

Forearm Rollator

USER MANUAL



Do not attempt to assemble or use this upright walker without thoroughly reading this instruction manual first.

NOTICE FOR USE

1. If you are unable to understand any of these instructions, contact a healthcare professional or an expert from Dash team before attempting to install this equipment. Improper assembly may result in serious injury.
2. Before using the Rollator independently, you should complete the necessary training with a healthcare professional. Only when you have practiced all the manoeuvres and feel confident in doing so, should you attempt to use this equipment alone.
3. Please consult your physician to determine the sufficient adjustments to your walker.

QUICK USER GUIDE

INSTALLATION

Step 1. Install the Rollator wheels

Take the upright walker out of the box. Pull down the front and rear wheels until they are straight. Install the screws to secure each wheel and ensure these are tightened.

Step 2. Flatten the seat

Pull the seat open until it is completely flat.

Step 3. Install the adjustable handles

The handlebars should be set according to your height - this means at wrist level to maintain a straight back and good posture.

Step 4. Install the hand brake

Insert the handbrake into the handlebar, twisting the screw to secure.
Remember to hold the brake tightly whilst you are walking.

Step 5. Install the upright walker bag

Place the walker bag on either side of the front tiller to ensure essential items are within easy reach.

STORAGE

To fold and store the Rollator, perform the above steps in reverse.

SAFETY PRECAUTIONS:

Ensure that you are accompanied by another person until you are comfortable in using the walker alone.

Brakes and wheels

Brakes and wheels should be inspected before each use.

When using the walker, ensure you are always touching the brake. This will enable you to stop the walker immediately and effectively to reduce the risk of falling.

Avoid sudden braking especially on wet smooth surfaces. Where possible, the walker should be used on level, dry ground.

Weight

Do not exceed the maximum weight capacity of 300lb for the walker and 11lb for the storage bag.

Do not hang heavy items from the handles as this may affect the stability of the walker.

Seat

Brakes must be in the locked position before using the seat.

Do not sit on the seat when the walker is on an incline.

Only use the walker as a walking support.

Do not use the seat without the backrest in place.

Do not self-propel the walker while seated. This could cause serious injury to you or damage to your frame.

Walking and obstacles

Do not use the walker to travel backwards.

Caution must be taken when negotiating kerbs and other obstacles, or when negotiating slopes, uneven or slippery surfaces. Failure to do so may result in a serious injury.

All four wheels must remain in contact with the floor.

When the walker comes to a stop, brakes must be locked.

Always ask for assistance for help with stairways and always take an elevator if the option is available.

Adjustments

Do not perform any adjustments to the walker whilst it is in use.

Use the specified accessories and spare parts for this walker.

GUIDANCE FOR SUPPORTING ADULTS

Do not attempt to push the walker while someone is sitting in the seat or use the seat to transport people or objects.

CLEANING

Use only a damp cloth and neutral cleaning agent to wash the frame, seat and transporting pouch. The wheels should be cleaned using a damp brush with plastic (not wire) bristles. A steam cleaner should not be used.

Dry the walker with a towel. If possible, use some machine oil on brake parts including cables and screws, to avoid rusting.