

User Instructions NRS 3-Wheel Rollator Range

M85577 – Blue with basket/tray
M79826 – Blue with basket/tray (2 pack)
M99126 – Blue with no basket/tray (2 pack)
M91139 – Red with basket/tray
M91127 – Red with basket/tray (2 pack)

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 NRS 3 Wheel Rollator comes complete with Bag, Basket and tray and 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.

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 below are missing.

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|----------------------|--------------------------------------------|-------------|
| Item | Description | Qty. |
| 1 | Rollator Frame with braked handles | 1 |
| 2 | Basket with lid/tray | 1 |
| 3 | Bag | 1 |
| 4 | Hand wheels with: bolts/plastic washers | 2 |
| 5 | Basket Hook Locators | 2 |
| 6 | User Instructions | 1 |

Safety Precautions

- Do not exceed the maximum user weight limit of 127Kg (20st).
- 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 on stairs or an escalator.
- Exercise caution when there is a heavy load in the bag (max. 5Kg) or basket /tray (max. 5Kg)
- Loads should only be transported using the bag or basket/tray (where fitted). 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.

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 into operating position (see overleaf)
2. Fit the Basket Hook Locators onto the handlebar tubes as shown in Diagram. 1
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 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
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 5b) 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 the bag to the frame as shown in the photograph on page 1 using the poppers to fasten.
6. Fit the basket by fitting the hooks on the basket into the hook locators as shown in diagrams 2&3.

Diagram:1

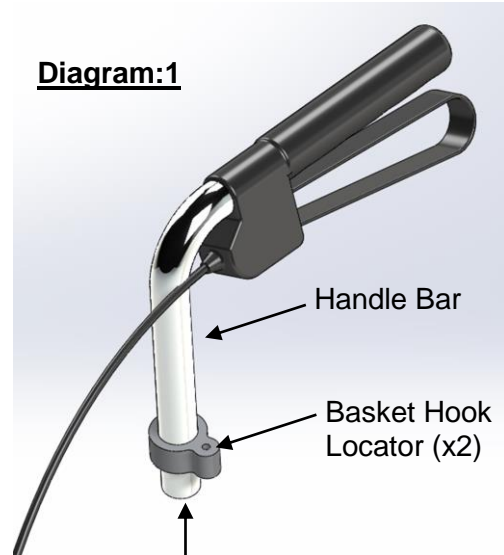


Diagram:2

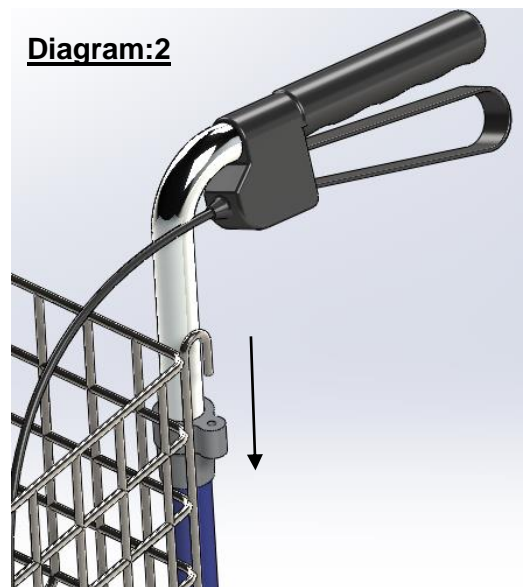


Diagram:3



Using the 3 Wheel Rollator

Opening: Fold out the Rollator and push down the cross bar fully. (See Diagram 4a)

NOTE: It is very important that the crossbar is pushed fully down to prevent the Rollator folding during use.

Fit basket/tray in correct position (if provided)

Folding: Remove basket (if present) and Pull up the cross bar. (See Diagram 4b) The Rollator will then close inwards for storage. Take care to keep fingers out of frame when folding. The bag should be empty before folding.

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 diagram 5a).

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 5b) 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.

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.

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 below.
- **Brake Adjustment:** The brake adjusters are situated in front of the brake handles, as shown in diagram 6. To adjust, loosen the lock nut, turn the adjuster anticlockwise to tighten the brake then retighten the lock nut.
- For correct adjustment the brake mechanism should not touch the wheel, but the gap should be no greater than 3mm.

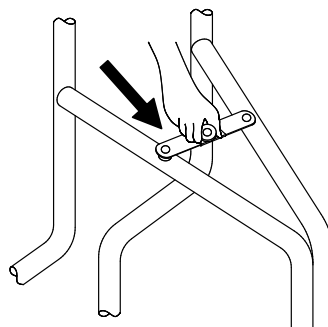
- Caution: After making any adjustments to the brakes, you must test them before the rollator is used.
- If adjustment does not tighten the brakes, do not use the rollator. Contact your dealer or NRS Customer services, details below.

Cleaning Instructions

Clean regularly, wipe down with a soft, non abrasive cloth.

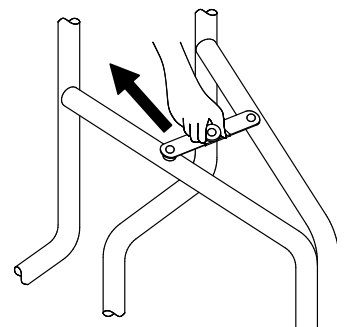
Ensure there is no build up of dirt or debris around the axle, brakes and wheels.

Diagram 4a



Push down fully to lock the rollator in the open position

Diagram 4b



Pull up to fold the rollator. Take care to keep fingers away from frame when folding

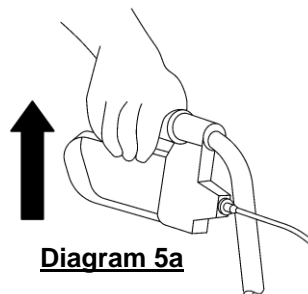


Diagram 5a

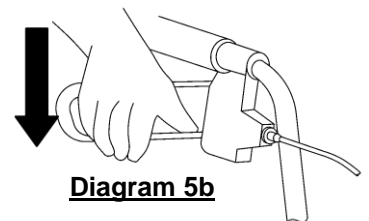
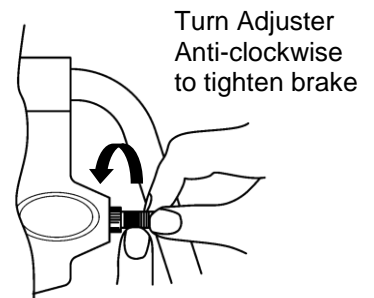
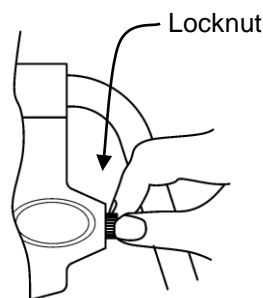


Diagram 5b

Diagram 6



Product Guarantee

NRS Healthcare, guarantee this product for a period of 12 months from the date of purchase against faulty materials and workmanship. This guarantee does not cover, abuse, misuse, interference or tampering with any part of the product.

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

The NRS 3 - Wheel Rollator Range is part of a range of over 3000 daily living aids available from NRS Healthcare.

To view the full range please visit our website **www.nrshealthcare.co.uk** or request a catalogue from the number below

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@nrshealthcare.co.uk or telephone our customer services department 0345 121 8111

Additional copies of this user instruction are available on our website: www.nrshealthcare.co.uk.

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