

## Walking Frame, Wheels and Skis

### SET - UP AND OPERATION

Ideal for the taller user, this lightweight aluminium walking frame can assist by improving balance & stability and helps improve confidence in walking.

Features height adjustable legs with 125 mm front wheels and rear skis for easy movement without lifting. Single button folding mechanism for ease of transport and storage. Foam grip handles for added comfort.

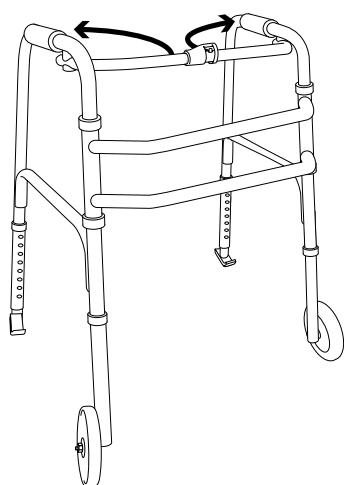


⚠ Please read these instructions before use

⚠ Do not use a walking frame to climb stairs or to travel on an escalator

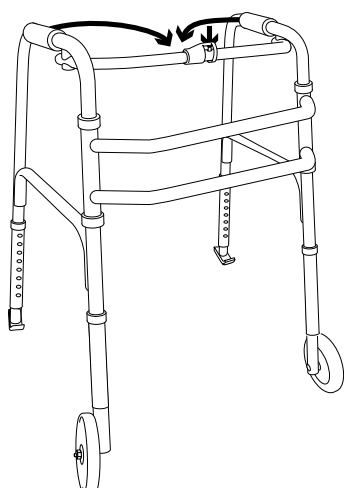
#### Unfolding / folding the walking frame

Unfold each arm outwards until the lock clicks into place. Check both sides of the frame are firmly locked into position before use



To fold, press firmly on the single button located in the centre of the cross bar to release the locks.

Then fold each side of the frame inwards until they rest flat against the frame.



#### Adjusting the height

Press in the brass locking button to disengage, and turn the leg slightly so the button is no longer aligned with the holes.

Move the leg up or down to your ideal height setting, then turn the leg back to align the locking button with the nearest hole. If unable to achieve an exact height match, make the walking frame slightly higher rather than shorter to avoid stooping.

The locking button must be fully engaged and protruding through the height adjustment hole to ensure a positive lock. Always test that the lock is fully engaged before use.

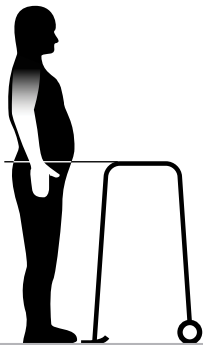
⚠ See over for Ideal height and Usage suggestion



**⚠ Ideal height**

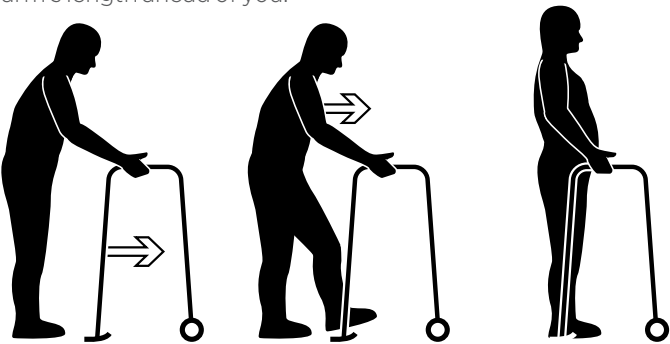
To determine ideal height for your walking frame, stand as straight as possible (preferably wearing an everyday pair of shoes) and look straight ahead with your arms relaxed at your sides.

In this position, the top of the handgrips should sit level with your wrist bone when the walking frame is placed in the correct position around your body. You can measure the distance from your wrist bone to the floor as a helpful reference for height adjustment.



**Using the walking frame**

With both hands placed firmly around the handgrips at the top of the walking frame, lift and place the frame to a comfortable arm's length ahead of you.



Alternatively, you can lift and place the frame to a comfortable arm's length ahead of you, making sure the frame is resting stably on the ground.

Step in towards the frame, stepping off from your weaker leg (if applicable). Do not step all the way to the front of the walking frame; smaller steps are recommended. Always take small steps when turning.

**Regular maintenance**

Regularly check the walking frame for damage and wear, paying special attention to the condition of the skis and wheels. Replace the skis/wheels immediately if you see evidence of rips, tears, cracks or other general wear. If the walking frame is damaged in any way, stop using the walking frame immediately and contact your authorised dealer or the manufacturer.

**Care & cleaning**

To clean the walking frame, wipe with a mild soap and warm water solution and rinse well. Dry thoroughly with a clean cloth.

Avoid harsh, abrasive cleaning agents or utensils (such as a wire brush) as these may damage the anodised finish, or plastic and rubber components.

**Warranty**

Novis Healthcare Pty Ltd warrants this product for a period of 12 months. Please refer to our Warranty Statement for full details. Please contact your authorised dealer or the manufacturer for a list of available spare parts.

**Specifications**

CODE	BL1234
MAXIMUM USER WEIGHT	180 kg
WEIGHT	3kg
OVERALL WIDTH	640 mm
OVERALL HEIGHT	815 > 990 mm
OVERALL DEPTH	555 mm
DEPTH WHEN FOLDED	115 mm
WIDTH BETWEEN HANDLES	430 mm
WARRANTY	1 year
ARTG	176830

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