Walk Safe® is sliding away from you, to stop movement, press down on the upper handles. The slider assemblies include rubber brakes that will contact the floor to stop movement.



Crossing Thresholds

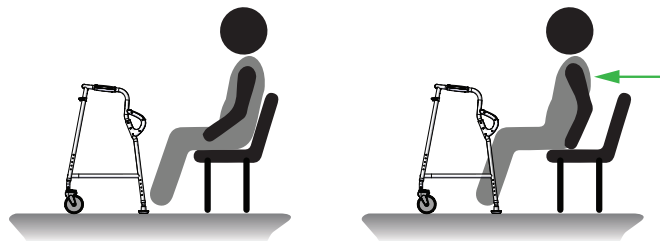
The Walk Safe® is designed to allow you to cross low thresholds such as thin rugs or door thresholds without lifting the frame.

For larger thresholds you must carefully lift the frame.

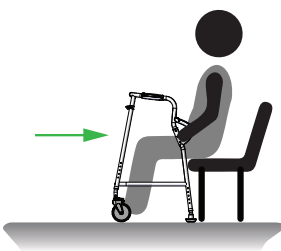


- DO NOT walk too far into the frame.
- TIPPING HAZARD: DO NOT stretch to reach the frame.
- TIPPING HAZARD: DO NOT lift the frame to turn.
- TIPPING HAZARD: DO NOT try to walk backwards as this could tip the frame.

Standing Up



- 1 Move to the front edge of your chair or bed.



- 2 Lightly pull the lower handles of the Walk Safe® towards you so that the frame surrounds your legs and touches the chair or bed.



- 3 Lean forward, so that your nose is over your toes.
If your chair has armrests, use these for support when standing.
If your chair does not have armrests, use the lower handles on the Walk Safe® to push yourself up to a standing position.

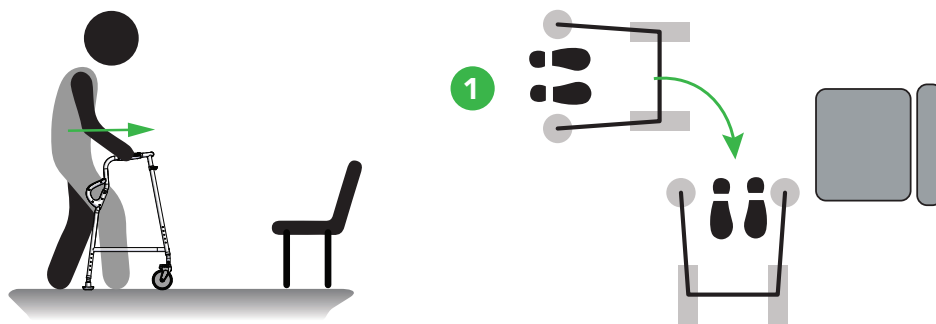


- 4 Then move one hand and then the other to the upper handles as you rise to a full standing position.

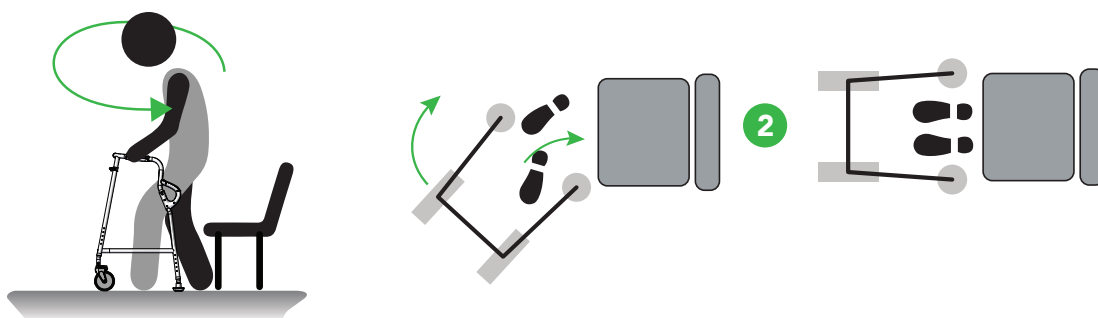


Always push yourself upwards towards the frame.
Never pull back on the frame or it will tip back and may cause injury.

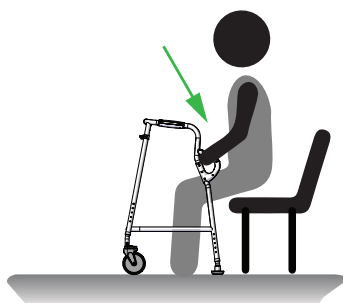
Sitting Down



- 1** Walk towards your chair or bed and turn the Walk Safe® directly in front so it is sideways to the chair or bed

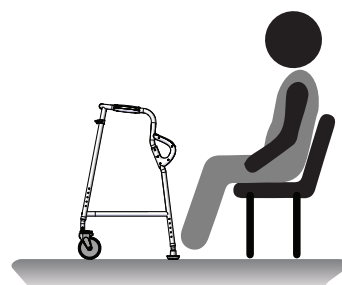
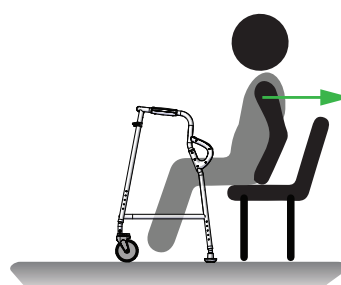


- 2** Spin the Walk Safe® round so you are standing directly in front of the chair or bed with your legs touching



- 3** If your chair has armrests, you should use these to help lower down to a seated position.

If your chair does not have armrests, use the lower handles of the Walk Safe® to lower yourself to the edge of your chair or bed in a controlled manner.



- 4** Move yourself backwards in the chair to a proper seating position.

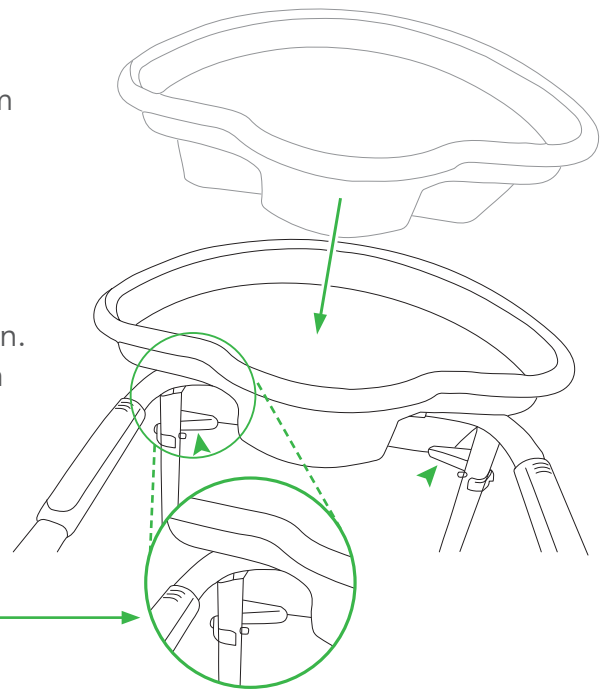
Fitting a Buckingham Caddy

The Walk Safe® is compatible with the Buckingham Caddy (available at completecareshop.co.uk).

Do not use the clips supplied with the Buckingham Caddy.

Loosely place the 'Caddy' onto the frame as shown. Using even pressure firmly push the 'Caddy' down onto the upper tube of the Walk Safe® so that it 'clicks' into place. It should be a secure tight fit.

The Walk Safe® is supplied with two caddy rests to keep the 'Caddy' in the right position. The 'Caddy' should simply rest against these as shown in the diagram.



To prevent the Walk Safe® from tipping forwards, DO NOT add loads greater than 2kg to the Buckingham Caddy.

DO NOT hang any objects on the Walk Safe® (other than a Buckingham Caddy).

Maintenance

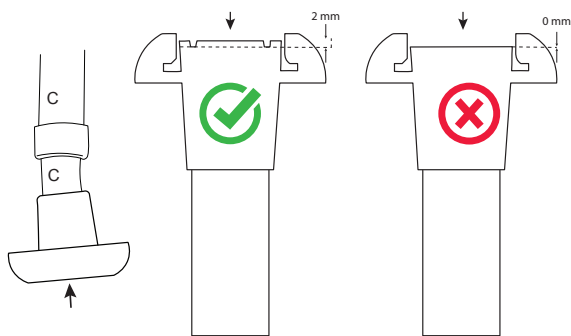
Inspect the Walk Safe® at regular intervals and before re-use for signs of general wear or damage. Regularly check:

- The frame is structurally sound, all handles, fasteners and button locks are secure.
- That the wheels swivel and rotate freely.
- The slider brakes for wear (see 'Inspect Slider Brake' for more details).



If the Walk Safe® is damaged or develops a fault, you must stop using the device immediately and contact your supplier or the manufacturer.

When maintaining the Walk Safe®, only use spare parts supplied by the manufacturer, see Spares and Accessories.



Inspect: Slider Brake

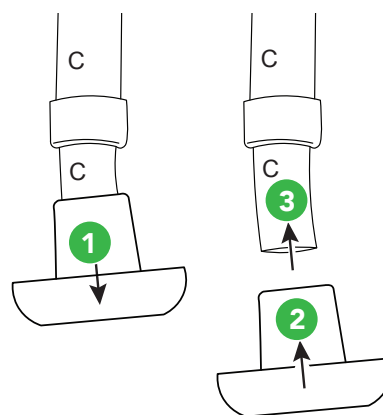
To check the slider brakes, turn the Walk Safe® upside down.

A circular groove in the rubber brake part of each slider indicates wear. When new, the groove depth is roughly 2 mm. When you can no longer see the groove, you must replace the slider brake.

Cleaning

Clean the Walk Safe® regularly using a general purpose, neutral detergent and warm water. Check the suitability of the cleaning product before use. Do not use abrasive cleaners or cloths as these could permanently damage the surface and invalidate the warranty.

To disinfect the Walk Safe®, wipe with a dilute bleach solution, and clean with a damp cloth. Allow the Walk Safe® to fully dry before using and storage. The Walk Safe® may also be disinfected using steam cleaning.



Replace: Slider Brake

The slider brakes are available as a spare part. See Spares and Accessories.

Pull off the old slider brake (1), push on the new slider brake (2) onto the rear leg (3). This may be a tight fit.

Spares and Accessories

Product Code	Description
S59867	Caddy Rests (pair)
S59843	Slider Brake (pair)
S59829	Castor Assembly Left Hand (single)
S59831	Castor Assembly Right Hand (single)
S59806	Lower Handle (single)
S59818	Upper Handle (single)
S60742	Buckingham Caddy

Standards

The Walk Safe® complies with the following standards.

ISO 11199-1:2021 Assistive products for walking manipulated by both arms - Requirements and test methods. Part 1: Walking Frames.

ISO 24415-1:2009 Tips for assistive products for walking - Requirements and test methods.
Part 1 Friction of tips.

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, consumable parts and customer misuse are not covered.

This guarantee covers domestic use only. If the Walk Safe® 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 guaranteed for one year only.

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

Product Disposal

Thoroughly clean the Walk Safe® before disposal and recycle where possible.

The Walk Safe® is made of metal and plastic. It can be disposed of through Local Authority Household Waste and Recycling Centre or through Local Trade Waste Collectors.



Recycle any cardboard packaging.

If you have any problems with our products, please contact us.

We are a leading supplier of community equipment and daily living aids. Please visit one of our websites to see our full range of products.

Contact Information:

Telephone +44 (0)345 121 8111

Email customerservice@nrshealthcare.co.uk

Find Us
www.completecareshop.co.uk



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



NRS Healthcare
19-21 Altona Road, Blaris Industrial
Estate, Lisburn, Co Antrim,
Northern Ireland BT27 5QB