



90316

Three Wheeled Walker User Manual

**UK
CA**

General Safety Warning

Please ensure that these User Instructions are fully read and understood before use.

Retain these instructions in a safe place for future reference.

Intended Use

The Three Wheeled Walker comes complete with a shopping carry bag and is designed to be used to provide support and assistance to those persons who are unable to, or lack the confidence to, walk without some level of support. This Three Wheeled Walker is intended for and is suitable for both indoor and outdoor use.

Safety Precautions

- Do not exceed the maximum user weight limit of 125Kg (20 Stone)
- Ensure the Walker is locked open prior to use.
- Check the brakes lock onto the rear wheels before each use.
- Only use the Walker as a means of walking support.
- Exercise caution when there is a heavy load (max. 5Kg) in the bag.
- Loads should only be carried in the bag . Do not hang heavy loads from the handles as this could affect the stability of the walker.
- Do not use the Walker to walk backwards.
- Caution should be taken when using on slopes, uneven or slippery surfaces or when negotiating curbs or other obstacles. Failure to do so could result in a serious risk of either a fall or an injury to the user.
- Do not make any adjustments to the Walker while it is in use.
- All three wheels must be in contact with the floor at all times.
- When the Walker is being used in a stationary position, the brakes should be locked.

List of Contents

Item	Description	Qty
1	Three Wheeled Walker with braked Handles	1
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Unpacking

Check all parts carefully before assembling the product. Do not assemble the product if any parts are missing or are damaged.

Assembly & Height Adjustment

NOTE: Before assembling the product, consult a suitably qualified healthcare professional, to ensure that the correct height adjustment for maximum support is achieved along with the correct brake activation.

1. Open the Three Wheeled Walker into its operating position. (See next page)
2. Insert the Handlebars into the frame tubes and set to the correct height as follows:
3. Stand upright behind the Walker with your shoulders relaxed and your arms by your side, looking straight ahead.
4. When you are in this position, the handgrips should be adjusted to height that brings them level with your wrists.
5. Your arms should now be able to be bent at an angle of 20° to 30° when using the Walker.
6. Check that the holes in both the Handlebars and the frame are correctly aligned.

Assembly Continued

7. Place the supplied bolt through the aligned holes in the handlebar and frame. The holes in the frame are hexagonal in shape so that they accommodate the head of the bolt.
8. Place the washer over the threaded section of bolt that is protruding from the outer side of the frame and then screw the hand wheel onto the threaded section. Hand-tighten firmly, but do not overtighten.
9. Follow the same procedure for the second handlebar.
10. Check the brakes grip the wheels thoroughly before using the Walker.
NOTE: The brakes are factory set and if assembled correctly, should not need adjusting. To check: Apply and release the parking brake on each side 10 times. (See diagram 2b) The brake should grip the wheel and prevent any movement when they are applied. When released, the gap between the brake and the wheel should be between 1mm and 3mm. If either of the above conditions are not correct, adjust the brakes as detailed in the maintenance section and re-check the brakes.
11. Fit the bag to the frame using the tags and poppers supplied.

Using the Three Wheeled Walker

Opening: Fold out the Walker and push down the central cross bar fully. (See Diagram 1a) – **It is very important that the Cross bar be pushed down fully to prevent the Walker from closing when it is being used.**

Folding: Pull up the Crossbar. (See Diagram 1b) The Walker will then close inwards to make storing the unit as easy as possible. Take care to keep fingers outside of the frame when folding the Walker. The bag should be empty when folding the Walker.

Walking: This product is designed to be a walking aid, creating a natural gait as the user walks securely and safely, with their primary weight distribution between the handlebars and with the Walker in front of the user.

Braking: The locking brakes are intended to assist the user to control the Walker. To apply the brakes when in motion, pull up both of the lop handles. (See Diagram 2a)

To apply the parking brakes, push down both of the loop handles until they lock onto the wheels and lock into position. A distinct audible click will be heard to show that the brakes are in the correct position. (See diagram 2b) It is important that both Parking brakes are applied when the unit is not being

pushed. Lift up the loop handles when the user is ready to start moving again. If you apply the Parking brakes or apply the brakes to stop whilst moving and the rear wheels on the Walker are still able to move, stop using the Walker **immediately**. **Do Not** use again until the brakes have been checked and correctly adjusted. Please refer to the maintenance section below.



Diagram 1a

Push Cross Bar fully down to Lock the Walker in the open Position.



Diagram 1b

Pull the Cross Bar up to fold the Walker. Take care to keep fingers Away from the frame when folding.



Diagram 2a

Pull loop handles up while in motion to stop the Walker from moving while user is walking.



Diagram 2b

Push loop handles fully down to lock the Walker in the Parking position. Use this position for parking the Walker when not in use or for implementing the bag.

Maintenance

- Regularly check for wear and tear and to ensure that all screws and knobs are fastened securely.
- Check that both brakes work correctly by both walking and squeezing the loop handles to apply the brakes and by applying the parking brakes by pushing the loop handles down and then trying to move the Walker forwards.
- If the brakes do not fully lock on the wheels with the loop handles in either position, then the brakes need to be adjusted. (See below)
- **Brake Adjustment:** The brake adjusters are positioned at the front of the brake loop handles, as shown in diagram 3. To adjust, loosen the lock nut, turn the adjuster anticlockwise in order to tighten the brake cable, then retighten the locknut.
- For correct adjustment, the brake mechanism should not touch the wheel, but the gap between the brake shoe and the wheel should be no more than 3mm.
- Caution: After making any adjustments to the brakes, you must test them to ensure that they lock onto the wheels, before the Walker is used.
- If adjustment does not tighten the brakes, do not use the Walker. Contact your dealer's customer services. (Details below)



Diagram 3a

Loosen Locknut to allow the adjuster to be turned.



Diagram 3b

Turn the adjuster anticlockwise to tighten the brake.