

EQUIPMENT SAFE USE GUIDE

Rollator Frame

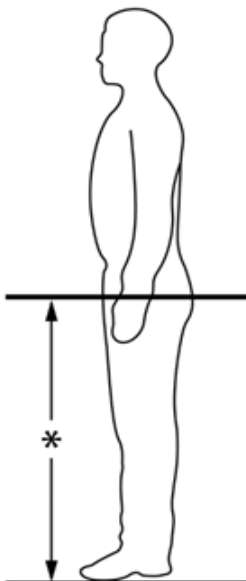
This is a general guide, to be used together with advice from a physiotherapist or relevant health professional. Speak to a health professional for individual advice on how to choose the right walking aid and use it safely.



Your rollator frame may be slightly different from the frame in this picture.

How to make the frame the right height for you:

Handle
height at
wrist crease



- ◆ Stand up straight with your shoes on and your arms relaxed by your side.
- ◆ Adjust the height so that the handles of the frame are at the level of the crease of your wrist.
- ◆ To adjust the height, push in the button on each leg and slide up or down to the appropriate notch.
- ◆ After adjusting the height, check that all adjustment buttons click into place.
- ◆ When you place both hands on the handles of the frame, your elbows should be slightly bent.
- ◆ As your frame may be different, please speak with a relevant health professional, or follow information from the manufacturer.

How to use your rollator frame:

- ◆ **To stand:** Push up from the chair or bed, before placing your hands on the frame. Do not use the frame to pull yourself up, as it may tip over.
- ◆ **To walk:** Stand up straight and walk at a safe pace. Do not push the frame too far in front of you.
- ◆ **To turn:** Turn slowly. Keep your feet between the back legs of the frame.
- ◆ **To sit:** Make sure you can feel the chair or bed with the back of your legs. Put both hands back on the chair or bed before you sit down.

Safety:

- ◆ Check the safe user weight limit before using the frame.
- ◆ Put two hands on the handles of the frame when walking. Putting weight on one side may cause it to tip.
- ◆ Have someone help you until you feel safe and confident.
- ◆ Make sure you have a clear path and remove rugs and other hazards.
- ◆ Be careful when walking over uneven or wet ground.
- ◆ Do not hang bags on the frame - this may make it harder to push or cause it to tip.
- ◆ Do not use or carry the frame on stairs.

How to look after your rollator frame:

- ◆ If the frame appears damaged do not use.
- ◆ Check that the glides or stoppers are in good condition and attached securely.
- ◆ Check wheels and screws regularly.
- ◆ To clean – wipe with a with a mild detergent.

Watch the CEC Safe Use Mobility Aids Video: <https://www.youtube.com/watch?v=uYL2IzRWxY0>

Acknowledgements: NSLHD and CCLHD Community Falls Prevention Committees. Royal Rehab.