

Four Wheeled Walker

These instructions are guidelines only. Use only as instructed by your healthcare provider.

What is a Four Wheeled Walker Used For?

A four wheeled walker is a lightweight frame that is used to provide walking support, with the added advantages of swivel front wheels and a temporary seat.

How Do I Adjust the Walker Height?

- Stand with your shoulders relaxed and your arms hanging loosely at your sides.
- The handlebar height should be at the crease of your wrist when your arms are relaxed at your sides (Figure 1).
- Loosen the knobs on the outside of the handlebars (Figure 2). For some models this may be sufficient to allow you to raise and lower the handlebars. If so, move the handlebars to the desired height. Tighten the knobs.
- If the walker has bolts which go through the handlebars, remove them and then move the handlebars to the desired height. Re-install the bolts and screw the knobs to the bolt. The knobs should be on the outside of the handlebars. Some frames have a hexagonal hole for the bolt head to fit into. Ensure the bolt head is properly aligned with hole before tightening fully.
- The seat height is not adjustable. If the seat is too high or too low, a different size of walker may be more appropriate. You should be able to sit on the seat with the balls of your feet touching the ground.

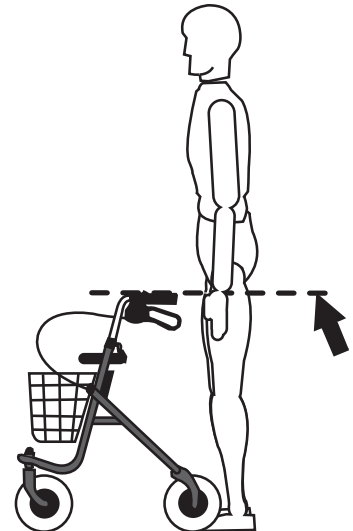


Figure 1:
Correct sizing

How Do I Use The Four Wheeled Walker?

- Lean on the walker, allowing it to roll forward with control as you step forward.
- To slow the walker down, squeeze or pull up on the handbrakes (Figure 2).
- Before using the seat, activate the parking brakes by pushing down on the handbrake (Figure 2). To release the brakes, carefully squeeze the brake handles again, being careful not to pinch your fingers.

! **WARNING** Do not use the walker on stairs or escalators. Pay special attention on ramps or slopes.

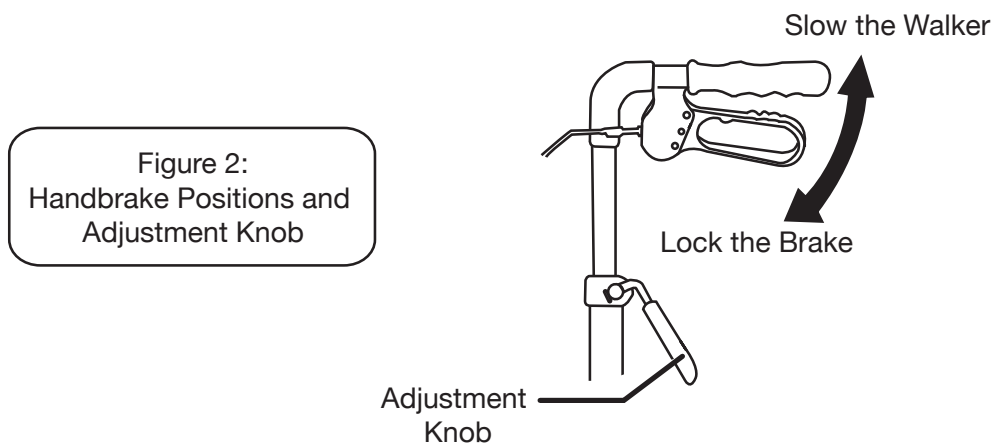


Figure 2:
Handbrake Positions and
Adjustment Knob



Please ensure that equipment returned to the Red Cross is clean and in good condition.

Sitting on the Walker

- To sit on the walker seat, lock both brakes, turn around and back up until you feel the seat touch the back of your legs.



WARNING Always lock the brakes of the walker before sitting or standing up.

- Reach back and place your arms on the handles of the walker.
- Sit down slowly and carefully.



WARNING The walker is not intended to be used as a wheelchair. Do not move the walker when sitting in it.

Loading the Basket

- If the walker has a basket, be sure it is securely hooked on to the cross rail before putting anything in it.



WARNING Do not overload the basket, or use to store heavy items such as oxygen tanks.

Folding and Unfolding the Walker

- If the walker has a tray, it should be positioned onto the seat so that the plastic plugs fit into the holes in the seat.
- To fold the walker, lift up on the handle attached to the seat. The walker may have a tab under the seat which locks the walker in the open position. Lift up on the tab to release the seat so it will fold.



WARNING Ensure all body parts are clear of the frame before folding the walker.

- To unfold the walker, push down on the seat to open it fully.



WARNING Some walkers come with a flexible back strap. Do not push down or lean on this strap with your hand. Do not use the back strap to lift and carry the walker.

How Do I Care for the Four Wheeled Walker?

- Use a non-abrasive detergent or cleaner with warm water.
- Periodically check knobs and screws to ensure they are tight.
- Contact the Red Cross immediately if any repairs are needed.

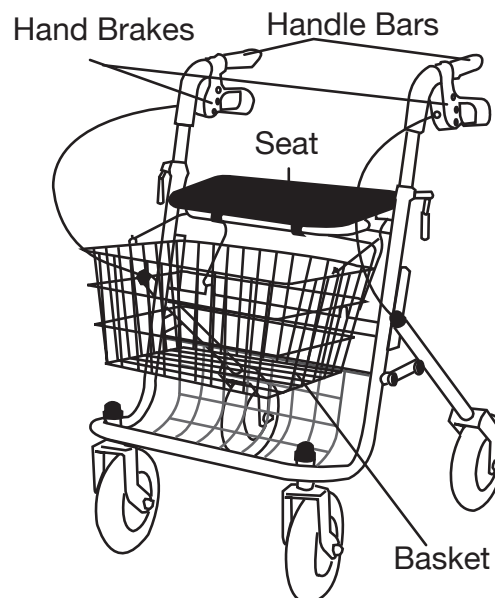


Figure 3:
Four Wheeled Walker



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