

# User Instructions

## 2 in 1 Rollator and Transit Chair M58203



**Maximum Safe  
Working Load**



Please ensure these Instructions are fully read and understood before using this equipment. Retain these instructions in a safe place for future reference. If you are unable to understand the Instructions or safety precautions, please contact a healthcare professional or our OT Advice Line (0845 121 8113) for assistance.

For information on how to obtain the User Instructions in other formats for use by people with visual, reading or cognitive impairments, please contact [info@nrs-uk.co.uk](mailto:info@nrs-uk.co.uk) or telephone 0845 120 4522. Additional copies of this user instruction are available on our website [www.nrs-uk.co.uk](http://www.nrs-uk.co.uk).

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## **1 – Intended Use**

The 2 in1 Rollator and Transit Chair is designed to provide support and assistance to those unable to, or who lack the confidence to, walk without some level of support. In addition, should the user become tired, the rollator may be easily converted to allow use as a short distance transit chair. This Rollator is intended for indoor and outdoor use.

## **2 - Handle Height Range**

The rollator handles are height adjustable in increments from 80 . 93cm from the floor. To set the correct handle height, stand upright with your arms by your side and adjust the handle bar height to align with your wrists. If in doubt, please consult a healthcare professional. See section 5.1 Handle Height Adjustment.

## **3 – Safety Precautions – Do’s and Don’ts**

- Do not exceed the maximum safe working load of 127Kg (20st).
- Do not use the Rollator on stairs or an escalator.
- Do not use the seat without the backrest in place.
- Brakes must be in the locked position before sitting or standing.
- Only use the specified accessories and spare parts for this Rollator
- Do not hang heavy items from the handles as this may affect the stability of the Rollator.
- Do not stop, turn or reverse on an incline or ramp.
- Do not make sharp turns.
- Do not use the rollator as a seat in any type of motor vehicle.
- Do not leave the rollator unattended without locking the brakes.
- Do not descend curbs or steep slopes whilst transporting seated user.

### **Safety Precautions - Pre Use Checks**

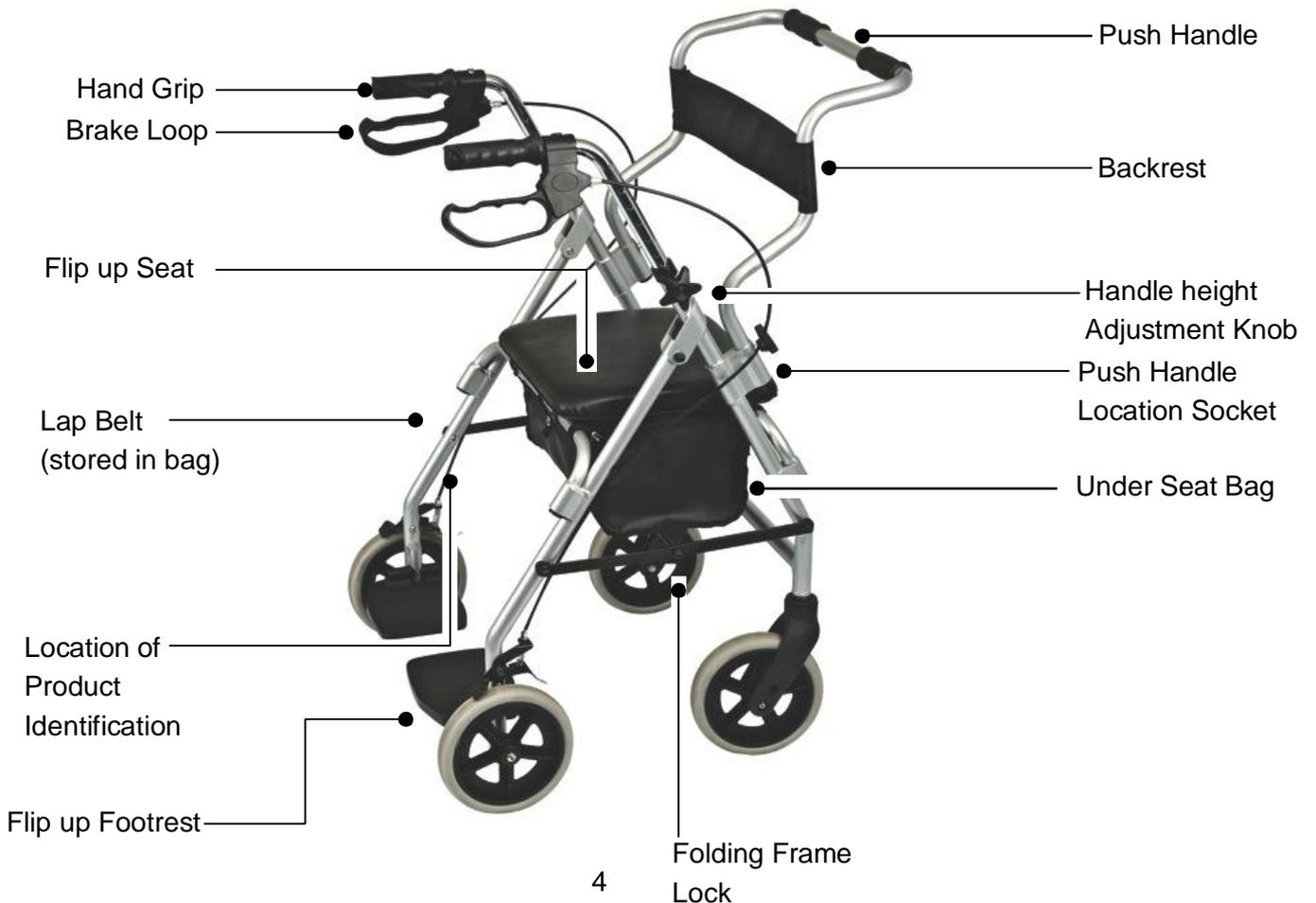
- Check the brakes before use; when the wheels are locked, the brake pad should prevent the wheels from turning. When the brake is released the wheels should turn freely.
- Make sure that all parts are secure and that moving parts are in good working order.

### Safety Precautions - During use

- Do not self propel the Rollator while seated. Serious injury to the user and/or damage to the Rollator frame or wheels may result from improper use.
- 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.
- Exercise caution when there is a heavy load in the bag
- The bag supplied with the Rollator has a maximum safe load of 5Kg.
- All wheels must be in contact with the floor at all times.
- When using the Rollator in a stationary position, the brakes must be locked.
- Always test the brake after every height adjustment to avoid a free flex of the cable.
- Care should be taken when lifting the folded Rollator into the back of the car; please follow good manual handling practice.

## 4 – Product Description

DIAGRAM:1



## 5 – Assembly

### 5.1 Assembly of the Rollator and Height adjustment

- Carefully remove the Rollator from the packaging and check for any obvious signs of damage or missing parts. If any damage or missing parts are suspected do not assemble the Rollator. Please contact your supplier for further information.
- NOTE: Before assembly consult a suitably qualified healthcare professional regarding the correct height adjustment for maximum support; and correct brake activation.
- To assemble, open the rollator frame, push down on the seat until all four wheels are extended and the Folding Frame lock is in line, as shown in diagram 2. Make sure that all four wheels make contact with the floor and the rollator is stable in the open position.
- Position the backrest bar so that the push handle is facing away from the seat. Insert into the backrest brackets and secure using the 2 hand wheels provided.
- 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 and looking straight ahead.
- In this position, the handgrips of the rollator (see diagram 1) 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
- Check the brakes thoroughly before use. NOTE: The Rollator Brakes are factory set, and if assembled correctly do not need adjusting prior to use. To check; Apply and release the parking brake on each side 10 times. (Push brake lever down to lock, lift to release) The brake should grip the wheel and prevent any movement when

applied, when released, the gap between the brake moulding 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.

- Check to make sure all other nuts, bolts and screws are tightly fastened.
- Check all wheels are in good working order and roll freely.

DIAGRAM: 2



**Rollator shown in Fully Open Position**

## 5.2 Safety Checks

Perform the Pre-Use safety checks indicated in Section 3: If everything is working correctly the Rollator is now ready for use.

## 6 – Using the Rollator

Please refer to **Safety Precautions in Use** in section 3.

### 6.1 Opening and Folding the Rollator

#### Opening the Rollator

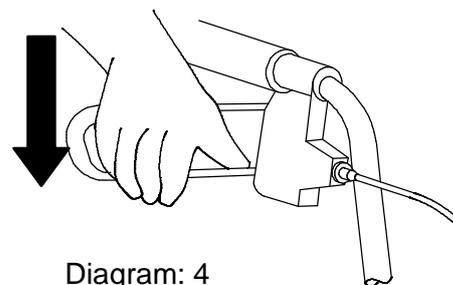
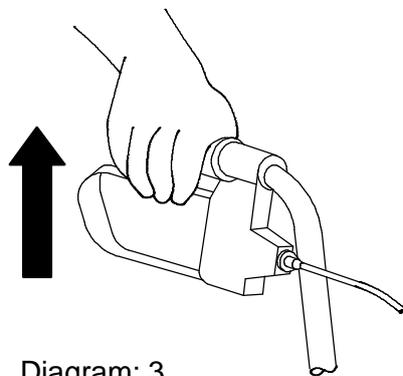
- Hold one handlebar and push down on the seat until all four wheels are extended out and the seat is fully flat.
- Before using the rollator make sure that all four wheels make contact with the floor and the rollator is stable in the open position, as shown in diagram 1

#### Folding the Rollator

- Lift the seat and pull up on the strap until the rollator closes.

### 6.2. Brake Operation (Brakes only for use as rollator)

- To slow down, pull up both of the loop handles. (See Diagram 3)
- To apply the parking brakes, push down both handles until they lock down and are in the correct position. (See Diagram 4) It is important that both brakes are put in the parking position when they are used.
- Lift up both handles to release the parking brakes.
- 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.



### **6.3 Conversion to Transit Chair**

- When used as a transit chair, the backrest becomes the push handle. Ensure it is correctly located and the brakes are applied before sitting.
- When seated, flip the footrests down from the side of the frame to support the feet. Note: do not stand on the footrests.
- Fit the lap belt and adjust for a comfortable but secure fit. Always use the lap belt provided when using as a transport chair.
- Note: Safety precautions for use when transporting client in section 3.
- When converting back to rollator ensure footrests are flipped back up.

## **7 – Care and Maintenance**

### **7.1. Cleaning Instructions**

- Clean regularly, wipe down with water and mild cleanser using a soft, non abrasive cloth.
- Dry with a soft, clean, non abrasive, dry cloth.
- Ensure there is no build up of dirt or debris around the axle, brakes and wheels.
- Do not use cleaning agents containing phenol or chlorine, as this may damage aluminum and polyamide materials.
- Lubricate with 3-in-1 oil periodically or if wheels begin to squeak.

### **7.2 Maintenance**

- Regularly check for wear and tear and that all screws and fixings 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.

### 7.3 Brake Adjustment

- There are two brake adjusters on each side of the Rollator, one in front of the brake handle and the second is positioned in the middle of the brake cable (See diagram 6)
- To adjust the handle brake, loosen the lock nut, turn the adjuster anticlockwise to tighten the brake then retighten the lock nut. (See Diagram 5)
- To adjust the mid-cable brake, loosen the lock nut, turn the adjuster anticlockwise to tighten the brake then retighten the lock nut. (See Diagram 6)
- 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.

DIAGRAM: 5

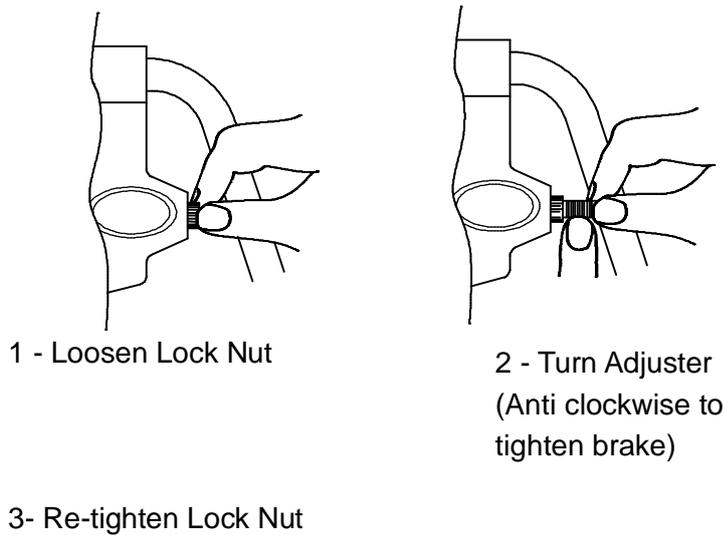
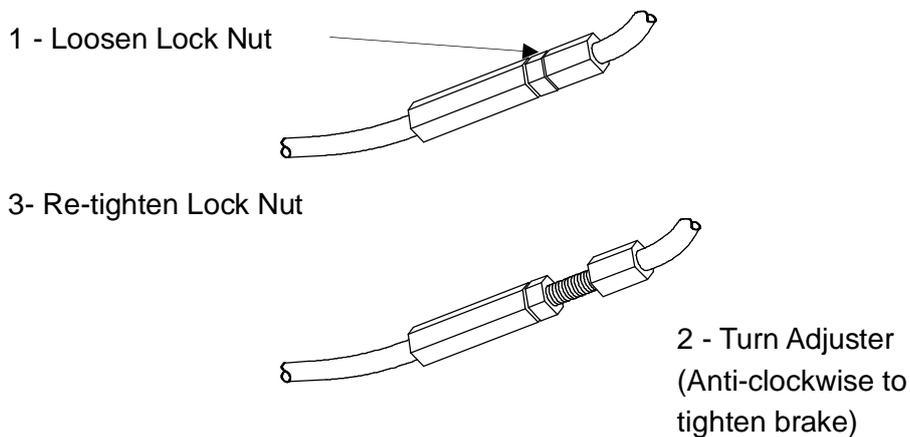


DIAGRAM: 6



If you use this product....you may also find useful:

- Aids for getting into and out of the car



**Handy bar**  
Code: M14674



**Car Caddie**  
Code: M15393



**Swivel Seat Deluxe**  
Code: L33996

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