

# **GUARDIAN<sup>®</sup>**

Family-owned. Trusted by hospitals for over 50 years.



## **Rollator**

### **USER INSTRUCTIONS AND WARRANTY** **Weight capacity 300 lbs (136 kg)**



Not made with natural rubber latex.

**LIFETIME**  
LIMITED  
WARRANTY

REF | MDS86870ANB

## Safety Instructions

To ensure your safety in using the Medline rollator, the following safety information and all instructions must be followed.

### GENERAL WARNINGS AND CAUTIONS:

- ⚠ **DO NOT use this product without first reading and understanding the instructions contained in this manual.** If you are unable to understand the warnings, cautions, or instructions, contact a healthcare professional, dealer, or technician before use. Failure to do this may result in bodily injury or damage to the device.
- ⚠ **DO NOT** self-propel the rollator while seated.  
Rollators are intended for individual use only and are **NOT TO BE USED AS A WHEELCHAIR.** Serious injury to the user and/or damage to the rollator's frame or wheels may result from improper use.
- ⚠ **DO NOT** use the rollator to walk backwards, down gradients or to climb stairs, curbs, or to go over obstacles. Serious risk of fall or injury may occur.
- ✓ **CAUTION:** The backrest is not intended to support full body weight. Avoid leaning while sitting as this may result in a fall. Use **EXTREME** caution when shifting weight while seated against the backrest. This may cause the rollator to tip.
- ✓ All wheels must be in contact with the floor and/or ground at **ALL TIMES.** This will ensure the rollator is properly balanced.
- ⚠ **DO NOT** exceed the maximum weight capacity (including bag contents) or serious injury could result:  
**Maximum weight capacity: 300 lbs (136 kg)**
  - Items should be placed completely in the tote bag and should not protrude. Excess weight may cause the rollator to tip, resulting in bodily injury or rollator damage.
  - The tote bag located under the seat has a weight limitation of 10 lbs (4.5 kg).
- ✓ Before each use make sure the rollator frame is fully and securely opened.
- ✓ Periodically wipe down the rollator with a soft cloth and non abrasive cleaner.

### SEAT WARNINGS:

- ⚠ The brakes **MUST** be in the locked position **BEFORE** sitting on the seat.
- ⚠ **DO NOT** sit on the rollator while it is being loaded into a vehicle or while it is being transported in a vehicle.
- ⚠ **DO NOT** use the seat to transport people or objects.
- ⚠ **DO NOT** sit on the seat when the rollator is on an incline.
- ⚠ The rollator was designed to be used as a walking aid. **DO NOT** use the rollator in a manner that could cause personal injury; such as a scooter, a knee walker, or a jumping/hopping aid.
- ⚠ **DO NOT** stick fingers or hands near the seat slide. Be careful when folding up and unfolding the rollator. Make sure that clothing and body parts are not pinched between the folding parts of the rollator.
- ✓ Observe the minimum insertion depth of the handholds.
- ✓ Each brake affects only one wheel.
- ✓ Do not use aggressive or caustic detergents to clean the rollator!
- ✓ Check that the rollator is fully intact each time before using it. Check that the brake is working.
- ✓ The surfaces of the rollator can heat up when exposed to direct sunlight. There is a risk of injury.

## BRAKE WARNINGS:

- ⚠ Check the brakes for proper operation. Make sure that all parts are secure and that the moving parts are in good working order.
- ⚠ Wheels should roll easily and not wobble.
- ⚠ When rising from a lower position, **DO NOT** use the rollator to provide assistance to the user. If the rollator is used to pull the user up to a standing position, the rollator may move even if the brakes are in the locked position and this could result in a fall.
- ⚠ **DO NOT** push the rollator while brakes are enabled. Brakes are to be used to keep the wheels from rolling. However, it may not prevent the rollator from moving if it is pushed.

## Indications / Contraindications

- The rollator supports mobility impaired users to walk, at home, for shopping or walking outdoors.
- The seat allows the user to rest during longer periods of walking.
- Please use the rollator on a level and firm surface.

## Contents

Examine all parts for shipping damage. **DO NOT** use the rollator if there is apparent damage or if any parts (other than the bag) are missing. If there are missing or damaged parts, please call Medline Customer Care toll free at 1-800-MEDLINE.

After receiving the goods, please check the contents for completeness right away.

The content consists of:

- Outer package
- Rollator pre-assembled
- Instruction manual
- Bag

## Summary

Product overview (Fig. 1)



Figure 1

## Assembly/adjustments

### 1. Unfolding

- Position the rollator in the travel direction.
- Release the locking brakes (see sec. 4.5.).
- Press the frame tubes of the seat downward to unfold the rollator (Fig. 2). Make sure the tubes are aligned properly and snap into

**CAUTION:** Keep hands on the top of the seat and way from moving parts.



Figure 2

### 2. Folding

- Activate the locking brakes.
- Hold the rollator firmly with one hand on the handle. With your other hand pull the grip on the seat upward (Fig. 3).
- When doing so you must overcome the resistance of the locking device.



Figure 3

### 3. Attaching the bag

- The rollator is unfolded. Activate the locking brakes.
- Position yourself against the travel direction in front of the rollator.
- The bag can be inserted from above in the guide rails on the left and right on the rollator (Fig. 4).



Figure 4

### 4. Adjusting the push handles

- Now adjust the push handles so that they are located at the height of your wrists. Select the nearest hole in the push tube.
- The rollator is unfolded. Activate the locking brakes.
- Hold the push handle firmly with one hand. With the other hand, activate the locking device (Fig. 5).
- Move the push handle to the desired height until it latches audibly.
- Repeat this procedure on the other side.
- Check to make sure that both the push handles are at the same height and locked prior to use.



Figure 5

### 5. Adjusting / activating the brakes

#### **Service brake**

To activate the service brake, pull both handbrake levers upward on the push handles upward (Fig. 6). Service and locking brake act on the fixed wheels.

#### **Locking brake**

- Press down on both brake levers to activate the locking device (Fig. 7).
- To release the locking brake pull both brake levers back into middle position.



Figure 6

## Adjusting the brakes

We recommend adjusting the brakes together with your specialist dealer. The brake is set properly, if the brake pins do not touch the wheel and the locking brake can be activated easily.

- Loosen the locknut (Fig. 8, arrow) so the adjustment nut can turn.
- Now turn the wide adjustment nut further inwards or outwards to increase or decrease the braking effect.
- Retighten the locknut.
- Repeat the procedure on the other brake if necessary.
- Check the brakes for proper operation. Make sure that all parts are secure and that the moving parts are in good working order prior to each use.



Figure 7



Figure 8

## 6. Attached the backrest

The rollator is unfolded. Activate the locking brakes.

Slide each side of the backrest into the slots attached to the backside of the rollator's handle assembly. Tighten the screws ensuring the backrest is kept in place.



Figure 9

## 7. Wheels

The wheels can be removed individually. That can be useful, e.g. if you want to transport the rollator in a car. This makes it easier to stow the rollator.

Press the pushbutton in order to remove the wheels (Fig. 9 and Fig.10). This releases the lock, and you can pull the wheel off without difficulty.



Figure 10

## 8. Tipping aid

The tipping aid is intended to make it easier for users to overcome curbs and small obstacles.

Step on the tipping aid with your foot (Fig. 11) and at the same time pull on the push handles. The front wheels lift slightly off the ground and with a little force you can push the rollator slightly past the obstacle



Figure 11

## Use

### Walking

Make your first attempts to walk with the rollator on a level, firm surface

Familiarise yourself with the function of the brakes. Let someone accompany you during this initial period.

- Place yourself in the rollator so that your ankles are at the height of the rear wheels.
- Stand with good posture.

- Grasp the push handles with both hands and your arms bent at a slight angle.

When walking with the rollator try to stay as close as possible with the body to the push handles. This increases the stability and safety against tipping over; in addition, avoid a crooked back. Try to generally walk in the rollator and not behind it. Take small steps and do not push the rollator too far ahead.

Go around obstacles whenever possible. Try to use ramps or take lifts. If this is not possible, the rollator must be carried over the obstacle. Find a second person to help you do this, if possible.

### ***Lifting points***

You can lift the rollator on the grips or frame sections, in order to carry it over obstacles or steps.

## **Technical data**

### ***Dimensions and weights***

Type:	Lightweight rollator
Height (height of push handles):	34.25 in - 38.19 in
Seat height:	21.26 in
Weight:	13.67 lbs including bag
Max. load:	300 lbs (136 kg)
Max. load of bag:	10 lbs (4.5 kg)

- Including bag and cane holder
- Anatomically shaped handles
- Combined operating and locking brake
- Non-rotating handholds

## **Maintenance tips for users**

### **1. Cleaning and disinfection**

- The frame and the paneling of the rollator can be cleaned with a moist cloth. You can use a mild detergent for more stubborn dirt.
- The wheels can be cleaned with a wet synthetic fiber brush (do not use a wire brush!)
- Push handles, arm pads, and seat and back pads can be washed off. Use a mild detergent.

## **2. Rollator check by the user**

### **2.1. Brake Inspection**

DO Not use if the brakes are not functioning properly.

Make sure your brakes are operating properly before each use.

It should not be possible to push the rollator away while the brakes are activated.

The rollator should be easy to drive without grinding noises and with good direction stability when the brakes are released.

If you notice unusual behaviour when braking, inform your qualified mobility dealer immediately and do not use the rollator.

## 2.2. Checking the wheels

Check whether the wheels are intact every time before using.

If the wheel is damaged, take the product back to the authorized dealer or contact Medline Customer Care toll free at 1-800-MEDLINE.

## Maintenance tips for retailers

We recommend that the brakes of the rollator be inspected by the mobility dealer every six months.

If faults or defects at the rollator are found, it must be returned to the dealer for repair immediately.

The dealer can receive the required information and documentation for repair and service on request. Call Medline Customer Care toll free at 1-800-MEDLINE.

## Storage/shipping

If the rollator is to be stored or shipped, it is advisable to retain the original packaging.

To simplify the storage and shipping, the handles, wheels and bag can be removed (Fig. 12).



**Figure 12**

## LIMITED WARRANTY

Your Medline product is warranted to be free of defects in materials and workmanship for the duration of use by the original purchaser. This device was built to precise standards and carefully inspected prior to shipment. This limited warranty is an expression of our confidence in the materials and workmanship of our products and assures years of convenient, dependable service. In the event of a defect covered by this warranty, we will, at our option, repair or replace the device. This warranty does not cover device failure due to owner misuse or negligence, or normal wear and tear. The warranty does not extend to non-durable components, such as rubber accessories, casters and grips, which are subject to normal wear and replacement.

Limited lifetime Warranty on Frame, 6 months on:

HAND BRAKES

BRAKE CABLES

PUSH-BUTTONS

BACKREST

BRAKES

UPHOLSTERY

WHEELS (FRONT AND REAR)

MEDLINE BAG

ALL OTHER Replaceable PARTS.

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**GUARDIAN**<sup>®</sup>



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