

# ATHLON HD

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REHASENSE

Lightweight Carbon rollator with extra seat width  
User's manual (EN)



CE

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*More than mobility  
Mehr als Mobilität  
Meer dan mobiliteit*

ATHLON HD

# ENGLISH

## 1 General Information

Dear Customer,

This user manual contains a description of the medical device and important guidelines to ensure correct and safe use of the product. It is important to read this manual carefully prior to use. It is especially important to read the safety requirements and follow these.

**REHASENSE** continuously develops its products and reserves the right to change the specifications and functions of products without notice.

If you have any queries please contact your dealer or **Rehasense** directly. Contact information is located on the last page of this manual.

## 2 Intended usage, Indications & Contra indications

Intended usage: The rollator has been designed as a tool to assist walking for people who have mobility problems, for example with standing, walking or sitting independently. Thanks to rollator these people can stand, walk and rest easily and they can fulfil most of their daily tasks and routines without assistance from others. Any other usage is prohibited.

Indications: The device is specifically designed for individuals who, due to a wide variety of possible health problems, require additional stable support during walking.

Contraindications: The device must not be used by users who have serious problems with body balance or who's muscle strength is too low to be able to stand and walk, even with the extra support of a rollator. The need and possibility of usage of a rollator by the user should always be assessed and indicated by a doctor or physiotherapist.

## 3 Delivery & general product description

The rollators are supplied in boxes and come folded, for easier transportation.

The contents are:

- ✓ 1 complete, folded rollator incl seat and basket
- ✓ 1 set of crutch holder
- ✓ 1 user's manual

The **ATHLON HD** is a lightweight carbon rollator with extra seat width and a cross foldable frame. The product's side frames are made of carbon fiber, so it is light and easy to store or transport. The rollator offers great maneuverability, stability and its push handles are height adjustable for optimal user fit. The product has a foldable cross made of powder coated aluminum round tubing. The ATHLON HD is also equipped with efficient, reliable and maintenance-free hand brakes incl. parking function, a durable nylon seat and a shopping bag which allows the user to rest and to carry small items.

## 4 Security requirements

Make sure that this users manual is read by all people who use the device. The manufacturer does not take any responsibility for damages and/or injuries caused by the fact that the user's manual has not been followed.



### **Limitations for usage**

The device must not be loaded with more than 200 kg.

The device's bag has a load limitation of 5 kg.

The device is devised to be used indoor and/or outdoor on flat surfaces.

The device is not intended to be self-propelled while seated

- The brakes **MUST** be in the locked position **BEFORE** using the seat.



### **Avoiding accidents**

Use the device only for the purpose it is intended for.

Use the device only in good technical condition.

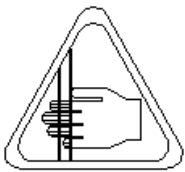
Avoid making constructive changes to the device, unless you have the manufacturer's written acceptance for such modifications.

During different adjustments which are possible on the device, the user must take care not to trap their fingers or other body parts between two moving elements of the device

The device must only be used on a stable surface.

All wheels **MUST** be in contact with the floor at **ALL TIMES** during use. This will ensure the rollator is properly balanced and should avoid accidents.

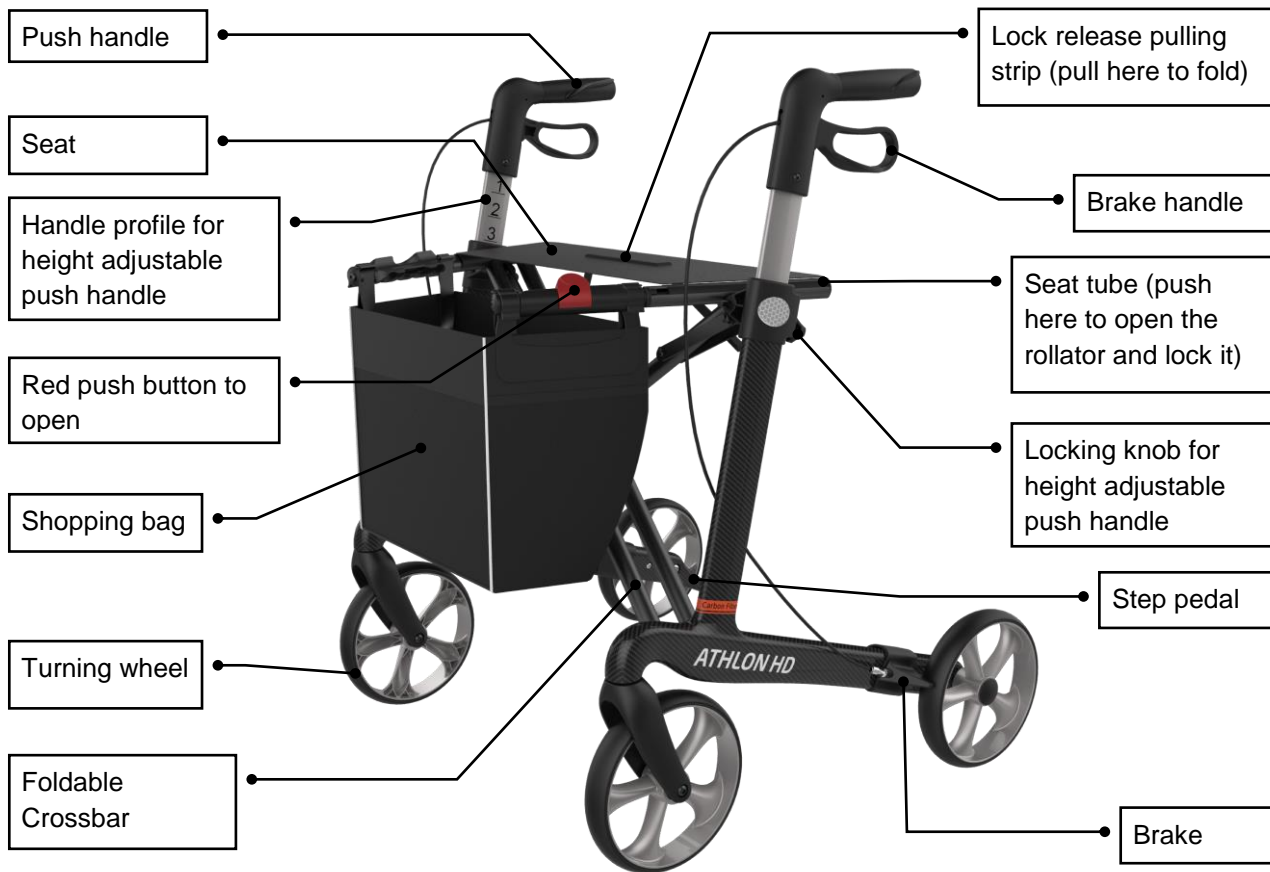
When using the rollator in a stationary position the hand brakes **MUST** be locked.



Mind your fingers

Be careful when you see this symbol on the device. Fingers or other body parts of a user and/or assistant can be trapped between the device's parts during folding, unfolding or adjusting of the device. Be extremely careful when adjusting the device. Observe the dimensions of gaps between the device's elements to avoid trapping your fingers or other body parts.

## 5 Product details



## 6 Usage

Looking at the picture above the device should be prepared for use in an instinctive way. However we recommend you follow the steps below:

### Initial Check

- In the first instance take the device out of the box and check (using the picture above) that nothing is missing. If you discover at this stage that some part is missing or damaged do not continue to assemble the product. Contact your supplier of the product right away.

### Opening of the rollator

- Push the red button which is locking the seating tubes
- Hold both seat tubes and simultaneously push them down until you hear a “click” sound of the locking mechanism of the frame. Try to pull the seat tubes back up to fold the frame. If this is impossible to do the frame is opened and secured correctly. See the OPEN position in the picture above.



- After unfolding or assembling the rollator always ensure that the seat support is securely locked by the pulling strip mechanism for securing the lock and that the frame does not move anymore.
- Always ensure that both push handle tubes are securely locked in the main support tube with the two wing knobs to prevent the accidental sliding in of the push handle tubes when forced.
- Always test to see that accessories are properly and safely locked in place BEFORE using.
- Failure to follow these warnings can result in personal injury.

### **Folding**

- Lift the pulling strip on the seat to fold the rollator.
- Fold the rollator until the lock closes.

### **Adjusting the height of the push handles**

- Release the handle locking knob,
- Make adjustments to your desired height.
- Tighten the knob.



- *Both push handles should be adjusted to the same height.*
- *The correctly adjusted handles should be to the height of the user's hips.*
- *Never leave the device without the breaks on.*

### **Using the hand brakes**

- TO STOP THE ROLLATOR simply pull the brake handles up towards the hand grips.
- TO REMAIN STATIONARY hold the brake handles in the "UP" position.
- The braking force can be increased by squeezing/pulling the brake handles more firmly.
- TO START MOVING release the brake handles. They will drop down automatically and the brakes will be released.



- *You should always engage the breaks when you don't plan to move the device.*
- *Never leave the device without the breaks engaged when there is someone sitting in it!*
- *Never leave the device on slopes without the breaks engaged!*
- *Never sit too much to the rear. Do not sit (partly) above the shopping bag.*
- *Always sit straight up when seated on the rollator with your forearms or hands lightly resting on the push handles.*
- *Never lean backwards when seated on the rollator*

### **Locking/Unlocking the hand brakes**

- To lock the brakes push the brake handles down until you can hear the "click" sound.
- To unlock the brakes pull the brake handles up until you feel them loosen.



- *When using the rollator in a stationary position, the hand brakes MUST always be locked.*

## **7. Cleaning**

### **General:**

Clean the device regularly and keep it clean.

Lighter dirt and dust can be removed with a wet cloth.

Larger parts of dirt can be removed with a non-corroding, mild washing agent and warm water.

Do not use harsh abrasives or bleach based cleaners, as this may cause damage or discolouration.

Dry parts with a soft cloth.

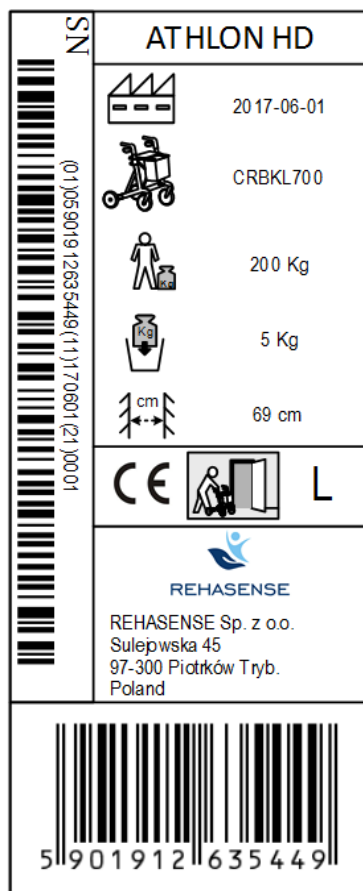
### **Wheels:**

Clean wheels with warm water and a mild cleanser. Dry with a clean rag.

Lubricate with multi-purpose oil periodically or if wheels begin to squeak.

## 8 Label Example

The product label is placed on the inside of one of the vertical tubes of the side frame.



## 9 Technical data

ATHLON HD - Lightweight Carbon rollator with extra seat width		
Size	Medium	Large
Max. users weight		200 kg
Max. load of the bag		5 kg
Total weight without shopping bag		5,8 kg
Shopping bag		0,4 kg
Length		66 cm
Total height folded (lowest)		86 cm
Width opened		69 cm
Width folded		23 cm
Seat Width		55 cm
Height of hand grips (adjustable)		74 – 102 cm
Height of seat		62 cm
Brakes	2 x maneuver hand brakes with parking function	
Wheels (diameter x width)		200 x 35 mm

## **10 Transport description**

The rollator is an easily foldable product, convenient for transportation. If it is necessary to transport it we recommend to fold it as stated in the description above. The rollator should be transported in a way that it is stable and there is no risk of sudden and dangerous movements of the transported device.

## **11 Maintenance**

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

## **12 Re-use**

The walker is suitable for re-use. Before passing on to another user it must be subject to an inspection by the specialist dealer.

The following points have to be checked:

- Visual inspection of the frame
- Secure seating of nuts and bolts
- Condition of the plastic elements
- Condition of wheels and ball bearings
- Effectiveness and condition of the brakes

When one of the parts is damaged or broken it must be replaced by a new. It is recommended to replace the wheels whenever a change. All loose bolts and nuts must be tightened.

The product must be thoroughly cleaned and disinfected prior to reuse.

**WARNING!** It is forbidden to re-use the rollator when the frame is bent or broken.

The instruction manual must accompany the rollator with every change.

## **13 How to deposit the product**

The device should not be deposited with normal garbage. It should be delivered to the deposit station for re-use or recycling.

## **14 Warranty**

The manufacturer offers a 7 year guarantee for errors in production. The guarantee is not valid by mis-intended use of the product. The guarantee excludes damage caused by incorrect operation, accidents and/or through normal wear and tear. For repairs during the guarantee period, please contact your local dealer.