

## Instructions for Use – Trough Walking Frames

### Catalogue Numbers

Non wheeled	Wheeled
RM574583	RM585073
RM574598	RM585083
	RM585098
	RM587100
	RM587200
	RM587300



**Maximum user weight = 25st (160kgs)**

**PLEASE READ THESE INSTRUCTIONS BEFORE USE AND ALWAYS USE AS ADVISED**

### Intended use

These devices are designed to take pressure / weight off one or both legs, provide support, stability and mobilise people with walking difficulties and disabilities. This is a personal device and is manually operated by the user.

### Adjusting the device

The device must be adjusted by your medical professional prior to use.

To adjust your device the spring clip buttons are to be pressed in and the wheel/leg assembly is either pulled out to make the device higher or pushed down to make the device shorter, when the device is at the correct height the buttons are then released and must fully protrude through the adjustment holes prior to use. All 4 assemblies (wheels or legs) must be set at the same height. To provide fine adjustment the single trough height can be adjusted with its own adjustment handle to provide a good posture for the user. The double trough height can only be adjusted using the wheel or leg adjustments. The trough handle is adjusted by turning the black handle below the trough and either pulling out the handle or pushing it in dependant on the user. The rear legs should be set one hole above the front wheels which will aid balance whilst in use (both front legs must be set at the same height). When standing upright holding the handgrip the user's arm should be slightly bent, when standing beside the device the handgrip should reach just above the wrist joint.

### Walking (non-wheeled)

Lift the frame and place it one step ahead of you, step towards the frame with the weakest leg first, bring the second leg to meet the first leg, repeat these actions to mobilise to desired place. Do not walk too far into the frame.

### Walking (wheeled)

Lift the back legs of the frame and push the frame one step ahead of you, place the rubber feet on the ground and step towards the frame with the weakest leg first, bring the second leg to meet the first leg, repeat these actions to mobilise to desired place. The frame will need to be repositioned to go around corners as the wheels are fixed. Do not walk too far into the frame.

### **Sitting**

The user should manoeuvre themselves to a position where they can feel the chair/bed behind their legs, they should reach behind and feel for the chair handle or mattress whilst maintaining balance with the device in your other hand, the second hand should be placed on the chair handle or mattress (you may need to lean forward slightly) and in a slow and controlled manner, the user should lower themselves into a seating position.

### **Standing**

Place the device in front of your chair/bed so that it can be used once you are on your feet, place both hands on the arms of the chair/mattress and lean forward whilst pushing on the chair handles to move into a standing position, once standing the device can be used to provide stability before walking.

### **Safety in use**

- Avoid wet and uneven floors.
- Remove loose rugs and obstacles before using the device.
- Use the device in good lighting conditions and wear supportive footwear.
- Wheeled frames are indoor use only.
- When using the device outdoors be cautious of loose surfaces and icy conditions.
- Do not use this device to climb stairs.
- Always use chairs with arms, preferably high seat chairs.
- Do not use the device if you suspect that it is damaged or faulty.
- Do not store in sub-zero temperatures.
- Never put feet or any weight on the lower frame support.

### **Regular checks**

- Check the rubber feet have plenty of tread showing and are not unevenly worn.
- Check the handgrips are in good condition and secure with no signs of damage.
- Check the spring clips are fully protruding through the adjustment holes.
- Check the adjustment holes for distortion, these should be round, not oval.
- Check that bolts are not loose and frame doesn't wobble.
- Check the tubing is not cracked or bent, pay attention to tube joints.
- Check that the wheels are secure on the axle.

STOP USING THE DEVICE IF YOU DISCOVER ANY LOOSE/WORN/DAMAGED PARTS  
ONLY USE TRULIFE APPROVED REPLACEMENTS  
REPORT ALL DEFECTS TO THE MANUFACTURER

### **Maintenance**

- Ensure that the device is cleaned on a regular basis using a mild detergent and warm water.
- **DO NOT USE BLEACH OR SOLVENTS**

### **Disposal**

Dispose of end of life products in accordance with local authority requirements.

**AN ASSESSMENT TO BE CARRIED OUT ON THE USER TO ENSURE THE DEVICE IS SUITABLE PRIOR TO ISSUE**