

Information for patients, family and visitors

EQUIPMENT SAFE USE GUIDE – ROLLATOR FRAME

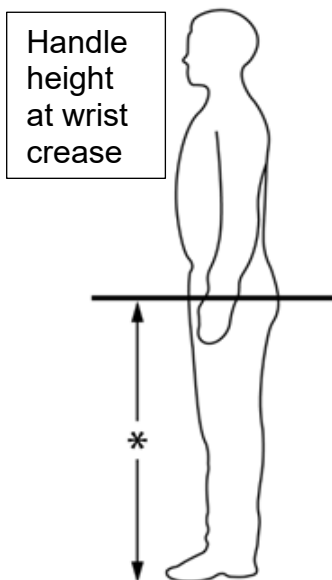
Rollator Frame



This guide is to be used with advice from a health professional. Because your situation may be different, speak to a physiotherapist or health professional for more advice on how to choose the right frame and use it safely.

Your frame may be different from this picture.

How to make the frame the right height for you:



- ◆ Stand up straight with your shoes on and your arms 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 nearest notch.
- ◆ After setting the height, check that all buttons click into place.
- ◆ When you place both hands on the handles of the frame, your elbows should be slightly bent.
- ◆ As frames may be different, speak with your health professional or follow advice from the manufacturer.

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How to use your walking frame:

- ◆ **To stand:** Push up from the chair, 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. Turn slowly, keeping your feet between the back legs of the frame.
- ◆ **To sit:** Make sure you can feel the chair with the back of your legs. Put your hands back on the chair 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 ready.
- ◆ Make sure you have a clear pathway and remove rugs and other dangers.
- ◆ 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 it.
- ◆ Check that the glides or stoppers are in good condition and attached firmly.
- ◆ Check wheels and screws regularly.
- ◆ To clean wipe with a mild soap.

Use the QR code to watch the CEC safe use of Rollator Frame video.

