



TRACK

wheelz ahead®

LET'S GET MOVING



Congratulations on your WheelzAhead® rollator purchase!

Before you start using the rollator we ask that you, and your accompaniment, carefully read this manual. If you have questions about the rollator or the content of this manual, please get in touch with WheelzAhead®.

The production process of your rollator has been TÜV certified and adheres to the ISO 13485 regulations.

WheelzAhead® hereby declares that your rollator adheres to the European guidelines for medical support products 93/42/EEG and 2007/47/EEG.

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1 General information on your rollator

What have I purchased?

You have purchased a foldable, light weight rollator. This rollator is meant for both indoor as well as outdoor use for those that are mobile to a lesser degree.

Where can I find the rollator's serial number?

On the cross bars underneath the seat you will find a sticker with the serial number of your rollator on it.

What is the maximum allowed weight my rollator can carry?

The maximum allowed weight is 135Kg. This includes any luggage in the designated compartments that are being carried with the rollator.

What does the rollator consist of?



- | | | | |
|---|----------------------------|----|-----------------|
| 1 | Handles | 10 | Frame lock |
| 2 | Hand brake / Parking brake | 11 | Castor wheels |
| 3 | Back strap | 12 | Reflectors |
| 4 | Walking stick holder | 13 | Front wheels |
| 5 | Lamp | 14 | Rear wheels |
| 6 | Seat | 15 | Elevation pedal |
| 7 | Bag | 16 | Wheel brake |
| 8 | Cross bars | | |
| 9 | Height adjustment | | |

2 Technical specifications

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Length	675 mm
Total width	640 mm
Width between the handles	500 mm
Height	805 - 935 mm

Measurements when folded 675 x 185 x 805 mm

Height of seat	560 mm
Width of seat	460 mm
Depth of seat	225 mm

Total weight 6,1 Kg

3 Using your rollator safely

Should I check anything before use?

Always make sure that the following questions can be answered affirmatively before using the rollator:

- Are the brakes working properly?
- Is the frame lock properly attached?
- Is the seat fully unfolded?

When can I take part in traffic?

It is important that you practice using the rollator well before taking part in traffic.

Would adjustments to the rollator affect its safety?

Adjustments may negatively influence the safe use of the rollator.

WheelzAhead® will no longer vouch for the rollator's quality if adjustments are made and the warranty will be void.

When is my rollator at risk of tipping over?

This is possible in the following situations:

- You are on a slanting surface
- When riding onto and off sidewalks
- On irregular ground, around drains for instance
- You are over-reaching to grab something in front of, behind or next to the rollator

Practice walking with the rollator on a slanting surface as well as getting on and off sidewalks. By shifting the weight of your upper body slightly forwards or backwards, you change the rollator's center of gravity. This way you can safely mount a small obstacle. Should you be in doubt, never attempt to do this without assistance.

When do I put on the parking brakes?

You should always secure the parking brakes in the following cases:

- When you are sitting down on the rollator
- When you are getting out of the rollator
- In a lift or on a wheelchair lift
- When stopping on an uneven surface

How do I adjust the brakes?

This is essentially the same process as adjusting the brakes of a bicycle. On the bottom of the frame, close to the rear wheel, you will find the end of the braking cable. By turning the screw at the end, you can adjust the braking cable, tighter or looser. Should you have any doubts about the tension of the braking cable or about general brake functioning, please cease using the rollator until you have consulted a professional.

What should I consider when reaching for item in front of, next to or behind the rollator?

The main thing to take into account is never to shift the center of balance too much when reaching for items; this may tip over the rollator. Always pay attention to the following:

- Place the rollator as closely as possible to what it is you want to pick up
- Make sure the castor wheels are aimed forward and secured
- Put the rollator on its parking brakes

How do I get up and down stairs?

Do not attempt to go up or down stairs while leaning on the rollator. Fold up the rollator and carry it up or down. Neither attempt to use the rollator on an escalator.

Any other tips?

- If you leave the rollator out in the sun for some time, the metal parts may heat up considerably
- Bright and/or reflective clothing will much increase your visibility in traffic
- Be careful with fire and burning cigarettes

4 How to operate your rollator

How do I unfold the rollator?

Your rollator is ready for use in 3 steps:

- 1 Lay the rollator and its wheels down flat and lift the handles until the hinge latches into the frame lock
- 2 Secure the frame lock
- 3 Separate the handles and push the seat down until it clicks in place



How do I fold the rollator back up?

The rollator is as easy to – quite literally – double up as it is to unfold it:

- 1 Lift the seat by the loop so that both sides of the rollator come together
- 2 Open the hinge lock by taking the handle out and moving it backward
- 3 Now you can move the handle bars toward the rear wheels, folding the TRACK> up twice

Should you wish to use the extra securing cord, simply take it through the wheels and wrap it around the frame. This way the rollator is held together nicely for transport by car, for instance.



How do I adjust the handles in height?

On the outside of your rollator's frame you will find 6 different positioning options for your handles. Push the button and slide the handles either in or out until they click into the desired position. To come to the correct height please mind the following:

- Stand between the rear wheels
- Try to stand as upright as possible
- The arms should hang loosely from relaxed shoulders
- The handles are to be set at wrist height
- The elbows should be lightly bent when you hold the handles

What is the proper posture when walking behind the rollator?

In order to come to the right posture behind the rollator, please mind the following:

- Try to walk as upright as possible
- Stay close to the rollator when using it
- Do not lean on the handles too much
- Make sure you can reach and apply the brakes at all times
- Prevent a crooked posture due to fatigue

When tired, sit down for a moment and recuperate. You need enough balance and strength in both arms and legs to be able to walk around with a rollator, you also need a pair of sturdy (laced up) shoes and proper eye sight. Wear glasses if necessary.

What should I pay attention to when walking with the rollator inside or outside?

Walking with the rollator inside requires the following:

- Make sure you have enough space to move around; have furniture moved if necessary
- Remove any unsecured rugs and thresholds
- Sufficiently light all rooms that you enter (including the hallway)

Walking with the rollator outside requires the following:

- Beware of loose tiles and stones on sidewalks
- Properly lift your legs to prevent tripping
- Opt for having your fingers on the brakes at all times so you can brake immediately should you trip
- Make as much use as possible of wheelchair provisions on the edges of sidewalks when getting on or off pavements
- Take a rest when necessary (make sure to secure the brakes first)

Also take into account that you may need a bit more time crossing the road.

How do I use the parking brakes?

By moving the brake handle down until it clicks into place, you secure the rollator's parking brakes. The rear wheels of the rollator are now secured. When you move these handles back up, you deactivate the parking brakes.



How am I to take care of my rollator?

Weekly:

- Check if the brakes are still functioning properly

Every 3 months:

- Check if the cross frame still allows for easy unfolding
- Check if all bolts and screws are secure
- Check the tire surfaces for wear, tear and any uneven areas
- Check the front and rear wheels for wheel clearance

All hinged parts are easily kept functioning smoothly by lubricating them regularly.

How do I keep my rollator clean?

With a mild soap and water you can keep textiles, frame and polymer parts clean.

We also recommend you to wax the frame from time to time.

Never use:

- Abrasive products
- Pressure cleaner
- Steam
- Abrasive or corrosive wax
- Aggressive chemicals
- Silicone spray

Always dry the rollator carefully in case it got dowsed in water or rain.

5 Warranty

You have a 24 month warranty on both the frame as well as the cross bars, starting from the date of purchase by the original buyer. Any material or production mistakes also carry a warranty of 24 months.

Warranty terms

- The warranty cannot be passed on
- To make use of the warranty, we urge you to get in touch with WheelzAhead®. Please keep your serial number ready
- Replacement parts will be sent to you free of charge
- Materials that are subject to wear and tear are not covered by the warranty. Items such as textiles, tires, brakes, brake blocks, inner tubes and the like
- Should you make (or order) repairs, the warranty will be void
- The warranty is valid in cases of normal use and proper care of the rollator
- The warranty is only valid when the purchase was made for the original price

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