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NRS Healthcare P23049

NRS Healthcare Freestyle 3 Wheel Rollator

USER INSTRUCTION MANUAL

Model: P23049

Introduction

This manual provides essential information for the safe and effective use, assembly, maintenance, and troubleshooting of your NRS Healthcare Freestyle 3 Wheel Rollator. Please read this manual thoroughly before using the product and retain it for future reference.

The NRS Healthcare Freestyle 3 Wheel Rollator is designed to provide mobility support for individuals requiring assistance with walking. Its lightweight design and maneuverability make it suitable for both indoor and outdoor use.

Safety Information

WARNING:

- Ensure all parts are securely assembled and adjusted before each use.
- Always engage the brakes when standing still or transferring to and from the rollator.
- Do not exceed the maximum user weight of 115 kg (18 stone).
- Do not use the rollator on escalators or uneven surfaces without extreme caution.
- Regularly inspect the brakes, wheels, and frame for wear or damage. Discontinue use if any damage is found.
- The bag capacity is 5 kg. Do not overload the bag, as this may affect stability.

Package Contents

Upon opening the box, please verify that all components are present and undamaged:

- 1 x NRS Freestyle 3 Wheel Rollator (main frame with wheels and handles)
- 1 x Clip-on/off storage bag
- Instruction Manual

Assembly and Setup

Unfolding the Rollator

The rollator comes pre-assembled and folded. To unfold it:

1. Place the folded rollator on a flat, stable surface.
2. Gently pull the handles apart until the frame fully extends and the locking bar clicks into place. Ensure the frame is fully open and stable before proceeding.



Figure 1: Unfolding the rollator. The image shows a person holding the handles of the rollator, which is in a partially folded position, indicating the action of opening it for use.

Attaching the Storage Bag

The rollator includes a removable clip-on/off storage bag:

1. Locate the attachment points on the rollator frame, typically near the handles.
2. Align the clips on the bag with these points and press firmly until they secure into place.
3. For added security, ensure the popper loop on the bag is fastened around the frame.



Figure 2: Rollator with attached storage bag. This image provides a clear front view of the rollator, highlighting the design and the integrated storage bag.

Adjusting Handle Height

Proper handle height is crucial for comfort and stability. To determine the correct height:

1. Stand upright with your normal shoes on, feet shoulder-width apart, and arms relaxed at your sides.
2. Have another person measure the distance from the floor to your wrist bone. This is your ideal handle height.
3. Adjust the rollator handles by pressing the adjustment buttons and sliding the handles up or down until they align with your wrist height. Ensure both handles are at the same height and securely locked in place.

The handle height is adjustable between 82 cm (32.25 inches) and 92 cm (36.25 inches).



Figure 3: Measuring for correct handle height. This diagram illustrates how to measure the appropriate handle height for a user, showing the measurement from the floor to the wrist.

Operating the Rollator

Walking with the Rollator

Push the rollator slightly ahead of you, maintaining a comfortable distance. Walk into the rollator, keeping your body upright and centered. Do not lean too far forward or backward.



Figure 4: User walking with the rollator outdoors. The image shows a user comfortably walking with the rollator on a lawn, highlighting its maneuverability.



Figure 5: User walking with the rollator indoors. This image depicts a user navigating the rollator within a kitchen, demonstrating its compact design for indoor spaces.

Braking System

The rollator is equipped with lockable cable brakes for safety:

- **To slow down:** Gently pull the brake handles upwards towards you. Release to disengage.
- **To lock the brakes:** Push both brake handles downwards until they click into the locked position. This will prevent the rollator from moving.
- **To unlock the brakes:** Pull the brake handles upwards until they release from the locked position.



Figure 6: Engaging the brake. This close-up shows the brake lever and wheel, indicating how the brake is applied.

Folding for Transport or Storage

To fold the rollator for easy transport or storage:

1. Ensure the brakes are unlocked.
2. Push the bar located at the front of the rollator frame forward. The rollator will collapse inwards.
3. Once folded, the unit can be easily lifted and stored.



Figure 7: Folded rollator. This image displays the rollator in its compact, folded state, ready for transport or storage.



Figure 8: Handling the folded rollator. The image shows a user holding the folded rollator, emphasizing its lightweight and portable nature.

Maintenance and Care

- **Cleaning:** Wipe the frame and wheels with a damp cloth and mild detergent. Do not use abrasive cleaners. The storage bag can be removed and wiped clean.
- **Inspection:** Regularly check all nuts, bolts, and screws to ensure they are tight. Inspect the wheels for wear and tear. Check the brake cables for fraying or damage and ensure they operate smoothly.
- **Storage:** Store the rollator in a dry place, away from direct sunlight and extreme temperatures.

Troubleshooting

Problem	Possible Cause	Solution
Rollator does not unfold completely.	Locking bar not engaged.	Ensure the frame is fully extended until the locking bar clicks into place.
Brakes are not engaging or are too loose.	Brake cable adjustment needed or cable damage.	Consult a qualified technician for brake adjustment or replacement. Do not use if brakes are faulty.
Rollator feels unstable.	Handles not at equal height or loose connections.	Verify both handles are locked at the same height. Check all frame connections for tightness.

Specifications

Feature	Detail
Model Number	P23049
Colour	Champagne Gold
Material	Aluminium
Rollator Weight	5 kg (11 lb)
Maximum User Weight	115 kg (18 stone)
Handle Height Adjustment	82 - 92 cm (32.25 - 36.25 Inch)
Unfolded Dimensions (W x D x H)	56 x 68 x 82-92 cm (22 x 26.75 x 32.25-36.25 Inch)
Folded Dimensions (W x D)	67 x 27 cm (26.25 x 10.5 Inch)
Wheel Size	19 cm (7.5 Inch)
Bag Capacity	5 kg (11 lb)

Warranty and Support

For warranty information and customer support, please contact NRS Healthcare directly or refer to the product packaging for specific details.

NRS Healthcare Contact Information:

- Website: www.nrshealthcare.co.uk
- Please refer to their website for the most up-to-date contact details and warranty terms.