

## **All-Terrain Rollator Walker Health & Safety Information**

The All-Terrain Rollator is designed to navigate challenging off-road terrain, soft sand, mud, gravel, grass, and cobblestones (plus road and concrete). While experiencing the great outdoors, the wider polyurethane wheels will create a more stable base to walk with. It is important to use this aid correctly using the instructions below.

### **Failure to adhere to the following safety precautions could result in serious injury**

- Maximum weight of users is 120kgs
- Open the rollator completely ensuring the seat is laying down
- Check the handle bar heights and brake tension and adjust as needed before you use it
- Keep your hands on the hand grips
- Move the rollator steadily; do not push the rollator too far away that you lose your balance
- To slow down or stop, squeeze both the handbrakes at the same time. Do not squeeze just one of the handbrakes
- To keep the rollator from rolling, press down on both the handbrakes until they click into place. To allow the rollator to roll again, pull up on both of the handbrakes slightly to disengage them
- Push handbrakes down to lock wheels
- When sitting, make sure the rollator is on hard, level surface to prevent tipping
- Lock brakes before sitting on the seat by pressing down on both of the handbrakes until they click into place
- Back into the rollator slowly until the back of your legs touch the seat
- Grasp handles firmly and sit on the seat
- Do not lean against the backrest while seated
- To stand up, make sure the handbrakes are still locked down, grasp the hand grips firmly, and use your arms to help yourself to stand

## **Protect yourself**

Be sunsmart. Remember to **slip** on clothing, **slop** on sunscreen, **slap** on a hat, and **wrap** on some sunglasses if:

- You are outside in the warmer months between September and April, (especially between 10am and 4pm)
- You are exploring the mountains, on water, around reflective surfaces like snow, ice, concrete and sand (year-round)
- You have a health condition (such as autoimmune disorder, organ transplant recipients), or are taking medicines (such as antibiotics) that make you sensitive to the sun

Enjoy your time exploring our beautiful district in the all-terrain rollator walker!