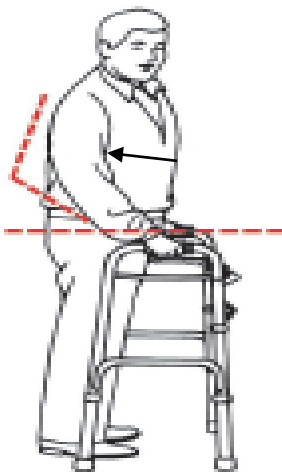


WALKERS AND ROLLATORS



The assembly instructions, if assembly is required, are included in the manufacturers' operating instructions. The manufacturers' operating instructions are enclosed. **Make sure you read and understand all manufacturers' operating instructions.** Manufacturers' instructions are also available on the Binson's website www.binsons.com or replacement manuals can be provided by calling 888-246-7667. If you have any questions regarding the use or assembly of your rollator or walker, please contact customer service at (888) 246-7667.

Walkers are not designed to support the full weight of the user. All rollators and walkers have a maximum weight limit (including any storage in baskets) that they can support. It is important to understand the limits and capacities of your walker and rollator.



- A properly fitted walker or rollator walker is adjusted for height when wearing the shoes you will be wearing while using the walker. The top of the handgrips should be approximately at the hip joint and the elbows will be slightly bent (**20 – 30 degree angle**).
- Make sure all walker legs are adjusted to the same height, and if the walker is foldable, make sure it is securely locked in the open position before using. Your physician or therapist may determine different walker adjustments and uses from those described in this educational sheet.

Your wrists must be straight and firmly grasping the handgrips. Your first step should be even with the back two legs of the walker, followed by a second step into the middle of the walker. The walker is then moved forward, stepping through the walker last (exactly the same as a normal walk). The feet do not meet side by side unless stopping for a reason. If your walker has a seat, the brake must be fully engaged when utilizing the seat. If your walker is of the folding type, make sure the spring buttons are fully engaged.

Safety

The safe use of a walker requires it to be used as instructed, which includes the following safety precautions:

- Do not use equipment without first reading and understanding the manufacturer's instructions.
- Check the security of the handgrips.
- Check the walker and verify that all attachments are securely engaged before using.
- Do not hang anything on or around the locking pin, this may depress the button.
- Do not hang anything on the side support frames.
- Ensure that all snap buttons protrude through the adjusting holes of each leg.
- If there are brakes, ensure that the brake cables are not tangled, kinked, or bent.
- Ensure that the walker is adjusted so the height is even and all adjustments are tight.
- Use only parts, accessories, or adapters authorized by the walker manufacturer.
- Ensure that wheel accessories are only used on front walker legs.
- Check to make sure that the rubber tips and/or plastic glide tips are not damaged or missing.
- For Rollators, do not self-propel while seated on the walker.
- For Rollators, ensure that the seat is in the down position before use.
- For Rollators, ensure that the brakes are applied when using the seat.

In order to ensure care and provide operator safety, make sure you follow these safety guidelines:

- Use nightlights to increase vision around areas of use.
- Wipe up any water or slippery floor spills.
- Remove tripping hazards (loose floorboards, uneven floors, throw rugs, extension cords, clutter).
- Install grab bars, use bath mats with suction cups, and use elevated toilet seats to prevent falls.
- Do not use a walker when taking any medications that may cause dizziness, drowsiness, and/or unsteadiness.

If equipment is to be used in environments that are above 100° F (32° C) or have high humidity or conditions that will cause the walker to get wet, the operator must ensure that the handgrips are secure; these types of environments may cause the handgrips to twist. Always use caution when using a walker on any wet or icy surface

Maintenance

- Rubber tips and wheels on your walker are very important and you should inspect them regularly. Worn or damaged tips and wheels must be replaced immediately.
- Handgrips are very important and you should inspect them regularly. Worn or damaged handgrips must be replaced immediately. The handgrips should be checked for movement or slippage on a regular basis and replaced if damaged.
- Wheels should be kept clean by rinsing with warm water and a mild cleanser. Make sure the walker is completely dry before using. Lubricate squeaky wheels with a small amount of 3-in1® oil.
- Braking mechanisms should be checked for braking ability at least monthly. If your walker does not brake completely, please bring it in for an adjustment.