

Trulife Walking Frames

Instructions for use

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

Intended use

These devices are designed to 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.

Height adjustment

To adjust the leg height:

1. Push both spring clips inwards and extend or retract the extension tube to your desired height.
2. Once adjusted to your appropriate height, release the spring clips and ensure the leg is locked in position.
3. Ensure all legs are locked in position before use.

Trough height 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.

Trough adjustment

1. Undo the handgrip adjustment.
2. Adjust the handgrip so that it is comfortable with your arm in the trough.
3. Tighten the handgrip adjustment.
4. With your arm in the trough, using your free hand secure the hook and loop strap around your arm, so that it is secure and can slip in and out comfortably.

 **When using a non-wheeled frame all four legs must be set at the same height.**

When using a wheeled frame, it is advisable to set the rear non wheeled legs one position higher, this is to offset the increased height of the wheel.



Safety in use

Walking (non-wheeled) - INDOOR OR LIGHT USE OUTDOORS

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) - INDOOR ONLY

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

Manoeuvre yourself to a position where you can feel the chair/bed behind your legs. You 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, lower yourself into a seated 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.



Tips for 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.



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Maintenance & regular checks

- When cleaning use a mild detergent and warm water.
- 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 does not 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 REPLACEMENT PARTS

REPORT ALL DEFECTS TO THE MANUFACTURER

Reissuing advice

If you plan to reissue this product, all components must be checked thoroughly to ensure they are safe. In addition to performing all the maintenance checks listed above:

- Tubing should be inspected for any deformation or damage.
- Spring clips must be present and in good working order.
- Handles must be in good condition and not loose.
- Wheels/wheel fasteners (where fitted) should be replaced.
- Ferrules (rubber tips) should be replaced.
- Any worn, missing or damaged parts must be replaced.
- The device must be thoroughly cleaned.
- Any subsequent users of the device must be supplied with proper instructions for use.



If in doubt, do not reissue the device.

Trulife accepts no responsibility for the inspection and reissue of walking aids or for maintaining any records associated with these activities.

Disposal

Please dispose of the device in accordance with local regulations.

Warranty

Trulife walking frames are supplied with a 12-month warranty from the date of purchase against manufacturing or design defects. For further information on the warranty please go to the Trulife website at www.trulife.com

This file is available to view and download as a PDF at www.trulife.com

Sight impaired customers can use a free PDF Reader to zoom in and increase the text size for improved readability.

TECHNICAL INFORMATION								
Code	Type	A	B	C	D	E	F	G
RJ790100	Child	N	100	58	67	56	55	1.5
RJ790200	Child	N	100	58	67	56	55	1.5
RJ790300	Child	N	100	58	67	56	55	1.5
RJ790600	Child	W	100	58	67	56	56	1.7
RJ790700	Child	N	100	58	67	56	56	1.7
RJ790800	Child	W	100	58	67	56	56	1.7
RM551572	Compact	N	160	72	82	60	51	1.8
RM551579	Compact	N	160	79	89	60	51	1.9
RM551587	Compact	N	160	87	97	60	51	2
RM551593	Compact	N	160	95	105	60	51	2.1
RM563073	Compact	W	160	73	83	60	51	2
RM563080	Compact	W	160	80	90	60	51	2.1
RM563088	Compact	W	160	88	98	60	51	2.2
RM563095	Compact	W	160	95	105	60	51	2.3
RM553572	Domestic	N	160	72	82	59	54	1.8
RM553579	Domestic	N	160	79	89	59	54	1.9
RM553587	Domestic	N	160	87	97	59	54	2
RM563373	Domestic	W	160	73	83	59	54	2
RM563380	Domestic	W	160	80	90	59	54	2.1
RM563388	Domestic	W	160	88	98	59	54	2.2
RM597579	Heavy Duty	N	220	79	89	70	41	2.9
RM597587	Heavy Duty	N	220	87	97	70	41	3.1
RM598580	Heavy Duty	W	220	80	90	70	41	3.1
RM598588	Heavy Duty	W	220	88	98	70	41	3.3
RM552666	Hospital	N	160	66	73	65	63	1.9
RM552676	Hospital	N	160	76	83	65	63	2
RM552686	Hospital	N	160	76	93	65	63	2.1
RM564067	Hospital	W	160	67	74	65	63	2.1
RM564077	Hospital	W	160	77	84	65	63	2.2
RM564087	Hospital	W	160	87	94	65	63	2.3
RM587100	Single Trough	N	160	83	93	60	52	2.1
RM587200	Single Trough	N	160	93	103	60	52	2.3
RM587300	Single Trough	N	160	108	118	60	52	2.5
RM552072	Slimline	N	160	82	92	50	49	1.7
RM552079	Slimline	N	160	79	89	50	49	1.8
RM552087	Slimline	N	160	87	97	50	49	1.9
RM563573	Slimline	W	160	73	83	50	51	1.95
RM563580	Slimline	W	160	80	90	50	51	2.05
RM563588	Slimline	W	160	88	98	50	51	2.15
RM574583	Trough	N	160	83	93	60	52	3.5
RM574598	Trough	N	160	98	108	60	52	3.7
RM585073	Trough	W	160	73	83	60	52	3.1
RM585083	Trough	W	160	83	93	60	52	3.3
RM585098	Trough	W	160	98	108	60	52	3.5

KEY: A. Wheeled (W) Non-Wheeled (N) B. Max user weight (KG)
C. Frame Height Min (CM) D. Frame Height Max (CM)
E. Frame Width F. Frame Depth G. Frame weight (KG)