

## Warranty information

This Trulife product is warranted to be free from manufacturing and design defects for 12 months from the date of purchase.

In the unlikely event your product develops a fault, please contact your supplier/dealer immediately.

This warranty does not cover device failure due to owner misuse or non-observation of the instructions set out in this manual. This warranty does not extend to non-durable components, such as rubber ferrules that are subject to normal wear and tear and need periodic replacements.

For further information on the warranty please go to the Trulife website at [www.trulife.com](http://www.trulife.com).

This file is available to view and download as a PDF at [www.trulife.com](http://www.trulife.com).

Sight impaired customers can use a free PDF Reader to zoom in and increase the text size for improved readability.

## Accessories

**Glide Discs – SMDG002 (pair):** For use with wheeled frames to help users walk on indoor surfaces such as carpet.

**Rubber ferrules – SMM055 (25mm Z Type):** Replacement ferrules are available from Trulife.

## Advice for reissue

If you plan to reissue this product, all components must be checked thoroughly to ensure they are safe. In addition to performing all the maintenance checks listed above:

- Rubber ferrules (tips) should be replaced.
- Any worn or damaged parts must be replaced.
- The device must be thoroughly cleaned.
- Any subsequent users of the device must be supplied with proper instructions for use.
- **If in doubt, do not reissue the device.**

**Trulife accepts no responsibility for the inspection and reissue of walking aids or for maintaining any records associated with these activities.**

## Disposal

Dispose of end of life products in accordance with local authority requirements.



Trulife Limited, 41 Amos Road,  
Sheffield S9 1BX, UK  
[www.trulife.com](http://www.trulife.com)



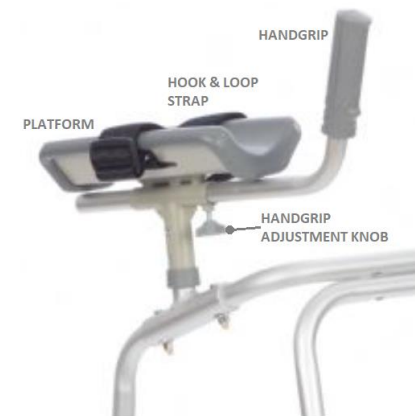
MDSS GmbH, 30175 Hannover,  
Germany



## Instructions for use

### Gutter Frames

| Code     | Height      | Height range |
|----------|-------------|--------------|
| SMM016   | Small       | 810-885mm    |
| SMM017   | Medium      | 900-975mm    |
| SMM018   | Large       | 1000-1075mm  |
| SMM018XL | Extra Large | 1075-1155mm  |



**PLEASE READ ALL INSTRUCTIONS  
BEFORE USE**



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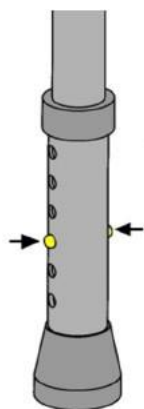
## Intended use

This device is designed to provide support, stability and mobilise people with walking difficulties and disabilities. This is a personal device and is manually operated by the user. This product is ideal for users who do not have the dexterity to use a standard handle.

A full assessment of the user's requirements by a physiotherapist or medical professional should be conducted before use to ensure the product can be used safely.

## Height adjustment

The height of the frame should be adjusted for each user for safety and comfort.



### Adjusting the height of the frame:

To ensure the frame is the correct height for the user, adjust as follows:

1. Push in the brass buttons on each side of the tube.
2. Turn the leg slightly.
3. Extend or retract the leg to the desired height.
4. Release the brass buttons.
5. Check the pins are fully located and the leg is securely locked in position.
6. Repeat for each leg, ensuring that the frame is level and stable.

**WARNING:** When using a non-wheeled frame, all legs should be set to the same height. For frames fitted with wheels, it is advisable to set the rear legs one position higher than the front wheels. This is to compensate for the increased height of the wheels at the front which can adversely affect the stability of the frame and the slope of the handles.

## Adjusting the gutter platforms

1. Open all the hook and loop straps and turn the handgrip adjustment knobs anti-clockwise to loosen.
2. Place forearm centrally on the padded platform and adjust the handgrip so that it can be gripped comfortably. Turn the adjustment knobs clockwise to tighten.
3. Repeat this process for both forearm units.
4. Rest forearm on the padded platform and hold the handgrips. Using your free hand, secure the hook and loop straps around your arm, ensuring your arm is secure and can slip in and out comfortably.
5. Repeat this process for the other side.

## Maintenance and regular checks

- The frame should be regularly inspected for signs of damage or wear and tear.
- Check the wheels and/or rubber ferrules have plenty of tread and are not unevenly worn.
- Check the handgrips are in good condition and secure with no signs of damage.
- Check the spring clips are fully protruding through the adjustment holes.
- Check the adjustment holes for distortion. These should be round, not oval.
- Check the tubing is not cracked or bent.
- To clean use a mild detergent and warm water.

**STOP USING THE DEVICE IMMEDIATELY IF YOU DISCOVER ANY LOOSE, WORN OR DAMAGED PARTS.**

## Using the walking frame

When the frame height and gutter platforms are correctly adjusted, the user should be able to maintain an upright posture with elbows at right angles to the forearms, resting on the padded platforms. In this way, body weight is taken through the frame by pushing down on the frame when walking.

Take care when storing or carrying the frame to avoid damage.

**Never exceed the maximum user weight limit of 160kg (25 stone).**

### Walking:

- Place the frame one step ahead and place all four legs on the floor.
- Step forward with the worst affected leg first, followed by the other leg. Do not walk too far into the frame area.
- When steady, lift the frame forward a short distance and repeat this process. If using a wheeled frame, push it forward a short distance and repeat this process.

### Using with chairs:

If using with a chair, ensure the chair has arms and a high seat.

- Position the frame in front of the chair.
- Get up by pushing on the arms of the chair and transfer your hand to the frame when fully standing.
- To sit down, using the frame, position yourself in front of the chair and feel the chair behind you with your legs.
- Place hands on the chair arms, bend slightly forward and sit down gently.