

USER GUIDE

MOBILIS® NARROW WALKING FRAME

Code: 1880



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1. INTENDED USE

The MobilisNarrow walking frame is designed for individuals who, due to a wide variety of reasons, require additional support while walking. It should be used indoors as a tool to assist people who have mobility difficulties with standing, walking or sitting independently.

This lightweight, aluminium, folding walking frame has 6" wheels with a unique hand-operated, one-touch brake system. Shorter, narrower and lower than standard walking frames, it comes standard with padded seat and under seat storage bag. Ideal for use inspace restricted areas and for people ofsmaller stature. Extra-easy to fold for storage.

2. DEFINITIONS

Symbols used in this user manual and their meanings.



WARNING! Failure to heed this warning may result in damage to the product or serious injury to the operator/user.



CAUTION! Beware of pinch points.



ATTENTION! To ensure your safety in using the walking frame, the following safety information and all instructions must be followed.

3. SAFETY WARNINGS

To ensure your safety in using the walking frame, the following safety information and all instructions must be followed.



ATTENTION! This user manual must be read before using the walking frame. Severe injury or death may result if user instructions, maintenance instructions and product warnings are not followed.



WARNING! The decision to use this walking frame should always be guided by a qualified Health Care Professional, who can also advise and assist with the correct height adjustment and usage instruction.



CAUTION! Fingers or other body parts can be trapped between the walking frame's folding mechanism during operation. Be extremely careful when adjusting the walking frame. Observe the dimensions of gaps between the walking frame's elements to avoid trapping your fingers or other body parts.

- DO NOT exceed the maximum weight capacity (including bag contents) or serious injury could result:
Maximum weight capacity: 130kg
- DO NOT hang anything from the walking frame other than the bag included. The bag has a weight limitation of 5kg
- DO NOT use the walking frame to pull-up on. The walking frame is not a transfer aid
- Instruction and practice are necessary for successful use of the walking frame
- Ensure handbrakes are fully operational before each use
- DO NOT use the walking frame until the handles are properly adjusted and securely tightened
- Ensure left and right handles are level to avoid instability problems
- Always lock brakes when using the walking frame seat
- The walking frame is only to be used INDOORS on level, firm surfaces
- Use the walking frame only for the purpose it is intended for
- DO NOT stand on the walking frame
- DO NOT sit on the seat for long periods. (It is designed as a limited seating function for temporary rest).
- DO NOT use the walking frame as a wheelchair; doing so may cause a tip over, resulting in injury
- Note that a shift of balance due to body movements may increase the risk of the walking frame tipping over. Always make sure the load on the walking frame is even .
- Surface temperatures of the walking frame can increase/decrease when exposed to external sources of heat (e.g. sunlight, outdoor environment)

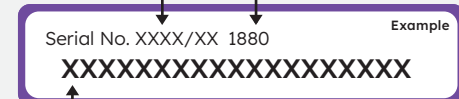
4. PRODUCT SPECIFICATIONS & LABELS

SPECIFIC DIMENSIONS

Safe working load	130kg
Weight capacity of bag	5kg
Approximate frame weight	6kg
Adjustable handle height	735mm - 850mm
Width between handles	400mm
Seat height	470mm
Seat size	300mm x 300mm
Overall width	550mm
Inside width	380mm
Folded depth	300mm
Usage	Indoor use only

PRODUCT LABELS

- Date of manufacture
- Model number



- Serial number

- Model name and number
- Refer to instructions for use



- Indoor use only
- Maximum safe working load
- Total width of walking frame



WARNING! All labels must remain readable. Immediately replace unreadable or missing labels. The serial number label is very important for identifying the product. It may not be removed.

5. LIST OF COMPONENTS

The Mobilis Narrow walking frames are supplied in boxes and come folded for easy transportation. The contents include one complete Mobilis Narrow walking frame folded, one bag and one user guide.



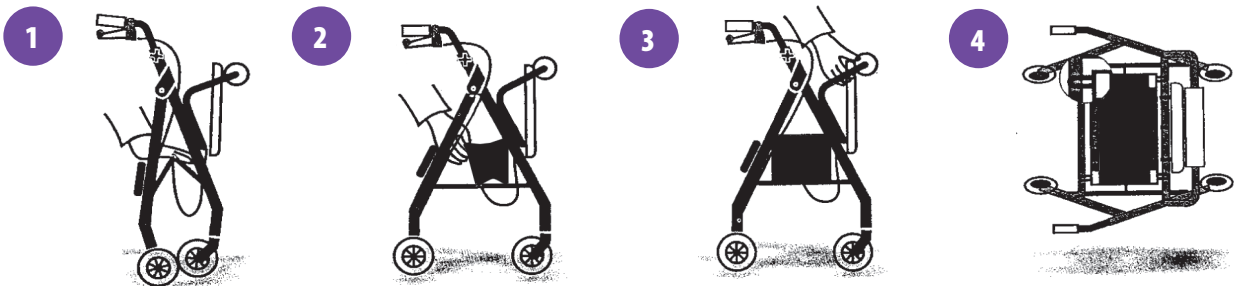
6. INSTRUCTIONS FOR USE



CAUTION! Beware of pinch points when adjusting any of the walking frame functions.

UNFOLDING THE WALKING FRAME

Push down on the centre bar until frame opens (1) then open out the bag (2). Fold down the seat (3). Ensure the walking frame is fully open (4).

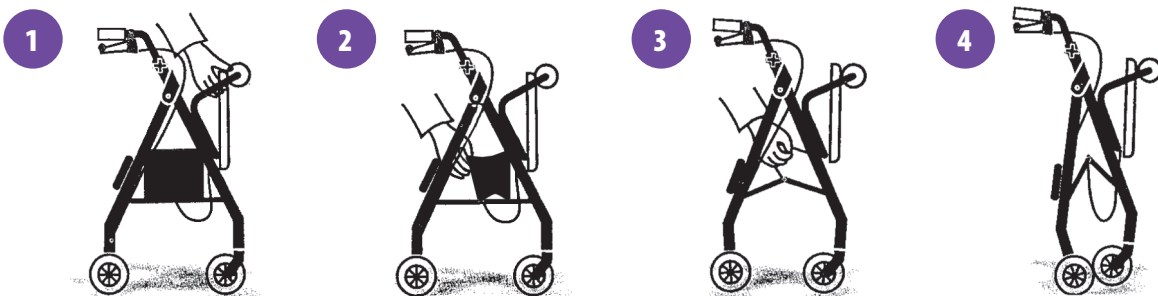


INSTALL BACKREST

Insert backrest into frame until the snap buttons engage. Ensure backrest is securely fastened.

HOW TO FOLD

Lift the seat (1), pull up the bag (2) and pull on the nylon rope (3) to fold the frame (4).



SELECTING THE APPROPRIATE HEIGHT

It is important to set the walking frame to the correct height therefore it is always best to seek guidance from your Health Care Professional for the appropriate height level to suit your needs.

When the frame height is correct the user should be able to maintain an upright posture with the elbow slightly flexed. In this way, body weight is taken through the frame by pushing down on the frame when walking.

The general guide is:

1. Stand with your arms relaxed at your side
2. The top of the walking frame handle should be aligned with the wrist. (You can also align with the hip joint area but the wrist measurement is more often correct)
3. The user should not have their shoulders raised or dropped when using the walking frame



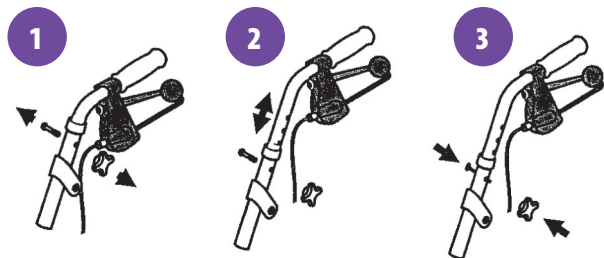
CAUTION! Beware of pinch points when adjusting any of the walking frame functions.



WARNING! Seek advice from a qualified Health Care Professional for the appropriate height to suit your needs.

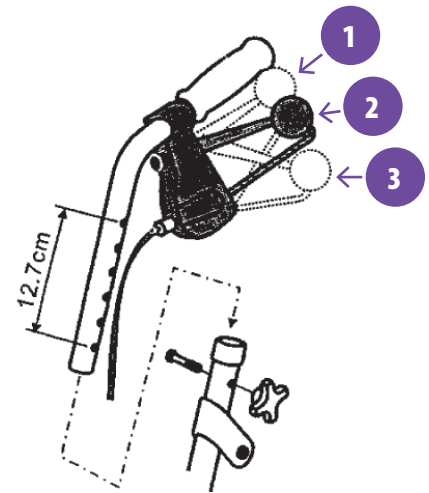
HANDLE ADJUSTMENT

1. Remove adjustment knob and bolt from both handles (1)
2. Insert handles into walking frame (2)
3. With your arm relaxed at your side, position the handle so the grip is level with the middle of your forearm
4. Insert the bolt through the frame, handle and plastic washer (3)
5. Ensure before tightening that the hexagonal bolt head is into the hexagonal hole in the frame
6. Tighten knob so handles are firm



USING THE HAND BRAKES

1. To operate the brake pull upwards on the handbrake lever (1)
2. When using the walking frame to move forward, the handbrake lever will remain in (2)
3. To lock the handbrake, push down on the handbrake lever until it “clicks” into the lock position (2) to (3)
4. To unlock the handbrake, pull up on the handbrake lever from (3) to (2)



WARNING! When using the walking frame in a stationary position, the hand brakes **MUST** always be locked.

BRAKE TENSION ADJUSTMENT

1. To adjust cable at the handbrake handle, loosen lock nut and turn cable adjuster in to loosen the brake or out to tighten the brake
2. Bottom cable adjustment (above wheel)-turn nut towards brake to tighten or turn nut upwards to loosen brake

8. CARE AND MAINTENANCE

CLEANING

- Clean the walking frame regularly with a damp cloth
- Use a mild washing agent and warm water for excess dirt build up
- Do not use harsh abrasives or bleach based agents which may cause damage or discolouration

WHEELS

- Clean wheels with a mild washing agent and warm water
- Lubricate wheels with multi-purpose oil periodically or if wheels begin to squeak

MAINTENANCE

- Ensure that every part of the walking frame is secure at all times
- Check all screws for tightness. If not, tighten if necessary
- Replace any broken, damaged or worn items immediately

MAINTENANCE SCHEDULE

Weekly	Periodically	Yearly	Serviceable Components
<ul style="list-style-type: none"> • Check brake function • Check all wheels, nuts and bolts are secure 	<ul style="list-style-type: none"> • Check handgrips for wear • Check folding hinge bolts are secure • Check front and rear axle bolts are secure • Check frame for wear or cracks • Check wheels for damage or splitting • Check seat for wear and cracks. Ensure it is secured correctly to the frame 	<ul style="list-style-type: none"> • Take your walking frame to an authorised dealer for a full check, clean and service. 	<ul style="list-style-type: none"> • Hand grips • Wheels • Brake cables • Seat • Brake handles • Bearings • Nuts and bolts



WARNING! If faults found during any inspection remove from use immediately



WARNING! Do not make any changes or modifications to this product without consultation from your Cubro agent.

DISPOSAL

Products that can no longer be used are to be disposed of separately from household rubbish. This must be done according to the local and national regulations for environmental protection and raw material recycling. Please look at your local council's website for further information on the correct disposal

SERVICING

For any servicing, maintenance and troubleshooting queries, please contact the Cubro Service Department:

0800 656 527 +64 7 578 7228 sales@cubro.co.nz

149 Taurikura Drive, Tauriko, Tauranga,
 New Zealand

For options, accessories or parts please visit our website or contact us.

For additional copies of this user guide or for a different format, please contact Cubro®.

9. LIMITED WARRANTY

Cubro Ltd warrants the product to be free from defects in materials and workmanship from the date of purchase for a period of 1 year (12 months). Please refer to cubro.co.nz for terms and conditions.

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