BIOS living™

Deluxe Folding Lightweight Walker with Wheels 56023

Thank you for purchasing the BIOS Living™ Deluxe Folding Lightweight Walker with Wheels.
Please review this manual before using the walker.

NOTE: The owner's manual was compiled from the most recent specifications and product information available at the time of publication. Thermor Ltd. reserves the right to make changes, which may cause slight variations between the illustrations and explanations in this manual and the product purchased.

⚠ **DO NOT** assemble or use this equipment without first reading and understanding this instruction manual.
Failure to apply the below cautions could result in injury.

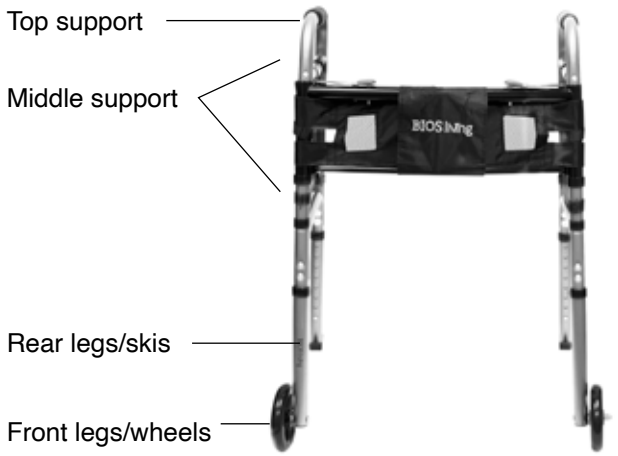
- **Do not** use on stairs or escalators.
- When turning around, roll the walker around you without twisting your back – you should always be facing the front of the walker.
- Always be aware of surroundings and obstacles i.e. – toys, electrical cords, throw rugs, etc.
- Stay upright as you move, this will help protect your back.
- Always step into the walker, rather than walking behind it.
- Be careful not to push the walker too far ahead of you.
- Avoid hurrying and taking large steps when you turn. Change directions slowly.
- Your walker is designed to hold a maximum weight capacity of 300 lbs/136 kg.
  Do not overload your walker.
- Consult your doctor or therapist if you need help maintaining your walker.



Parts

NOTE: Some units may come with the TOP and MIDDLE support frame fully assembled.
The walker requires no tools for assembly and the package will contain:

- 1 x Top support frame with contoured hand grips and two button folding mechanism
- 2 x Middle support frame
- 2 x Front legs with wheels
- 2 x Rear legs
- 2 x Walker skis
- 2 x Nylon side pouches
- 1 x Nylon front pouch



Assembly

- Remove all walker parts from packaging.
- Take the top support frame and open it fully by pulling outwards on both sides (it will 'click' into place and lock when fully opened). (Figure 1)
- Once the top frame has been fully opened, attach the middle support frame by inserting the ends into the base of the top support.

NOTE: The cross bar must be facing upwards. **(Figure 2)**

- With the middle support in place, insert the rear legs with skis into place. The metal buttons will 'click' and lock into place. (Figure 3)
- To adjust the height of the walker, remember to set all legs at the same pin holes to balance the walker. (Figure 3.1)
- Make sure the wheels are facing outwards away from the body of the walker (Figure 4). Follow the above instructions and insert the front legs with wheels.
- Attach the front and side bags by adjusting the Velcro® straps accordingly.



Figure 1



Figure 2

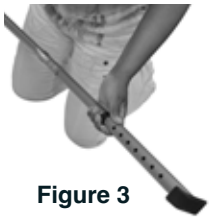


Figure 3



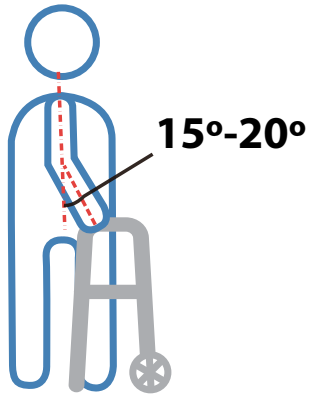
Figure 3.1



Figure 4
Facing outwards

⚠ The Right Fit

Make sure your walker is completely open before you walk with it and ensure the walker is locked in place and the frame is rigid. It is important that you adjust your walker to a height that is high enough to hold comfortably.



1. With your arms resting at your sides adjust the walker so that the handles are at the height of the wrist.
2. With your hand placed on the hand-grip, your elbow should be flexed 15˚- 20˚.
3. If you find that you have to stoop down or bring your arms up to reach the walker, adjust the legs to find the best height.

Walking With Your Walker

1. Place your hands equally on either side of the walker. This will distribute your weight evenly across the walker and make it safer for the walker to support you when you move.
2. Push the walker and move it in front of you a distance equal to one footstep, aligning the back legs of the walker with your toes.
3. Step into the frame of the walker with both feet, keeping both hands firmly on the walker's handgrips. Once you've completed a step this way, begin the next step by moving the walker forward again.

1 Year Warranty

The Deluxe Folding Lightweight Walker with Wheel has a 1 year warranty to be free of manufacturing defects in materials and workmanship under normal applications for the original owner. If this product becomes inoperable due to defect and requires correction, return the product with all component pieces and proof of purchase to the address listed below. This warranty does not cover any shipping/transport costs. This warranty does not apply if the product is subject to misuse, neglect, rough handling or damage.

Ship the unit prepaid and insured (at owners option) to:

Thermor Ltd.
Returns Department
16975 Leslie Street
Newmarket, ON L3Y 9A1
www.biosmedical.com
Email: support@biosmedical.com
Telephone: 1.866.517.2970

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