

CAREX[®]

ITEM# A22300 0000 / A61700 0000 / A62200 0000

Step N' Rest[®]



Please read all instructions before assembly or use.

Questions, problems or missing parts?

Before returning, contact Compass Health Brands customer service:

800-526-8051 | CAREX.COM

WARNINGS

INDICATIONS FOR USE:

This device is intended to provide ambulatory assistance for end users with mild to moderate stability and minimal balance issues, and who can maintain good posture; the device handles are **NOT** intended to be used for weight bearing. User **MUST** be able to bear weight on both legs and both arms to use this device.

This device is **NOT** intended to be used as a transport device. Before operating the rollator at normal walking speed, practice maneuvering and making turns at slow rates of speed to get familiar with the rollator and how to best maintain balance. The seat of this device is intended to provide a temporary resting surface for people who tire easily and need frequent rest during walking.

This device is intended for indoor use **ONLY**.

This device is intended for a single user **ONLY**.

SAVE THESE INSTRUCTIONS. This sheet MUST accompany the device with each use.

CAUTIONS:

Read all instructions and warnings prior to assembly and use. Failure to use this device as intended may increase the risk of injury to the user or damage to the device.

- This device is intended for a single user **ONLY**. In the event this device is passed to a new user, Compass Health Brands assumes **NO** responsibility for any damage or injury resulting from use of the rollator.
- If you **DO NOT** understand these instructions, contact a healthcare professional before attempting to use.
- Inspect all parts for shipping damages before use. If there is shipping damage – **DO NOT USE**. Contact the manufacturer or dealer for further instructions.
- If there are any problems with your rollator, **DO NOT** attempt to repair it yourself. Contact the manufacturer or dealer for any needed parts or repair instructions.
- Tires and brakes are non-durable components which will require maintenance throughout the life of the rollator.
- Brakes should be adjusted so that the wheels **DO NOT** move while the brake is applied – if brakes are unable to be adjusted correctly, **DO NOT** continue to use the rollator, seek repair or replacement.

WARNINGS:

- This rollator has a weight limit of 300 lbs. (136.1 kg.). **ALWAYS** observe the weight limit on the labeling of your rollator.
- **DO NOT** exceed 5 lbs. (2.268 kg.) of weight inside pouch/basket. **DO NOT** hang anything from the rollator handles or frame. Items may **ONLY** be carried in the provided pouch/basket.
- **DO NOT** remove warning stickers.
- **ALWAYS INSPECT ROLLATOR PRIOR TO USE.** Properly inspecting and maintaining your rollator can reduce the risk of injury. Make sure that all parts are secure and are in good working order. **ALWAYS** check the fasteners, wheels, brakes and seat for tightness prior to use. Make sure that the parking brakes are working and the rollator wheels cannot turn with the brakes on. If rollator is not in good working order or fasteners cannot be tightened, **DISCONTINUE USE OF THE ROLLATOR**.
- All wheels and handles **MUST** be adjusted to the same height for safe use. **DO NOT** use the rollator if wheels or handles are out of alignment or if hardware is not secure. As applicable to your rollator model, all hand knobs **MUST** be firmly tightened and height adjustment buttons **MUST** protrude fully through the height adjustment holes with an audible “click”.
- **DO NOT** foot-propel the rollator while seated as this could cause imbalance and result in serious injury or death.



- **DO NOT** use the rollator as a wheelchair. This is a walking aid **ONLY** and is **NOT** intended to be used as a transportation device. Improper use of the rollator can cause serious injury/death or damage to the device.
- **DO NOT** use rollator like a knee walker or scooter. **DO NOT** climb, kneel or stand on the rollator. This device should **ONLY** be used as a walking aid. When using this device **DO NOT** attempt to hop or perform any actions other than walking.
- **DO NOT** attempt to reach objects that are out of your immediate reach while seated on the rollator or while the rollator is in motion. **DO NOT** lean forward, backward or to either side while seated on the rollator. Ensure that you have come to a complete stop with the brake fully engaged or locked and have established good balance before reaching for an object.
- **ALWAYS** engage both parking brakes before sitting on the rollator. **DO NOT** move or scoot while seated in the rollator. Parking brakes **MUST ALWAYS** remain engaged while seated.
- When sitting on the rollator, keep both feet in contact with the floor and **DO NOT** lean out of the seat.
- **DO NOT** use rollator with **ONLY** one upper limb (arm/hand) or one lower (leg/foot) limb at a time as this can cause serious injury or death.
- **ALWAYS** wear protective footwear while using the rollator. **ALWAYS** keep shoelaces, loose clothing and/or accessories clear of the wheels and handlebars during use.
- **DO NOT** make any adjustments to the rollator while it is in use.
- **ALWAYS** maintain good posture while using the rollator. When walking with the rollator, keep your feet in line with the rear wheels and **DO NOT** let the rollator get too far in front of you.
- **DO NOT** use the rollator to support your weight as you stand, otherwise serious injury could occur.
- **DO NOT** place arms or elbows on handles to walk or rise from seated position.

CONTRAINDICATIONS:

The rollator is **NOT** intended for use by persons with severe equilibrium disorders or functional perceptual disorders.

The rollator is **NOT** intended for use by people with Alzheimer's disease or dementia, or those who are under the influence of drugs, sedated, confused or frail; these individuals are at increased risk of losing their balance and falls.

If you have issues with balance, weakness while standing, or need a firm immobile support to help you walk, you should **NOT** use a rollator and you should use a walker instead.

- **CAUTION:** After making any adjustments to the rollator brakes, you **MUST** test the brakes before the rollator is used.
- Pay attention to any garments and/or accessories; **DO NOT** let clothing get caught between moving parts when folding or unfolding the rollator. Very long or loose pieces of clothing could also get caught between the wheels of the rollator, which could lead to serious injury or death.
- Tires should be inspected regularly for damage and wear and replaced when the tires are worn and show visible wear. Tires may wear faster if the device is used outdoors on rough surfaces.
- Before operating the rollator at normal walking speed, practice maneuvering and making turns at slow rates of speed to get familiar with the rollator and how to best maintain balance.
- **CAUTION:** Be conscious of potential pinch points during folding and unfolding of the device.
- Compass Health Brands assumes no responsibility for any damage or injury caused by improper installation, assembly or use of this product.

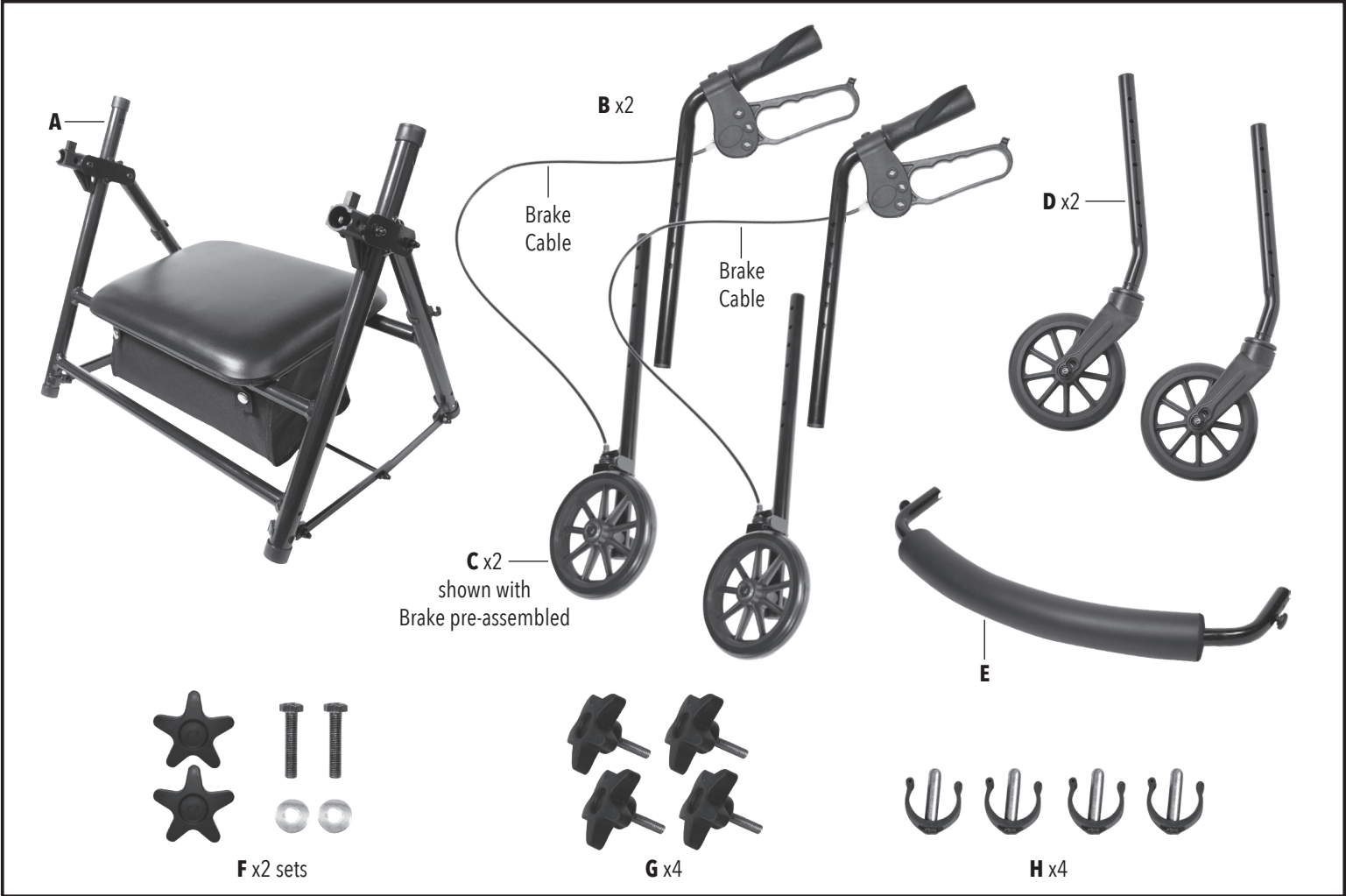
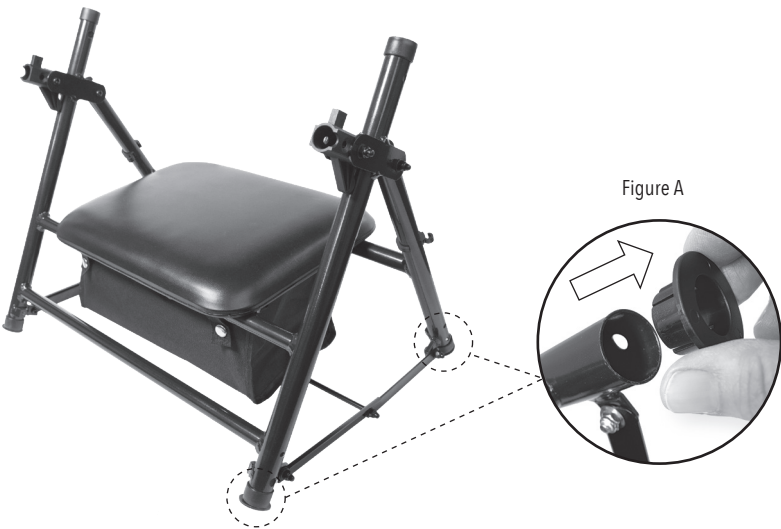
- **DO NOT** sit on the rollator while it is being loaded into a vehicle or while it is being transported in a vehicle.
- **DO NOT** use the backrest bar to support your weight. Leaning back while seated on the rollator may cause the device to tip and could result in serious injury or death.
- **ACCESSORIES WARNING** Compass Health Brands Corp. products are specifically designed and manufactured for use in conjunction with Compass Health Brands accessories. Accessories designed by other manufacturers have not been tested by Compass Health Brands and are not recommended for use with Compass Health Brands products.
- **ALWAYS** have all wheels in contact with the floor/ground while using this device. Failure to maintain wheel contact could result in improper balance of the rollator and cause injury or damage.
- **DO NOT** sit on the rollator if it is parked on a slope. **ONLY** use the seat on level ground.
- **ALWAYS** make sure the rollator is fully opened and the folding bar is locked in the down position before use.
- This is not a toy. **DO NOT** let children play on the rollator.
- **BE AWARE** of your surroundings when operating the rollator. Look for hazards on the ground and avoid them to prevent falls. Avoid streets and surfaces with water, sand, gravel, dirt, leaves and other debris. Wet, slick, uneven and/or rough surfaces may impair traction and contribute to possible accidents. Loose cords and unsecured rugs may move suddenly and cause a loss of balance. **DO NOT** use a rollator in mud, ice or puddles.
- **ALWAYS** take additional care and move slowly when moving from carpeted to hard surface floors or cracks/separations in walkway surfaces; avoid sharp bumps, drainage grates and sudden surface changes. The rollator may abruptly stop if a wheel becomes wedged.
- **NEVER** use on or near steps, sloped driveways/hills with a steep incline (**NEVER** greater than 15 degrees) as there is a risk of losing balance. **DO NOT** walk backwards down a slope. **ONLY** mount or dismount your rollator on a level surface.
- **DO NOT** use when going up or down stairs or escalators, or the moving walkway/autowalk/people mover.
- **DO NOT** use near swimming pool areas.
- **DO NOT** use the hand brake as a primary stopping tool. It may be used if needed but is primarily designed to maintain a stopped stance.
- **DO NOT** use while under the influence of mind-altering drugs, alcohol or while suffering from dizziness.
- **DO NOT** store in direct sunlight or outdoors; exposing this device to the elements could cause corrosion-like damage to the device which can lead to serious injury or death. Exposure to extreme temperatures (heat, cold, moisture, etc.) may make surfaces (seat, hand grips, etc.) hot to the touch, weak or brittle or cause advanced corrosion. Ensure hand grips **DO NOT** twist and skin contact surfaces are cool to the touch before use.

FAILURE TO USE COMMON SENSE AND HEED THE ABOVE WARNINGS FURTHER INCREASES RISK OF SERIOUS INJURY OR DEATH. USE AT YOUR OWN RISK AND WITH APPROPRIATE AND SERIOUS ATTENTION TO SAFE OPERATION. USE CAUTION.

Assembly / Operating Instructions

1 Remove Packaging and Check Parts

- ❑ Remove plastic shipping caps (Figure A) from Rollator Frame and plastic protective wrapping on Wheels and Backrest.
- ❑ **NOTE:** Seat always pivots towards the **FRONT** of the Rollator.
- ❑ Unpack and check that you have all the parts and attachments shown below.
- ❑ To avoid risk of suffocation to children or animals, dispose of the plastic bags correctly.



	Description	Qty		Description	Qty
A	Rollator Frame	1	E	Backrest	1
B	Handles (with Rear Wheels shown attached)	2	F	Star Knob with Washer and Hex Bolt	2
C	Rear Wheels	2	G	Hand Screws	4
D	Front Wheels	2	H	C-Clips	4

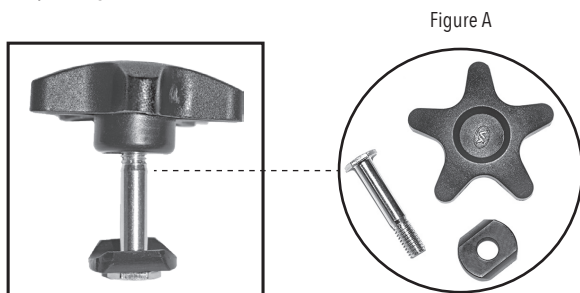
NOTE: Actual items may vary from what is shown.

⚠ Check each part carefully for shipping damage. **DO NOT** use the rolling walker if there are signs of damage and/or parts missing.

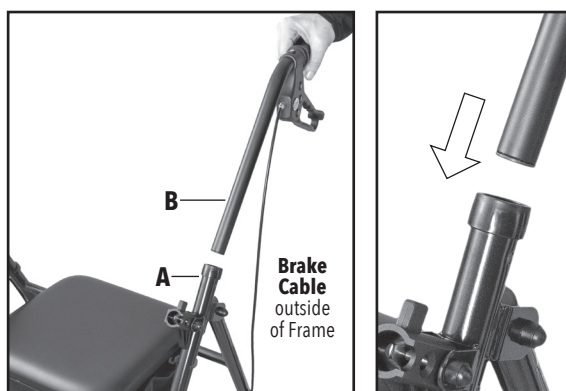
⚠ **WARNING:** To avoid serious injury, the rolling walker must be properly assembled. Ensure all bolts are fixed in place and hand screws have been firmly tightened before each use.

2 Hand Brake Assembly

- ❑ **NOTE:** Hardware (Star Knob, Curved Washer and Hex Bolt) may be pre-assembled on the Rollator Frame. If so, disassemble before Step 1 (Figure A).

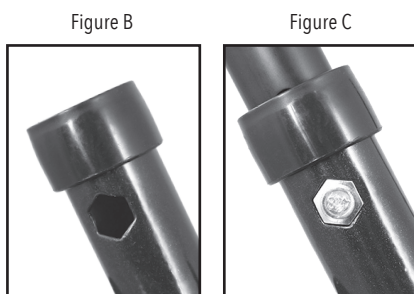


1. Insert the Handle/Brake Handle Assembly (B) into Rollator Frame (A), Ensure the Brake Cable is to the **OUTSIDE** of the Rollator Frame.



⚠ The Brake Cable needs to be placed outside of the seating area.

2. Take the Hex Bolt and insert into the hex-shaped hole (Figure B) on Rollator Frame. Make sure the hex-shaped head recesses into the Rollator Frame (Figure C).



3. Slide the Curved Washer onto the other end of the Hex Bolt with the curved side facing the Rollator Frame.

CORRECT

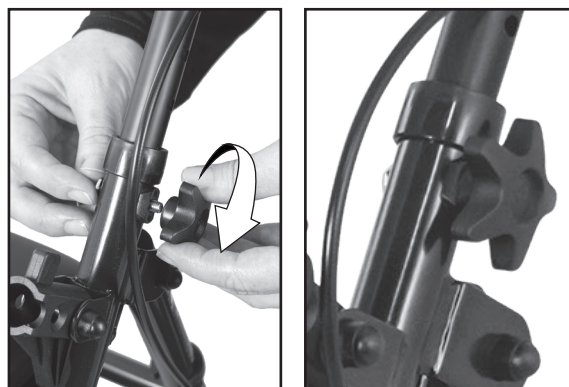
NOT CORRECT



4. Hand-tighten the Star Knob clockwise to tighten into place (Figure D).

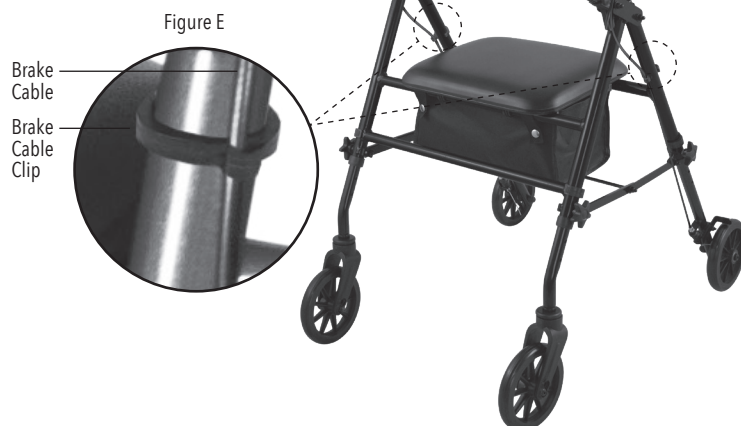
- ❑ **NOTE:** Turn clockwise to tighten and counter-clockwise to unscrew.

Figure D



5. After Handles are installed, insert Brake Cable into Brake Cable Clip (Figure E) on Rollator Frame to ensure the Brake Cable remains on **OUTSIDE** of seating area.

⚠ The Brake Cable needs to be placed OUTSIDE of the seating area.



3 Front and Rear Wheel Assembly

- Line up holes (Figure F). Insert C-Clip (H) into small hole (Figure G).
- Insert Hand Screw (G) into large hole (Figure H).

⚠ **CAUTION: Replace wheels when they are visibly worn.**

Figure F

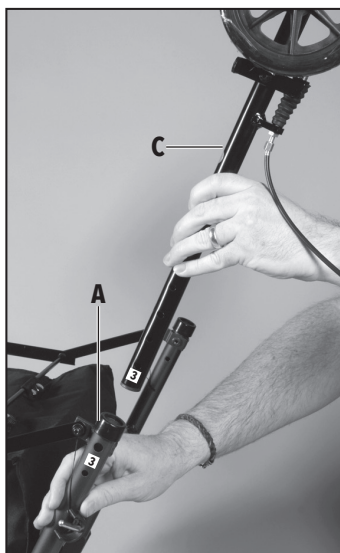


Figure G

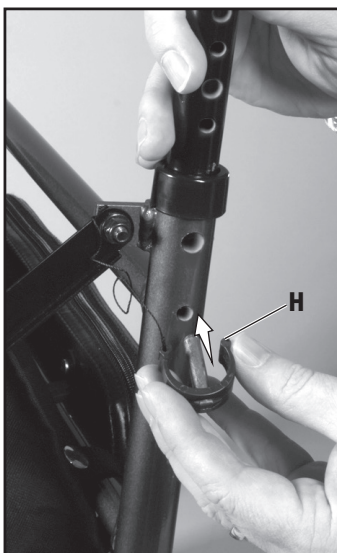
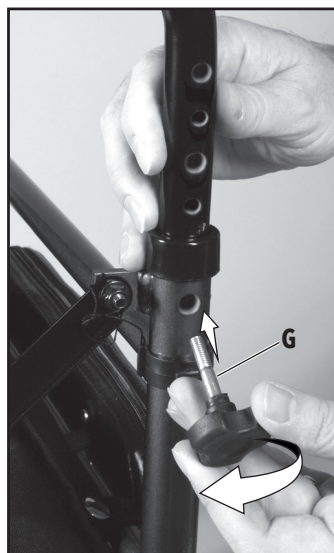


Figure H

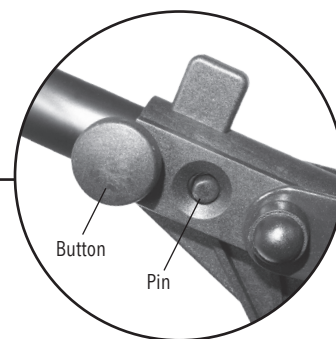
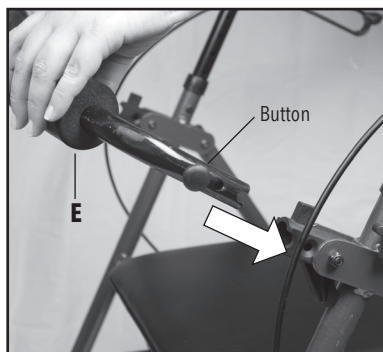


4 Backrest Assembly

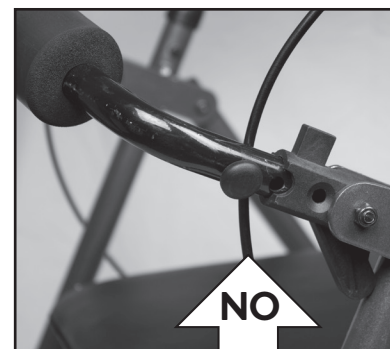
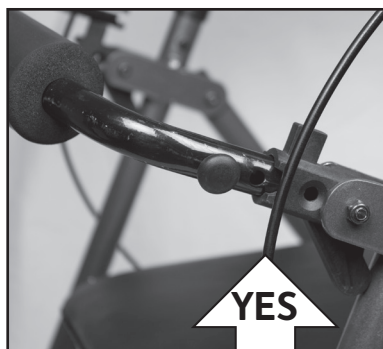
1. Position the Backrest (E) ends into both brackets, push in both Backrest "buttons," and fully insert into the brackets. Release Buttons. Ensure the "pins" are fully located in the holes (Figure I).

To remove the Backrest, push both "buttons" in and pull the Backrest from the brackets.

Figure I



2. The Brake Cable needs to be placed **OUTSIDE** of the seating area.

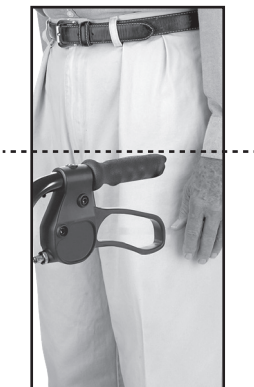


5 Adjusting the Handles and Seat Height

1. **To determine the correct handle height of your rollator:**

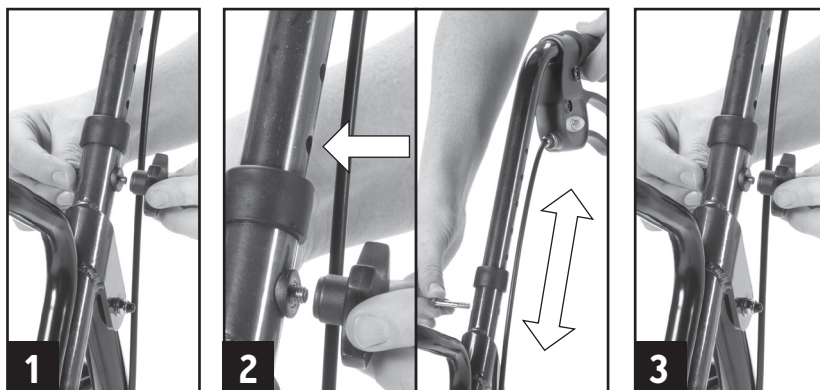
Stand upright behind the rollator with shoulders relaxed, arms hanging at your side. Standing in this position, the handgrips of the rollator should be adjusted to a height even with the crease of wrists (Figure J). This will position the arms at an approximate 20° to 30° bend when using the rollator.

Figure J



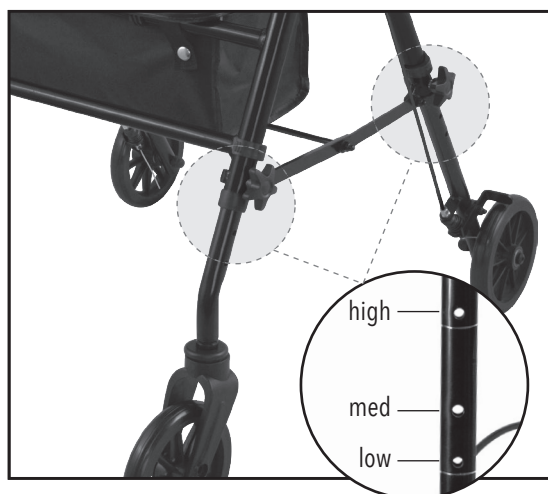
2. You will remove the Star Knob (1) with Hex Bolt and Curved Washer and adjust height of the Handles (2). Do one side at a time. Secure the handlebars at the closest hole to the desired height (3).

 **WARNING: Make sure to adjust handle height evenly.**



 **Hand Tighten Only!**

 **WARNING: Make sure to adjust leg height evenly.**



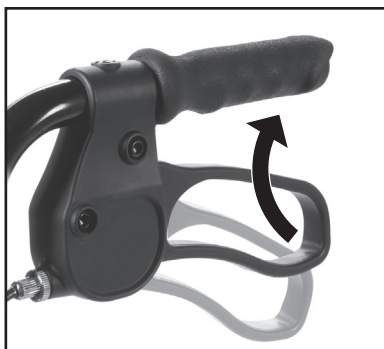
NOTE: Seat height adjustment for all four wheels.

Operating Instructions

 **CAUTION:** Before operating the rollator at normal walking speed, practice maneuvering and making turns at slow rates of speed to get familiar with the rollator and how to best maintain balance.

6 To Operate the Brakes

1. Squeeze the brake levers up and hold in position to engage the brakes (as shown by arrow). Release the levers to release the brakes.

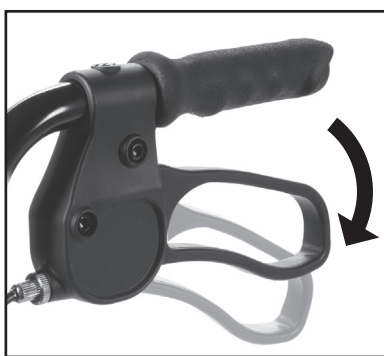


Pull up to apply brakes



Release brakes

2. **To lock the brakes:**
Push down on the brake lever you feel or hear the brakes click into the locked position (as shown by the arrow).



Push down to lock brakes

3. **To unlock the brakes:**
Pull up on the brake lever until the lock removes (as shown by the arrow).



Pull up to unlock brakes

 **Ensure that the brakes are locked on when sitting on the seat.**

7 Adjustment of Brakes

When adjusting the brakes on the rollator, keep in mind if you adjust it too far one way or the other, the lock will not function properly. Please test thoroughly and tighten all parts completely prior to using rollator.

The hand brake system has been preset (adjusted) to the best performance setting. To better suit you personally, please follow the instructions below. You may need to adjust the hand brake from time to time as they will wear out with normal use. Brakes should be adjusted so that the wheels **DO NOT** move while the brake is applied – if the brakes are unable to be adjusted correctly, **DO NOT** continue to use the rollator.

Brake Handle

At the top of the rollator, find the adjustment nut which is located where the cable goes into the brake handle. This part is usually silver.



If the brake is too tight:

At the handles of the rollator, check to see if there is a gap between the adjustment nut and thumb screw. If there is, turn the adjustment nut counter-clockwise until it is flush up against the thumbscrew (you may need pliers to get started.) Then rotate both together clockwise until it is tight against the handle; this should loosen the brake. If there is no gap and it is already tight against the handle, no further adjustment can be made.

If the brake is too loose (not locking):

Standing at the handles of the rollator, turn the adjustment nut and thumbscrew counter-clockwise (you may need pliers to get started.) The thumbscrew and adjustment nut will push away from the handle, and this will tighten the brake. Once the brake is adjusted properly, rotate just the adjustment nut clockwise until snug against the handle. There should now be a gap between the adjustment nut and the thumbscrew.

Brake System

At the bottom of the rollator, find the adjustment nut similar to the one located at the top. Hold the brake pad against the wheel. This will take the tension off the cable.

1. Hold the top nut firmly in place. **DO NOT** turn the top nut.
2. To loosen the hand brake adjustment, turn the bottom nut (closest to the bar securing the brake to the rollator) counter-clockwise. The nut will move away from the frame.
3. To tighten the brake adjustment, turn the nut clockwise. The nut will move toward the frame.
4. Refer to the visual guide for further assistance.

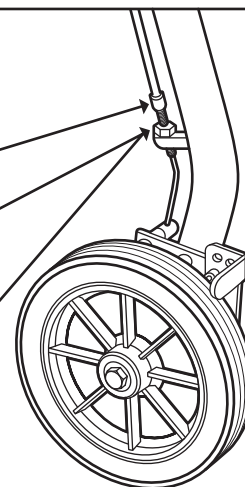
Instructions to adjust the hand brake system

HOLD FIRMLY IN PLACE.

DO NOT TURN.

TO **TIGHTEN** THE HAND BRAKE ADJUSTMENT, TURN THE NUT **CLOCKWISE**.

TO **LOOSEN** THE HAND BRAKE ADJUSTMENT, TURN THE NUT **COUNTER-CLOCKWISE**.



If the brake is too tight:

Check to see if there is a gap between the adjustment nut and thumb screw. If there is, pull up on the cable and looking at the adjustment nut from the top, turn the adjustment nut counterclockwise, screwing the adjustment nut to the thumb screw. Adjust to correct tension. If there is no gap, no further adjustment can be made here.

If the brake is too loose (not locking):

Pull up on the cable, then, looking at the adjustment nut from the top, turn the adjustment nut clockwise, screwing the adjustment nut to the bracket. There will now be a gap between the thumb screw and the adjustment nut. Adjust to correct tension.



After making any adjustments to the rollator brakes, you MUST test the brakes before the rollator is used.

Operating Instructions

⚠ CAUTION: Be conscious of potential pinch points during folding and unfolding of the device.

8 Unfolding, Folding and Transporting

1. **To unfold the rollator:**

Lift using the lifting strap which is located under the seat (Figure K).

2. **ALWAYS** ensure the side braces are fully down before using (Figure L).

3. **To fold the rollator for transporting:**

While holding the rollator handle, lift-up the seat and lift the rollator using the lifting strap (Figure M). As you lift off the ground, the rollator will fold.

❑ **NOTE:** It is recommended that the brakes are locked when folding and storing.

Figure K



Figure L



Figure M



⚠ Keep hands away from the side braces when folding the rollator.

9 Cleaning and Maintenance

1. Clean the rollator using mild soap and water. Wipe dry.
2. Your rollator should be checked prior to each use to ensure the brakes are functioning properly and that all nuts and bolts are secure.
3. Check that the front castor wheels swivel freely. **DO NOT** use the rollator if they **DO NOT**.
4. Prior to each use, test the brakes by both walking and squeezing the brakes and by stopping, pushing down on the brakes to a locked position, and then trying to push the walker. If the brakes **DO NOT** lock the wheels, the brakes need to be adjusted. **Refer to section 6 for brake adjustment instructions.** If adjustment does not tighten the brakes, **DO NOT** use the rollator.
5. The expected product life cycle of this product is approximately 5 years when used in accordance with safety instructions, maintenance intervals and correct use, stated in this manual. The effective product life cycle can vary according to frequency and intensity of use.



Questions, problems or missing parts?

Before returning, contact Compass Health Brands customer service:

800-526-8051 | CAREX.COM

Retain this manual for future use.

COMPASSHEALTH

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Made in China

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