

**Model No:** 10910C (*Lightweight*) 10928C (*Heavyduty*)

**Maximum User Weight:** 125kg (*Lightweight*)

170kg (*Heavy duty*)



**WARNING:** Before using this product, please read these instructions carefully.

Coopers 3 and 4 wheel Rollators have the exclusive purpose of providing a means in which a disabled user who is unsteady on their legs or tire easily, can have better mobility and security in walking. They can be used either as part of a rehabilitation programme e.g. when the user is recovering from an injury or operation; and as a long term walking and resting aid e.g. when the user has permanent difficulty with walking. Coopers 3 and 4 wheel Rollators are suitable for use outdoors or indoors.

**Caution:** Use on loose, uneven and or rough terrain e.g. gravel, sand or grass may affect the safe performance and functionality of the rollator.

### SETTING THE HANDLE HEIGHT ON THE ROLLATOR

**PLEASE NOTE:** These are our recommendations but should be checked with your physiotherapist.

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

### WARNING

For your safety and before each use, please perform the daily checks as described in the maintenance section and in addition

1. Ensure the rollator is securely locked open before use. **i.e seat pad is fully down**
2. Do not exceed the maximum user weight for the walker.
3. Do not overload the basket or carry heavy bags on the handles as this can affect the stability of the walker.
4. Do not use the rollator as a wheelchair
5. Ensure that the brakes are parked **i.e. brake handles pushed fully down with an audible click (see fig 1)** before sitting upon the seat pad.
6. Do not stand on the seat of the rollator

### WALKING WITH THE ROLLATOR

1. Place rollator ahead of you with brakes parked. **i.e. brake handles pushed fully down with an audible click (see fig 1)**
2. Do not walk forward until you have tested your balance and you feel strong enough to walk
3. When ready disengage the brakes **i.e. brake handles pulled up with an audible click (see fig 2)**
4. Gently roll the walker ahead of you as you walk. Keep the rollator close enough to you that it is supportive.
5. If your steps are uneven, it's best to shorten your longer step rather than try to lengthen your shorter step. The shorter step is usually the step where you have less balance.
6. Use the brakes **i.e squeeze the brake handles (see fig 3)** to temporarily halt forward movement, or to slow and control the frame, and or reduce the speed of your step.

**Caution** Some very smooth surfaces .e.g. marble, tile or certain floor coverings may cause the rollator wheels to slide even with the brakes applied.

7. To turn around: stay within the width of the rollator even if you are slightly behind it. Roll the walker around you without twisting your back – you should always be facing the front of the walker. The brakes can also be used in maneuvering the rollator; when turning, the user can apply the brake on the side being turned towards in order to achieve a tighter turning radius.

Fig. 1



Fig. 2



Fig. 3



### GETTING OUT OF A CHAIR

Sunrise Medical recommends wherever possible, the use of a chair with a high seat height and arms to assist you with standing up and sitting down more easily.

1. Have the rollator ahead of you with brakes parked. **i.e. brake handles pushed fully down with an audible click (see fig 1)**
2. Move forward and sit as close to the edge of the chair as you feel comfortable.
3. Keep your feet as far under you as possible.
4. Try to position your toes below the edge of the chair.
5. Place both hands on the arms/seat of your chair OR one hand on the chair and one hand on the rollator

**Caution** Do not tip the rollator by placing too much weight on one side as you start to stand.

6. Lean forward until you feel some of your weight on your feet.
7. Use your legs to stand as much as possible – your arms should only lift what your legs cannot. Use your arms mostly to help keep your balance as you stand.
8. Do not walk forward until you have tested your balance and you feel strong enough to walk.
9. When ready disengage the brakes. **i.e. brake handles pulled up with an audible click (see fig 2)**

### GETTING INTO A CHAIR

1. Stand directly in front of the chair, facing away from it. The back of your legs should be almost touching the seat of the chair. Do not try to sit until you are balanced and standing still.
2. Move the rollator just away from you, so that you can bend slightly forward as you sit down.
3. Engage the brakes. **i.e. brake handles pushed fully down with an audible click (see fig 1)**
4. Reach behind for the chair with both hands (preferred) or with one hand and one hand on the rollator.

**Caution** Do not tip the rollator by placing too much weight one side as you start to sit.

5. Slowly start to lower yourself using your legs as much as you can.
6. If you drop into the chair, next time try leaning a little more forward as you sit and bend your knees to lower yourself to the chair more gently.

### ASSEMBLY INSTRUCTIONS

This rollator is supplied fully assembled with the exception of the handles, backrest and basket.

**To open** the rollator, hold it by the seat handle, push down and the wheels will spread. The seat is now supported on the rear crossbar.

**Fit the handles** to the vertical frame tubes.

Position the first handle to the height required, line up the hole for the bolt and the appropriate hole in the handle and insert the bolt from the inside of the frame.

Slide the curved washer onto the bolt and fit the locking wheel, ensuring the hexagonal bolt head is located in the cut out of the tube to stop it from rotating. Tighten the locking wheel and check the handle is secure. Repeat for the other handle.

**To fit the backrest**, locate the open ends of the backrest in the location tubes at the front of the rollator above the seat.

### BRAKES

Before using the walker, check the brakes operate and are correctly adjusted.

When in motion, the brakes are operated by squeezing the loop handles, each rear wheel being operated independently by the appropriate handle.

**To apply** the parking brakes, push down on the loop handles.

**To release** the parking brakes, pull up on the loop handles.

To adjust the brakes there are two adjusters on each side of the rollator, one in front of the brake handle and the second at the other end of the cable just above the wheel.

### BRAKES (Continued)

To adjust, loosen the lock nut on the brake cable above the rear wheel, turn the adjuster anti-clockwise to tighten the brake.

Adjust until the gap between the wheel and the brake plate is less than 1.5 mm (i.e. a 1p coin or 5 Euro cent coin should not pass through the gap) retighten the lock nut.

Suitable tools maybe required (not included)

**If you have any problem adjusting the brakes please contact your local Sunrise Medical Dealer to correctly adjust them for you**

(Fees may be charged for this service)

### BASKET

Maximum safe working load for basket is 5kg (11lbs). **Do not exceed this weight.**

The basket is fitted by attaching the two hooks over the seat bar.

### TRAY

The clear plastic tray fits on the top of the seat and the four lugs on the underside of the tray locate in the four holes in the top of the seat.

**Warning: Ensure the tray is securely located before use, especially if carrying hot drinks.**

### FOLDING THE ROLLATOR

To fold the rollator, pull up on the seat handle.

### CLEANING & MAINTENANCE

It is recommended that the walker is cleaned regularly with a soft cloth and soapy water.

Dry with a soft cloth.

**Do not use any abrasive cleaners or bleach.**

Maintenance is minimal but regular inspection is necessary to ensure continued safe function and performance of the rollator is achieved.

#### **Check daily before use:**

Brake cables are not frayed, and that the brakes are correctly adjusted.

Wheels rotate easily, front wheels should rotate and swivel

Perform regular checks for security of all fasteners and fixings and that no other adjustable or removable parts are loose or worn.

Replace or adjust parts where necessary.

#### **SPARE/REPAIR PARTS AVAILABLE**

1. Brake handles 10910C (pair) AL120-00
2. Brake handles 10928C (pair) AL120-10
3. Brake cables (pair) RA053-10
4. Handle adjustment kit TI020-T3
5. Seat AL115-10
6. Backrest (10910C) AL113-T1
7. Backrest (10928C) AL113-T2
8. Basket AL118-00
9. Protection cap kit HS028-00
10. Rear wheel (one) AL134-3
11. Front wheel (one) AL134-2



### WARRANTY

All Coopers products are warranted for 12 months from the date of purchase against manufacturing or design defects.

**The warranty is subject to the following conditions:**

- It does not apply to wear and tear, inappropriate or incorrect use, or non-observance of User Instructions.
- Defective set up by the user or third parties or negligent or careless treatment.
- Use of unsuitable or unapproved spares or unauthorised alteration.
- The warranty does not extend to consequential costs resulting from fault clearance, loss of earnings or expenses.

**THIS IN NO WAY AFFECTS YOUR STATUTORY RIGHTS.**

### LIFE EXPECTANCY

We estimate a life expectancy of 2 years for this product, provided that:

- It is used in strict accordance with the intended use as set out in this document.
- All service and maintenance requirements are met.

The estimated life expectancy can be exceeded if the product is carefully used and properly maintained.

The life expectancy can also be considerably reduced by extreme or incorrect usage.

*The fact that we estimate a life expectancy for this product does not constitute an additional warranty.*







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