



Aluminium Walking Frames



VP129F
Folding
Walking
Frame
(Unwheeled)



VP179A
Dual Riser
Folding
Walking
Frame
(Unwheeled)



VP129FW
Folding
Walking
Frame
(Wheeled)



VP179B
Dual Riser
Folding
Walking
Frame
(Wheeled)

This file is available to view and download as a PDF at www.aidapt.co.uk. Sight impaired customers can use a free PDF Reader (such as adobe.com/reader) to zoom in and increase the text size for improved readability.

INTRODUCTION

Thank you for purchasing the Aluminium Folding Walking Frame from Aidapt. The Folding Aluminium Walking Frames are available with or without wheels.

Please Note: Always consult with the prescriber/Physiotherapist if you are in any doubt that this product is suitable for your use.

When the frame is adjusted correctly the user should be able to maintain an upright posture with the elbow slightly flexed. Please note, your body weight is taken through the frame by pushing down on the frame when walking. (see fig.1)

BEFORE USE

Carefully remove all packaging and avoid using any sharp instruments as this may damage the surface of the product.

Ensure you inspect the product for any visible damage before use. If you suspect a fault, do not use as it may compromise your safety, instead contact your supplier for support.

Please note products are predominantly for indoor use.



fig. 1

NB. This equipment must be installed by a competent person.

VP129F	Folding Walking Frame (Unwheeled)	Weight Limit: 133kg (21 stone)
VP129FW	Folding Walking Frame (Wheeled)	Weight Limit: 133kg (21 stone)
VP179A	Dual Riser Folding Walking Frame (Unwheeled)	Weight Limit: 133kg (21 stone)
VP179B	Dual Riser Folding Walking Frame (Wheeled)	Weight Limit: 133kg (21 stone)

Do not exceed the weight limit stated- doing so could put the user at risk.

WARNING

- Ensure all walking frame legs are adjusted to the same height;
- Ensure ferrules are in good condition – replace if necessary
- Ensure only Aidapt parts or accessories are used
- If accessories such as, bags, baskets, etc. are used, ensure these are securely fitted and do not alter the stability of the frame (i.e. does not cause the frame to tip over)
- When transporting, ensure the walking frame is stored with care to avoid damage
- Do not use if the wheels are not stabilised (i.e., loose or wobbling), please refer to your prescriber/retailer for advice

FOLDING THE WALKING FRAME

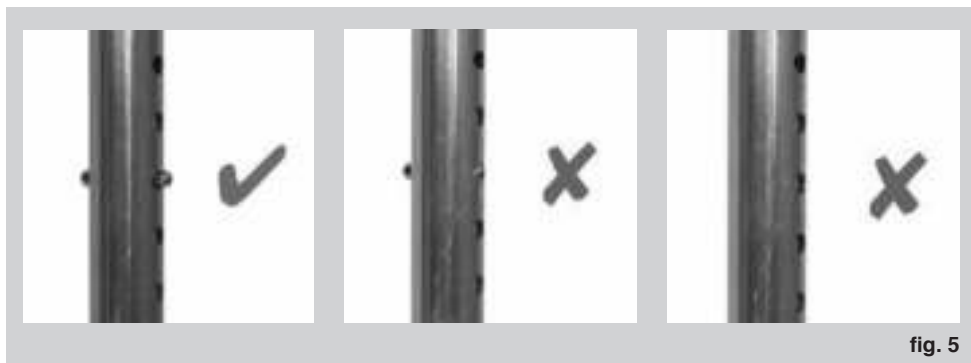
Before use, ensure the walking frame is fully folded out. To do so, pull the side away from the front of the walking frame and ensure it is locked in position. Repeat for the other side. (see fig. 2, 3 & 4)



HEIGHT ADJUSTMENT

To adjust the leg height:

1. Push both locking clips inwards and extend or retract to your desired height.
2. Once adjusted to your appropriate height, release the locking clips and ensure the leg is locked in position, repeat this until all four legs are at the same height.
3. Ensure all legs are locked in position before use (See fig 5).



GENERAL SAFETY

1. Use a chair with a high seat and arms to assist when sitting or standing
2. Ensure there are no loose articles on the floor, for example loose rugs, draught excluders and work floor coverings, if so, please remove before use of walker
3. Ensure there is adequate lighting in your household especially in hallways and stairwells
4. Wear comfortable, flat and supportive shoes
5. Avoid wet, slippery and uneven surfaces
6. Do not store this product in temperatures below freezing
7. Take special care if carrying a bag or similar package while using the walker

GETTING IN AND OUT OF CHAIRS

To sit down:

- Position yourself so that you have your back to the chair, and ensure you can feel the chair behind you by using the back of your legs (**see fig.6**)
- Place hands gently on the chair arms, bend slightly forward and slowly sit down (**see fig. 7**)



To stand up:

- Ensure the walker is placed in front of your chair
- Use the arms of the chair if necessary. Once in a standing position move your hands to the walker handgrips before walking (**see fig. 8**)



WALKING

1. Position yourself behind the frame.
2. Ensure the frame is one step in front of you. (see fig 9.)
3. Do not position it too far ahead. (fig. 10)
4. Use your weak leg to take the first step, followed by your stronger leg. (fig. 11)
5. If you are using an unweeled frame, when balanced, lift and place the frame a short distance in front of you. (see fig. 12 & 13)
6. If you are using a wheeled frame, lift the back legs and carefully wheel the frame forward. (see fig. 14)
Ensure you do not go too far ahead. Please repeat the process.



REISSUE

If you reissue or are about to reissue this product, please thoroughly check all components to ensure they are safe.

This includes:

- Bent or damaged tubes or cracks at the tube joints
- Loose or worn horseshoe clips
- Elongated adjustment holes
- Loose handles
- Loose or worn wheels and wheel fasteners (where fitted)
- Smooth, worn or split ferrules (rubber tips).

Replace all worn, missing or damaged parts where necessary. If in doubt, please do not issue or use, but immediately contact your supplier for service support.

CARE AND MAINTENANCE

- Please ensure safety checks are undertaken on a regular basis
- Ensure you clean your walking frame on a regular basis using a non-abrasive cleaner or a mild detergent with a soft cloth
- Avoid using lime scale remover; abrasive cleaners e.g. Ajax and / or abrasive cleaning pads as these may seriously damage your product beyond repair

IMPORTANT INFORMATION

The information given in this instruction booklet must not be taken as forming part of or establishing any contractual or other commitment by Aidapt Bathrooms Limited, Aidapt (Wales) Ltd or its agents or its subsidiaries and no warranty or representation concerning the information is given.

Please exercise common sense and do not take any unnecessary risks when using this product; as the user you must accept liability for safety when using the product.

Please do not hesitate to contact the person who issued this product to you or the manufacturer (detailed below) if you have any queries concerning the assembly/use of your product.

Aidapt Bathrooms Ltd, Lancots Lane, Sutton Oak, St Helens, WA9 3EX
Telephone: +44 (0) 1744 745 020 • Fax: +44 (0) 1744 745 001 • Web: www.aidapt.com
Email: sales@aidapt.co.uk