

BIOS living

Glider^{Plus}

ROLLATOR INSTRUCTIONS 56092



BIOS living

The Glider rollator comes with a removable shoulder bag, cane holder, safety light, travel bag, locking brakes, and a seat with padded backrest. The handles are adjustable in height and the rollator folds easily for transport or storage.

Please read these instructions before assembly or use of this rollator, and please keep the manual in a safe place.

DO NOT assemble or use this equipment without first reading and understanding this instruction manual.

INTENDED USE

Designed to assist the user to walk, rest and carry small items for both indoor and outdoor use. It is intended for use on flat surfaces by a single individual with limited mobility and a maximum weight as shown below.

The intended user should possess the necessary physical, visual and cognitive skills to operate the rollator safely. If you have any doubt, please consult your dealer/prescriber.

It is important that the user reads and understands the safety advice given within this manual before attempting to operate the product. This advice aims to avoid possible injury to the user or bystanders and avoid damage to the rollator or surrounding property.

CAUTION: The Glider rollator should not be used to push the user while seated. The frame is not designed for this.

SAFETY

The rollator can provide assistance to an individual weighing up to 300 lbs / 136 kg.

DO:

- (1) Always ensure the brakes are in the locked position if the rollator is left unattended
- (2) Check that all castors and wheels are secure before use
- (3) Check that the brakes are functioning properly
- (4) Check handle height, ensure hand knobs are secure before use
- (5) Check to ensure the rollator is fully unfolded
- (6) Ensure that the frame "locks" into position when it is being unfolded
- (7) Take care when carrying the rollator when folded

- (8) Keep your hands away from the folding mechanism to prevent any risk of pinching
- (9) Seek the advice / recommendations of a medical professional to determine if the rollator is suitable for your needs
- (10) Use caution when lifting and carrying the rollator

DO NOT:

- (1) Use the rollator as an aid to transport a person, it is not designed as a complete wheelchair
- (2) Sit on the rollator if the brakes are not locked, this could cause the rollator to move resulting in injury to the user or bystanders
- (3) Sit on the rollator when it is on an incline
- (4) "Drop" into the seat of the rollator, always sit into the rollator in a smooth, controlled motion. Seek assistance if necessary
- (5) Hang objects on the brake levers or hand grips. This could affect brake operation and/or stability of the rollator
- (6) Stand on the rollator or use it as a step

ASSEMBLY INSTRUCTIONS

Please examine the rollator for any shipping damage. Do not use the rollator if there is apparent damage. Contact your place of purchase for repair and/or return.



- A** - Backrest
- B** - Locking Handle Brakes
- C** - Height Adjustable Handles
- D** - Seat
- E** - Shoulder Bag
- F** - Cane Holder
- G** - Rear Folding Pins (2)
- H** - Fastening Knobs (2)
- I** - Rear 8" Wheels
- J** - Front 8" Wheels

1. Remove all packaging. The rollator will be folded as shown in **Figure 1**.



Figure 1

2. Unfold the front wheels and secure in place using the fastening knobs as shown in **Figure 2**.

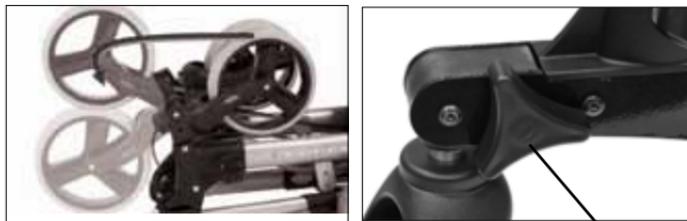


Figure 2

Fastening Knob

3. Fold out the rear legs as shown below and secure the legs in place with the rear folding pins as shown in **Figure 3**.

Step 1

Step 2

Step 3

Step 4

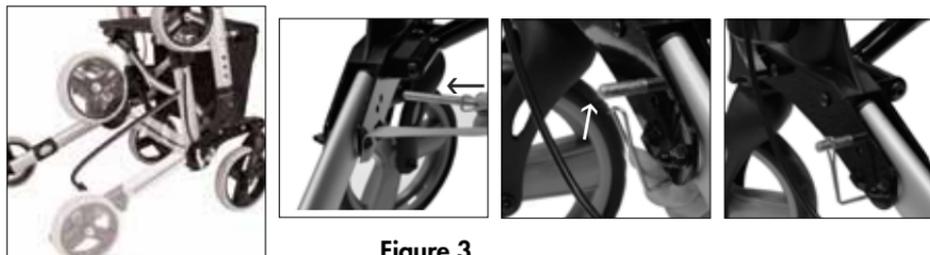


Figure 3

4. Open the rollator, push down on either side of the seat as shown in **Figure 4**. **IMPORTANT:** Both sides must **“click”** into position.

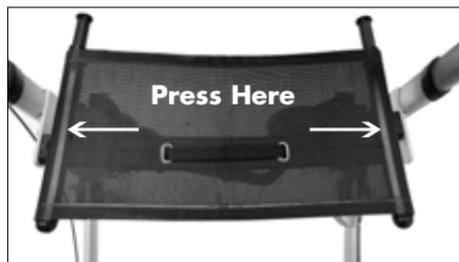


Figure 4

5. Attach the shoulder bag.

ADJUSTING THE HEIGHT

The Right Fit

Make sure your rollator is completely open before you walk with it and ensure the rollator is locked in place and the frame is rigid. It is important that you adjust your rollator to a height that is high enough to hold it comfortably.

1. With your arms resting at your sides adjust the rollator so that the handles are at the height of the wrist.
2. With your hand placed on the hand-grip, your elbow should be flexed 15°- 20°.
3. If you find that you have to stoop down or bring your arms up to reach the rollator, adjust the legs to find the best height.



Spring Button

4. Simply press the spring button and set to the desired height. Repeat for the opposite side and make sure that both handles are secure and set at the same height before use.

Handle Height: 31½" – 36" / 80 – 92.5 cm

NOTE: Consult with your physician or therapist to determine proper height level.

BRAKE OPERATION AND ADJUSTMENT

1. Pull up on the brake handle to slow the rollator.
2. Push down on the brake handle to lock the rear wheels, pull up on the brake handle to release the lock (See **Figure 5**).

IMPORTANT: If brake adjustment is made to allow for light pressure when braking, this could effect the brake when put into lock position.

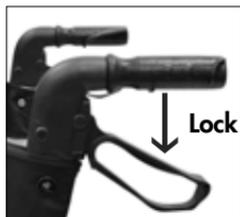


Figure 5

Brake Adjustment: Turn the adjustment screw counter-clockwise to increase the tension then lock the adjustment by turning the locking nut clockwise while holding the adjustment screw stationary (See **Figure 6**).



Figure 6

IMPORTANT: If brake adjustment is made to allow for light pressure when braking, this could effect the brake when put in the locked position.

CANE HOLDER

You can place a cane in the cane holder for easy transportation (See **Figure 7**).

Figure 7

Cane Holder →



SAFETY LIGHT

- 7 white LED lights
- Visible up to 600 metres
- Water resistant
- Made from flexible silicone
- Tool free assembly
- Quick release mount
- Batteries included: 3 x AAA



To turn **ON**, press button on side. Attach to the rollator.

FOLDING AND STORING THE ROLLATOR

1. Fold the rollator by pulling up on the strap in the middle of the seat as shown in **Figure 8**.

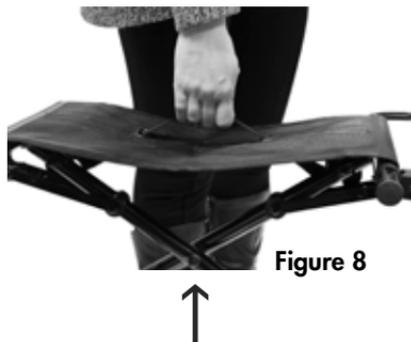


Figure 8

2. Close the rollator. Remove the rear folding pins and fold in the wheels as shown in **Figure 9**.



Figure 9



3. To store the rollator in the travel bag, reduce the height of the handles to the smallest height and then follow steps 1-2 above. Remove the fastening knobs and fold the front wheels in.
4. Front wheels can be retracted for the most compact storage.

CARE & MAINTENANCE

1. Ensure **ALL** attached hardware is secured at all times.
2. Check all wheels and castors for loose bolts, nuts and knobs. Check to ensure the brakes operate correctly and the handles are secure.
3. Replace any broken, damaged or worn items immediately.

CLEANING

The rollator can be cleaned with a damp cloth or sponge and warm soapy water. Domestic anti-bacterial surface cleaners may be used if required. Care should be taken not to leave any cleaning residue on the handgrips or seat, this may leave the surface slippery. Do not use scouring pads or scrapers, this may damage surface coatings.

ONE YEAR WARRANTY

If this product proves to be defective in material or workmanship within one year of purchase, please return it to the address below. It will be repaired or replaced without charge upon receipt of the unit prepaid with \$20.00 to cover handling, packaging and return postage. Please include proof of purchase, your full name, address, daytime phone number or email address.

Toll Free: 1-800-387-8520

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