

# 105 LIGHTWEIGHT WALKER

## Introduction

The Days Healthcare 105 Lightweight Walker is a multipurpose walker manufactured from painted aluminium tubing with four solid tyre wheels. It incorporates a rest seat, storage bag and locking brakes. This walker also has adjustable handles and can be folded flat for storage or transportation.

## First Assembly

- 1) Remove all packaging.
- 2) Fit cross bar (fig. 1-A) into front sockets on the frame (fig. 1-B) and push fully down.

To secure the cross bar make sure the retaining spring buttons (fig. 1-C) have located through the hole in both sockets.

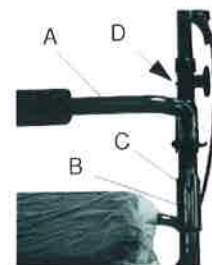


fig. 1

## Handle Adjustment

Remove the hand knob and bolt (fig. 1-D). Pull the handle to new setting (there are five fixed settings at 25 mm intervals), re-fit and tighten the knob and bolt ensuring that the head of the bolt is inside the hexagonal hole.

## Operation

The 106 Walker is fitted with locking brakes. To apply the brakes pull up on the brake handles (fig. 2). To lock the brakes push down on both brake handles until they click into the locked position (fig. 3). To release the brakes simply pull up on the brake handles until they click.



fig. 2

Before using the walker as a rest seat both brakes must be applied and the frame pushed forward to check that it is not moving. The brakes only lock the back wheels so the user must not expect the frame to be completely immobile.



fig. 3

If the user finds the brakes hard to apply, the pressure can be adjusted by reducing the tension in the spring above the brake shoe (fig. 4). Hold the hexagonal nut and turn the knurled nut to vary the brake pressure i.e. the distance between the shoe and the tyre, when the brakes are off. It is a case of trial and error to suit individual users' grip strength.



fig. 4

- ⚠ **WARNING!** - Brakes that are adjusted to give light pressure will be less effective at preventing rear wheel movement under load.

When using the walker be aware that stability depends on all four wheels being in contact with the flat surface. Care should be taken when negotiating uneven ground, inclines, kerb etc. as stability will inevitably be reduced.

## Folding for Storage or Transportation

To fold the walker for storage or transportation pull on the strap (fig. 5-A) thus pulling the locking mechanism (fig. 5-B) up and allowing the wheels to come together. Pushing down on the handles unfolds the walker.

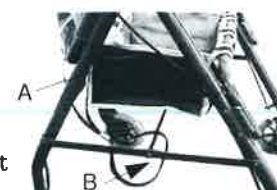


fig. 5

## Cleaning & Maintenance

The Days Healthcare Lightweight Walker is designed for minimum maintenance. It is manufactured from painted aluminium tubing and requires the occasional wipe-over with a soft cloth. Do not use harsh abrasive materials.

Daily, before use, check the effective operation of the brakes. Check that the wheels turn and swivel freely and there is no debris building around the axle. Periodically check that all screws, nuts and bolts are securely fastened. Check moving parts for wear.

## Specifications

- ♦ Maximum user weight: 125 kg
- ♦ Handle height adjustment: 81 – 93 cm; Seat height: 55 cm;
- ♦ Overall width: 63cm

## Warranty Information

All Days Healthcare walkers are warranted for one year from the date of purchase against faulty workmanship or materials. Please contact your supplier/dealer should a fault occur.

The warranty does not extend to the consequential costs resulting from fault clearance, in particular freight and travel costs, loss of earnings, expenses, etc.

The manufacturer will not accept responsibility for any damage or injury caused by misuse or non-observance of the instructions set out above.



Gloucestershire Community Equipment Service

## How to use your crutches

The Community Equipment Service provides equipment for Gloucestershire residents to remain in their own homes, achieving and maintaining independence in daily living tasks and to support carers. The service is contracted to and supplied by GIS Healthcare.

This leaflet should be read in conjunction with the Community Equipment Service User leaflet, which should be given out with all equipment.

### How to care for your crutches

- Check your crutches feel stable
- Check tread on rubber foot (ferrule) for wear
- Check crutches for wear and tear
- Wash with hot soapy water from time to time
- Do not leave your crutches outside in order to avoid weather damage
- Replacement rubber feet (ferrules) can be purchased at many high street outlets

### How to use your crutches

#### Standing up

- Position crutches near the arm of the chair/ edge of bed
- You can place your arms through the forearm cuff first
- Push up from the arms of the chair or surface of bed
- Place your hands on to the crutch handles one at a time, handles pointing forward.
- Make sure you feel balanced before moving off



#### Sitting Down



- Ensure you can feel the chair with the back of your legs before sitting down
- Remove the crutches and hold in one hand or place near the chair/bed
- Place your hand(s) on the chair arms one at a time
- Bend slightly forward and sit down gently

#### Non weight bearing (NWB) - when you cannot put any weight through your affected leg

- Keep the affected leg off the ground by holding the knee slightly bent
- Place both crutches one pace forward, slightly apart and level
- Take your body weight through your hands and hop forward past the crutches using your non affected leg



## Partial weight bearing (PWB)– when you can take some weight through your affected leg

- Place both crutches one pace forward, slightly apart and level
- Take some of your body weight through your hands and place your affected leg level with the crutches with some weight through it
- Step passed with the unaffected leg

## Stairs

Where possible, always use a hand rail when going up and down stairs.

### Going upstairs



- Hold hand rail with one hand and one crutch in the other hand
- Hold second crutch horizontally together with first crutch
- If PWB, step up with unaffected leg followed by affected leg and crutch(es)
- If NWB, hop on to step with unaffected leg followed by crutch(es) and affected leg

### Going Downstairs

- Hold hand rail with one hand and one crutch in the other hand
- Hold second crutch horizontally with first crutch
- If NWB, place crutch(es) on step below keeping affected leg in front, then hop carefully down on unaffected leg
- If PWB, place crutch on step below followed by affected leg
- Then step down with unaffected leg



### Posture

- Maintain an upright posture when walking or hopping
- Avoid stooping or leaning heavily to one side

### Keep Safe

- Take care when walking or hopping on uneven surfaces
- Remove or avoid obstacles e.g. loose rugs
- Avoid wet floors, worn floor coverings
- Avoid outdoor hazards e.g. wet leaves and ice
- Wear supportive shoes and avoid trailing clothing
- Ensure adequate lighting

**If your needs change:** Please contact Adult and Childrens Helpdesk on:  
**01452 426868 (Adult) 01452 426565 (Childrens)**

Gloucestershire Community Equipment Service

## How to use your frame

The Community Equipment Service provides equipment for Gloucestershire residents to remain in their own homes, achieving and maintaining independence in daily living tasks and to support carers. The service is contracted to and supplied by GIS Healthcare.

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### How to care for your walking frame

- Check your frame feels stable
- Check tread on rubber feet for wear
- Check frame for wear and tear
- Wash with hot soapy water from time to time
- Do not leave your frame outside to avoid weather damage
- Replacement rubber feet (ferrules) can be purchased at many high street outlets

### How to use your walking frame

#### Standing up



- Position frame in front of you
- Push up from the arms of the chair or surface of bed
- Place your hands on to the frame handles one at a time
- Make sure you feel balanced before moving off

#### Sitting Down



- Ensure you can feel the chair with the back of your legs before sitting down
- Place your hands on the chair arms one at a time
- Bend slightly forward and sit down gently

## Walking

- Lift or push the frame one step ahead
- Step towards frame with affected leg first
- Step past with unaffected leg
- When steady, lift or push the frame forward again
- Do not walk too close to the front of the frame



## Keep Safe

- Apply body weight evenly on frame
- Ensure all four legs of frame are on the ground when stepping
- Avoid using on uneven surfaces
- Remove or avoid obstacles e.g. loose rugs
- Avoid wet floors, worn floor coverings
- Avoid outdoor hazards e.g. wet leaves and ice
- Wear supportive shoes and avoid trailing clothing
- Ensure adequate lighting
- Do not use frame on stairs

## Posture

- Maintain an upright posture when walking
- Avoid stooping

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Gloucestershire Community Equipment Service

## How to use your sticks

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### How to care for your walking sticks

- Check your stick feels stable
- Check tread on rubber foot (ferrule) for wear
- Check stick for wear and tear
- Wash with hot soapy water from time to time
- Do not leave your stick outside in order to avoid weather damage
- Replacement rubber feet (ferrules) can be purchased at many high street outlets

### How to use your walking stick

#### Standing up



- Holding stick(s) place hands on arms of chair or edge of bed
- Push up from the arms of the chair or surface of bed

- Stand upright with sticks slightly apart
- Make sure you feel balanced before moving off

#### Sitting Down



- Ensure you can feel the chair with the back of your legs before sitting down
- Place your hands on the chair arms
- Bend slightly forward and sit down gently

#### Walking

- If only using one stick it should be held in the hand opposite to the affected leg
- If using one stick, lift stick forward and place slightly out to side



- At same time step forward with affected leg
- Then step with unaffected leg and repeat
- If using two sticks, place them forward and step with affected leg first, then step passed with unaffected leg
- When steady lift stick(s) forward again



## Posture

- Maintain an upright posture when walking
- Avoid stooping or leaning heavily to one side

## Keep Safe

- Take care when walking on uneven surfaces
- Remove or avoid obstacles e.g. loose rugs
- Avoid wet floors, worn floor coverings
- Avoid outdoor hazards e.g. wet leaves and ice
- Wear supportive shoes and avoid trailing clothing
- Ensure adequate lighting

## Going upstairs

- Hold hand rail if available
- Place unaffected leg up on to step first
- Then step up with affected leg and stick at same time



## Going Downstairs

- Hold hand rail if available
- Place affected leg and stick on to lower step at same time
- Then step down with unaffected leg



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