



# HIRE EQUIPMENT SAFETY GUIDE

## Walking Frame

### PURPOSE

A walking frame provides support to assist people who have difficulty walking due to balance problems, pain or injury.



### FEATURES

- Height adjustable to suit the individual's requirements
- Lightweight aluminium construction
- Folds flat for easy storage and transportation
- Soft handles for comfort and grip
- Anti-rattle silencers.
- Available in different SWL and widths

### INSTALLATION / SETUP

To adjust the leg or handle length, push in the adjustment button to slide the internal leg piece up or down to the appropriate notch. Check that all adjustment buttons are fully protruding when finished. Standing up—Always push up from the surface you are sitting on. Never pull up on the frame or it will tip back and may cause injury. Once standing, place each hand on the handgrips.

Sitting Down—Turn with the frame until the chair or bed is touching the back of your legs. Reach back with your hands to the arm rests on the chair or bed and sit down in a controlled manner.

### SAFETY PRECAUTIONS

- Never use a frame to go up stairs. If you have stairs a second frame will be provided for upstairs
- Never use your walking frame to pull you up into standing as it may tip over.
- For safety, have someone help you until you have gained your balance and confidence.
- Walk at a safe, comfortable pace and do not turn too quickly.
- Be careful when walking over uneven or wet ground. ☒ Wear well fitting, comfortable flat shoes with non-slip soles.

### MAINTENANCE

To clean – wipe with a mild detergent. Check regularly for;

- Bent or damaged tubes
- Cracks at the tube joints
- Loose or worn buttons
- Loose screws or fasteners
- Elongated adjustment holes
- Loose handles
- Smooth, worn or split rubber tips