



# STRIDE ADJUSTABLE

Seat Walker

## USER MANUAL



Congratulations and thank you for choosing this  
Aspire Stride Adjustable Seat Walker.

This user manual contains a description of the product  
and important guidelines to ensure correct and safe use.  
It is important to read this manual carefully prior to use.

**It is especially important to read the safety  
requirements and follow these.**


Aidacare continuously improves products and reserves  
the right to change the specifications and functions of  
products without notice.

If you have any queries please  
contact your dealer or Aidacare directly.

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 This product features the CE mark, in compliance with the Medical Devices Regulation 2002 (as amended) Class 1, and the Medical Device Regulation 2017/745

 This product Features the UKCA mark, in compliance with Part II UK MDR 2002 (as amended) Class 1.

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Due care has been taken to ensure all the information contained in this user manual is correct at the time of printing. All measurements, pictures, colours and weight capacities are to be used as a guide only. We reserve the right to modify the design or appearance of any product displayed in this user manual without prior notice.

## 1. INTENDED USE

Aspire Stride Adjustable Seat Walkers are specifically designed for individuals who, due to a wide variety of reasons, require additional support while walking. This walker is designed for indoor and limited outdoor use. When used outdoors this walker must remain on sealed, level terrain (examples include but are not limited to shopping centres, medical centres, flat and level footpaths, and environments with accessibility-focused layouts. Any other usage outside of the intended use is not advised.

## 2. PRODUCT DESCRIPTION

Aspire Stride Adjustable Seat Walkers are four-wheeled, lightweight walkers with a SIDE-folding frame. The product is made from aluminium, so it is light and easy to store or transport. These walkers offer great manoeuvrability, stability, and have handles that are height adjustable to suit many user heights. They are equipped with a soft seat, supportive backrest and weatherproof shopping bag allowing the user to rest or carry small items underneath.

## 3. SYMBOLS USED IN THIS MANUAL

The symbols below are used throughout this user manual and on the product to identify warnings and important information. It is very important for you to read them and understand them completely.



WARNING

**WARNING!** Indicates a potentially hazardous condition/situation. Failure to follow designated procedures can cause either personal injury, component damage or malfunction. On the product, this icon is represented as a black symbol on a white triangle with a black border.















**ALWAYS!** These actions should be performed as specified. Failure to perform mandatory actions can cause personal injury and/or equipment damage. On the product, this icon is represented as a white infinity symbol on a black dot with a white border.



**DO NOT!** These actions are prohibited. These actions should not be performed at any time or in any circumstances. Performing a prohibited action can cause personal injury and/or equipment damage. On the product, this icon is represented as a white symbol with a black circle and black slash.

## 4. SYMBOLS USED ON THE PRODUCT

	<b>aspire STRIDE ADJUSTABLE WALKER</b>	<b>EC REP</b>	<b>European Healthcare &amp; Device Solutions (Ireland)Ltd.</b>
	WAF750140	Stratton House, Bishopstown Road, Cork T12 Y9TC Ireland info@europeandevicesolutions.eu	
			
<b>MAX WIDTH: 610mm</b>		<b>For indoor and outdoor use.</b>	
	<b>AUSTRALIA   Aidacare Pty Ltd</b>   ABN 40 134 398 833 Building 3A, 1 Moorebank Avenue, Moorebank NSW 2170 <b>1300 133 120</b>   product@aidacare.com.au		
	<b>UNITED KINGDOM   Aidacare Ltd</b>   Registration 13785408 Arcadia House, Maritime Walk, Ocean Village, Southampton SO14 3TL <b>01622 541235</b>   info@aidacare.co.uk		
	<b>MADE IN PRC</b> It is recommended that you have this product serviced every 12 months.		

Please note: Stickers are not shown to scale.



Product Code



UKCA Mark



Serial Number



Safe Working Load



Manufacturer



Read User Manual



Importer



Caution



Country of Manufacture



Medical Device



CE Mark



Authorised Representative  
in EU

## 5. WARNINGS

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WARNING

**WARNING!** This User Manual must be read before using the walker. The manufacturer does not take any responsibility for damage and/or injuries caused by the fact that the User Manual has not been followed.



WARNING

**WARNING!** The walker must not be used by users with serious difficulty balancing or whose muscle strength is too low to stand and walk, even with the extra support of a walker.



WARNING

**WARNING!** The decision to use a walker should always be guided by a qualified Health Care Professional, who can also advise and assist with the correct height adjustment and usage instruction.



WARNING

**WARNING!** After unfolding or assembling the walker, make sure the seat is locked and the frame is stable.



WARNING

**WARNING!** Failure to follow these warnings can result in personal injury.



WARNING

**WARNING!** Both handles should be adjusted to the same height.



WARNING

**WARNING!** Seek advice from a qualified health professional for the appropriate height level to suit your needs.



WARNING

**WARNING!** You should always engage the brakes when you don't want the walker to move.



WARNING

**WARNING! NEVER** leave the walker without the brakes engaged when someone is sitting on it.



WARNING

**WARNING! NEVER** leave the walker on a slope without the brakes engaged.



WARNING

**WARNING!** The rollator must not be pushed with force when the parking brakes are engaged or when the wheels are partially locked. This indicates and can cause wear and tear, impairing tyres, and brake quality.



WARNING

**WARNING!** When using the walker in a stationary position, the hand brakes **MUST** always be locked.



WARNING

**WARNING:** The Backrest is intended to provide back support while seated. The backrest is **NOT** intended to support full body weight. Refer to correct seating guide on page 12.



WARNING

**WARNING! ALWAYS** sit centrally on the walker, avoid leaning heavily in any direction as this may cause the walker to become unstable.



WARNING

**WARNING!** You should **NOT** sit (partly) above the shopping bag.



WARNING

**WARNING! ALWAYS** sit upright on the walker when resting your hands on the push handles.



WARNING

**WARNING! NEVER** propel yourself with your feet when seated on the walker. It is **NOT** designed or intended to be used as a transportation device.



WARNING

**WARNING! NEVER** allow another person to push you along while seated on the walker – it is **NOT** designed as a transportation device and is **NOT** a substitute for a wheelchair.



WARNING

**WARNING!** Product may become hot if left in direct sunlight or close to a heat source to metal frame.

## Safe Working Load (SWL)



## LIMITATIONS FOR USE



**DO NOT** exceed the safe working load of the Oslo Walker.

This walker is designed for use on flat-level surfaces. If encountering sloped or uneven terrain an alternative route should be sought.

- This walker is not designed to be foot-propelled while seated
- Ensure the walker is opened fully before use
- The brakes **MUST** be in the locked position **BEFORE** sitting on the seat
- Use the walker only within its Intended Use
- Use the walker only in good working condition
- **DO NOT** modify the walker
- **DO NOT** stand on the walker
- **DO NOT** use in place of a wheelchair or patient transport device

All wheels **MUST** be in contact with the ground at **ALL TIMES** during use.



**NOTE:** Fingers or other body parts can be trapped between the walker's parts during folding, unfolding or adjusting of the walker. Be extremely careful when adjusting the walker. Observe the dimensions of gaps between the walker's elements to avoid trapping your fingers or other body parts.

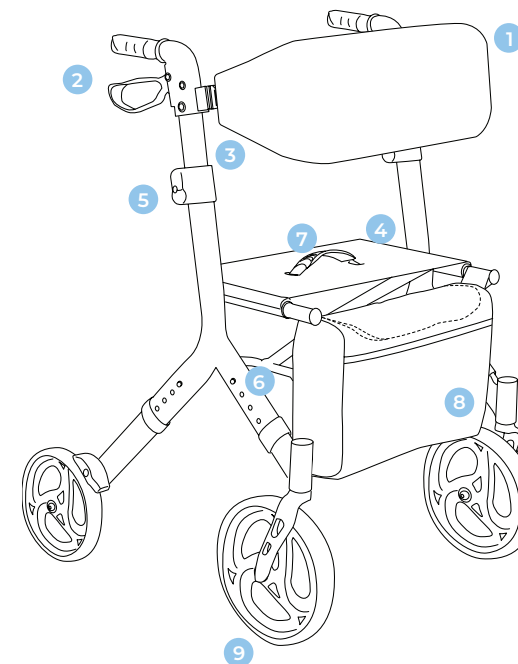
## 6. PRODUCT SPECIFICATIONS

Model	Overall Height	Overall Length	Overall Width	Seat Width	Seat Height	Backrest Height	Wheel size	Product Weight	Safe Working Load
	mm/in	mm/in	mm/in	mm/in	mm/in	mm/in	in	kg	kg/st
Stride Seat Walker	875-1050/ 35 - 41	700-820/ 31-34	620/ 25.5	460/ 18	530-590/ 21-23	345-470 13-18	Front- 10" Rear - 8"	7.8	135/ 21

## 7. LIST OF COMPONENTS

Aspire Walkers are supplied in boxes and come folded, for easier transportation. Refer overleaf for box components.

### STRIDE ADJUSTABLE WALKER



1	Padded and supportive backrest
2	Push handle and soft touch brake lever
3	Height adjustable profile
4	Soft seat
5	Height adjustment locking mechanism
6	Folding cross bar
7	Handle (Facilitates Folding)
8	Weatherproof shopping bag
9	Ultra soft-ride wheels for all terrain

## 8. INSTRUCTIONS FOR USE

### 8.1 INITIAL CHECK

In the first instance remove the walker from the box and check the contents (using the picture below) to ensure nothing is missing. If you discover any component is missing or damaged do not continue to assemble the product. Contact Aidacare or your Aspire dealer immediately.

#### BOX CONTAINS

- 1 Padded backrest
- 2 Front castors (x2)
- 3 Shopping Bag
- 4 Main frame, rear castors (x2) w/brakes and padded seat
- 5 Allen key set



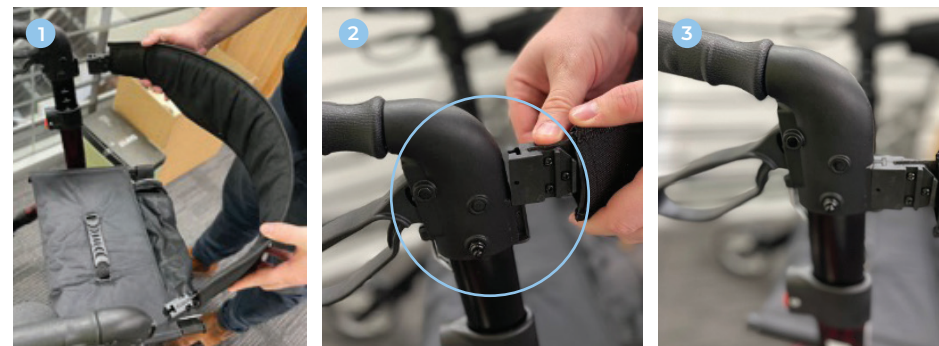
### 8.2 UNFOLDING ROLLATOR

1. Remove the walker from the packaging and insert all 4 legs in. Ensure all 4 legs are of the same height so that the walker is stable when it contacts the floor.
2. While gripping the handlebars, push outward until the walker is fully open.
3. Once the walker is open, push firmly on both sides of the seat to flatten it. When the seat is completely flat, an audible click will be heard.



### 8.3 BACKREST ASSEMBLY

1. Align backrest with receiver mounts on handle tubes.
2. Push down and slide the backrest into place on both sides.
3. Screw in the handbolts from the inside making sure they are properly secured and that you cannot shift the backrest anymore.



### 8.4 FOLDING THE WALKER

1. Pull the handle (7 in the list of components) upwards. (If the backrest (1 in the list of components) gets in the way, slightly push it to clear way for the handle to be pulled upwards.)
2. Push seat tubes together until the tubes are touching each other.



### 8.5 HANDLE HEIGHT ADJUSTMENT

1. Press and hold red button in an downwards direction
2. Adjust handle height, ensuring both sides are even
3. Release the red button once handle height is adjusted, the armrest will self-locate and lock in place





## 8.5 SEAT HEIGHT ADJUSTMENT

1. Push and hold the spring located on the outside of the rear leg.
2. While holding the button, pull the leg outwards to increase the seat height from the floor, or push it inwards to decrease the height.
3. Release the button and check that it fully pops out of the hole. Repeat steps 1 to 3 for the other legs so that all four legs are at the same height.

**Note:** All legs **MUST** be set to the same height to keep the frame stable and ensure all four wheels touch the ground.



## 8.6 USING THE HAND BRAKES

- To stop the walker, activate the brakes by pulling the brake handles towards the hand grips.
- To start moving again, release the brake handles. They will drop down automatically and the brakes will be released.



## 8.7 LOCKING/UNLOCKING THE HAND BRAKES

- To lock the brakes push the brake handles down until you hear an audible “click”.
- To unlock the brakes pull the brake handles up until you hear an audible ‘click’.



## 8.8 SHOPPING BAG FITMENT

Slide in the loops of the bag onto the rear bars of the seat.



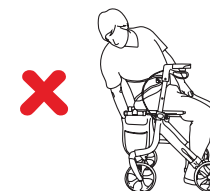
## 8.9 SITTING ON THE WALKER

- Ensure the hand brakes have been activated.
- While holding onto the handles turn with your back facing the seat and pull the walker towards you until it can be felt against the backs of your legs.
- Slowly and carefully lower yourself onto the seat.

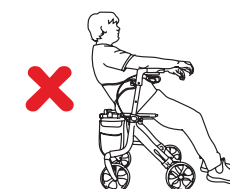
## CORRECT SEATING GUIDE



**DO NOT** sit on backrest.



**DO NOT** reach into bag while seated.



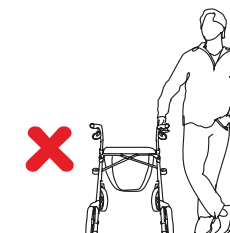
**DO NOT** slouch on backrest.



**DO NOT** reach/lean behind while seated.



**DO NOT** reach/lean sideways while seated.



**DO NOT** lean on one side of the walker as a support aid.



**WARNING**

**WARNING:** The Backrest is intended to provide back support while seated. The Backrest is **NOT** intended to support full body weight.





**WARNING!** Avoid reaching or leaning outside the walker frame and base of support. To ensure the upright stability of the walker, never reach/lean for objects as this changes the centre of mass and may cause the walker to tip over in the direction of reaching/ leaning or cause damage to the walker frame. This warning relates to reaching/ leaning in any direction outside the perimeter of the walker.



**WARNING!** Seat Walkers are not designed or safe to be used as standing aids from chairs or beds.

**NOTE:** Walker shown is for illustrative purposes only, and may differ from model supplied.

### 8.10 HOW TO ADJUST THE BRAKE

1. Hold the screw housing firmly.
2. Adjust the brake by pressing down on the screw housing and turning it clockwise or anti-clockwise.



## 9. CARE, MAINTENANCE & CUSTOMISATION

### CLEANING INSTRUCTIONS:

- Clean the walker regularly with a damp cloth.
- Use a mild washing agent and warm water for excess dirt build up.
- DO NOT use harsh abrasives or bleach based agents which may cause damage or discolouration.
- Dry with a soft cloth.

### WHEELS

- Clean wheels with a mild washing agent and warm water. Remove hair and other dirt from axles.
- Lubricate with multi-purpose oil periodically or if wheels begin to squeak.

### MAINTENANCE

- Ensure that every part of the walker is secure at ALL times.
- Check all screws for tightness. If not, tighten if necessary.
- Replace any broken, damaged or worn items immediately.

### MAINTENANCE SCHEDULE

Weekly	<ul style="list-style-type: none"> <li>• Check brake function</li> <li>• Check all wheels are secure</li> <li>• Check all fastenings such as nuts, bolts and hinges are fastened correctly and functioning normally</li> </ul>
Periodically	<ul style="list-style-type: none"> <li>• Check handgrips for wear</li> <li>• Check frame bolts are secure</li> <li>• Check folding hinge bolts are secure</li> <li>• Check front and rear axle bolts are secure</li> <li>• Check for wear or cracks</li> <li>• Check wheels for splitting or damage</li> <li>• Check seat upholstery for wear and seat base for cracks and that it is secured to frame</li> </ul>
Yearly	<ul style="list-style-type: none"> <li>• Take your walker to an authorised repairer for a full check, clean, service and lubrication of all moving parts</li> </ul>
Serviceable Components	<ul style="list-style-type: none"> <li>• Wheels</li> <li>• Bag</li> <li>• Hand grips</li> <li>• Brake Cables</li> <li>• Seat</li> <li>• Brake Handles</li> <li>• Bearings</li> <li>• Nuts and Bolts</li> </ul>

### CUSTOMISATION

All walker customisation, modification and or alterations made to this product are considered as “custom” changes. They may cause the product to no longer meet safety standards and should be considered prior to commencement.

Any custom modification of the walker is not warranted by Aidacare and will void the warranty.



## 10. WARRANTY

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### 1 YEAR WARRANTY

This product comes with a warranty of 12 months. Consumable parts (brake pads, castors, and upholstery) carry a 1-year warranty against manufacturer defect only and do not cover wear and tear through use.

## 11. COMPLIANCE

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Aidacare walkers are manufactured and independently tested to the market-relevant compliance standards.

Labels on the walkers address compliance requirements and users should familiarise themselves with these certificates.

## 12. RECYCLING INFORMATION

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Aspire Walkers are made from metal and plastic components. The chair can be recycled via standard processes in your city of use.

## 13. MANUFACTURER, EU REPRESENTATIVE AND IMPORTER DETAILS

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If you have any questions, you can contact:



### Manufacturer:

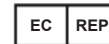
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1300 133 120 | [product@aidacare.com.au](mailto:product@aidacare.com.au)



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[info@europeandevicesolutions.eu](mailto:info@europeandevicesolutions.eu)



### Importer:

**Aidacare Ltd**

Registration 13785408

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01622 541235 | [info@aidacare.co.uk](mailto:info@aidacare.co.uk)

[illegible]

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