

Standard Walking Frame

**UMOWAL1L, UMOWAL1M, UMOWAL1S,
UMOWAL2L, UMOWAL2M, UMOWAL2S**



USER MANUAL



WARNING: Please read this Manual carefully before using the **Standard Walking Frame** as it contains important information regarding the safe use of the product.

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1. Introduction

These instructions aid the user and/or carer about the safe and efficient use of this product, including assembly, cleaning and maintenance, and operation of the product.

2. Description of product

The Walking Frame can be used by those who have difficulty walking. The Walking Frame can be used indoors and outdoors. It can be used with either wheels or ferrules on the front legs and has a maximum user weight of 160kg / 25stone.

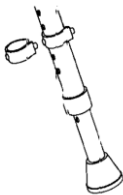
3. Instructions for use

3.1 Adjusting the walking frame

When the frame is adjusted correctly the user should be able to maintain an upright posture with a slightly flexed elbow.

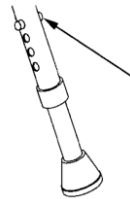
The frame will need to be adjusted accordingly to ensure the frame is at the correct height for the user (the frame will either have a horseshoe clip or spring pin and can be adjusted (See Fig 1 or 2).

Fig 1. Horseshoe Clip Adjustment



1. Remove the clip.
2. Slide the leg in or out to the ideal position.
3. Firmly push the clip back into the hole.
4. Check the clip is fully located before use.
5. Repeat for other legs.

Fig 2. Spring Pin Adjustment



1. Press the two buttons in.
2. Push the leg as if to shorten.
3. Turn the leg slightly.
4. Extend the leg to the required position, turn and re-locate buttons into the appropriate holes.
5. Check pins are fully located.
6. Repeat for other legs.

**WARNING:**

- When using a non-wheeled walking frame ensure the legs are set to the same height.
- When adjusting frames fitted with wheels it is advisable to set the rear legs one position higher than the front wheels. This is to take into consideration the increased height of the wheels at the front.

**CAUTION:**

For safety, these precautions must be taken when using this product. Before each use make sure:

- Walker is adjusted to the correct height.
- Ensure the locking mechanisms and spring buttons are fully engaged.
- The Walker is level and all of the legs are adjusted correctly.
- The rubber ferrules are in good condition.
- The maximum weight limit for the frame is not exceeded.
- If adding accessories such as bags or baskets ensure they are fitted safely and do not overload the walker.

3.2 Using the walking frame

Step 1. Stand within the space of the frame.

Step 2. Place the frame one step ahead.

Step 3. Walk towards it using the **affected** leg first.

Step 4. Follow with the other leg, which should then step through.

NOTE:

- Do not walk too far into the frame area.

Step 5. When steady, lift the frame and place a short distance in front

Step 1.



Step 2.



Step 3.



Step 4.



Step 5.



Fig 3.



NOTE:

- Do not walk too far into the frame area.
- When using front wheeled frames, the rear legs should be lifted and wheeled forward as opposed to it being used as a wheeled rollator (Fig 3).
- When turning in a different direction the frame should be stationary then lifted at the rear to turn the frame.

Repeat the process

3.3 Getting in and out of day chairs

1. Position the frame in front of the chair.
2. Get up by pushing on the arms of the chair and transfer hand to frame when fully standing.
3. To sit down, using the frame, turn round in front of the chair and feel the chair behind you with your legs.
4. Place hands gently on the chair arms, bend slightly forward and sit down

**CAUTION:**

- Use a chair with high seat and arms to help you sit and stand up with ease.
- Remove obstacles such as loose rugs, draught excluders and worn floor coverings.
- Ensure adequate lighting in hallways and stairways.
- Wear flat supportive shoes.
- Avoid wet floors.
- Beware of outdoor hazards including uneven surfaces, wet leaves and ice.
- Do not store this product in temperatures below freezing.
- Take special care if carrying a bag or similar package.

4. Care and Maintenance

All equipment should be regularly inspected for any damage or significant signs of wear.

Check regularly for:

- Bends, damage or cracks at the tube joints.
- Loose or worn horseshoe clips and both buttons of the spring clips are present.
- Loose screws or fasteners.
- Enlarged adjustment holes.
- Loose handles.
- Loose or worn wheels and fasteners (where fitted).
- Smooth, worn or split rubber ferrules.
- Replace all worn, missing or damaged parts where necessary.
- Regular cleaning with a mild disinfectant is recommended.



WARNING:

- DO NOT use bleach or any solvents (such as lighter fluid).

5. Technical specification

Code	Description	Dimensions
UMOWAL1L	Walking Frame No Wheels Large	Height: 920 – 1000mm Depth: 480mm Width at back: 400mm Width at front: 580mm
UMOWAL1M	Walking Frame No Wheels Medium	Height: 830 – 910mm Depth: 490mm Width at back: 400mm Width at front: 590mm
UMOWAL1S	Walking Frame No Wheels Small	Height: 720 – 800mm Depth: 500mm Width at back: 400mm Width at front: 580mm
UMOWAL2L	Walking Frame with Wheels Large	Height: 940 – 1020mm Depth: 520mm Width at back: 450mm Width at front: 580mm
UMOWAL2M	Walking Frame with Wheels Medium	Height: 850 – 930mm Depth: 530mm Width at back: 450mm Width at front: 590mm
UMOWAL2S	Walking Frame with Wheels Small	Height: 740 – 820mm Depth: 540mm Width at back: 450mm Width at front: 580mm

Maximum user weight of 160kg / 25stone.

6. Warranty

The walking frames are warranted for 12 months from the date of purchase against manufacturing or design defects.

The warranty is subject to the following conditions:

- It does not apply to wear and tear, inappropriate or incorrect use.
- Defective set up by the user or third parties. Negligent or careless treatment.
- Use of unsuitable or unapproved spares or unauthorised alteration.
- The warranty does not extend to consequential costs resulting from fault clearance, loss of earnings or expenses

This in no way affects your statutory rights.

7. Disposal advice

The product and /or its components are of standard non-hazardous materials therefore can be disposed of without any potential environmental hazards providing that local recycling arrangements are sought and adhered to.

8. Life expectancy

We estimate a life expectancy of 2 years for this product, provided that:

- It is used in strict accordance with the intended use as set out in this document.
- All service and maintenance requirements are met.

The estimated life expectancy can be exceeded if the product is carefully used and properly maintained.

The life expectancy can also be considerably reduced by extreme or incorrect usage.

The fact that we estimate a life expectancy for this product does not constitute an additional warranty.

9. Contact Us

Ultimate Healthcare customer service is available to answer questions from 8.30am to 5.00pm, Monday to Friday for business and upgrades. Our sales team is available for pricing and order processing and status queries. Our Technical Support team is available to answer your queries related to troubleshooting, please contact the following:

Ultimate Healthcare Limited

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