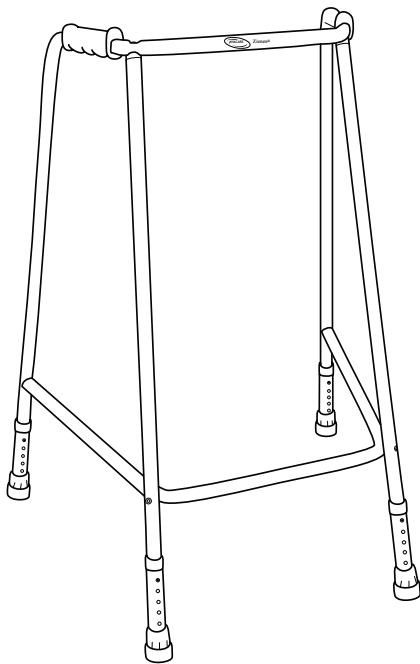


*Invacare*<sup>®</sup> Zimma  
Walking frame

**User Manual**

**EN**



This manual **MUST** be given to the user of the product.  
**BEFORE** using this product, read this manual and save for future reference.



**Yes, you can.<sup>®</sup>**

# User Manual

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# I GENERAL

## I.1 General Information

This user manual is valid for *Invacare*® Zimma Hospital and *Invacare*® Zimma Domestic walking frames with and without wheels. Read carefully through the operating instructions before use.

## I.2 Symbols

Signal words are used in this manual and apply to hazards or unsafe practices which could result in personal injury or property damage. See the information below for definitions of the signal words.



### WARNING

Warning indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.



Gives useful tips, recommendations and information for efficient, trouble-free use.

## I.3 Product Life Cycle

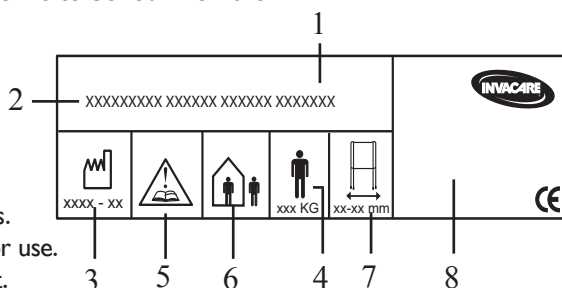
The expected product life cycle of this product is 5 years when used in accordance with safety instructions, maintenance intervals and correct use, stated in this manual. The effective product life cycle can vary according to frequency and intensity of use.

**INVACARE** will not accept responsibility for adaptations, faulty repairs etc. that are outside its control.

## I.4 Product Labeling

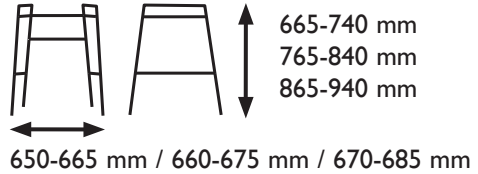
All important technical information is to be found on the label of the product.

- 1: Article number
- 2: Product name
- 3: Date of manufacture
- 4: Max. user weight
- 5: NB. See operating instructions.
- 6: Intended for indoor and outdoor use.
- 7: Max. width of walking support.
- 8: Manufacturer's name.

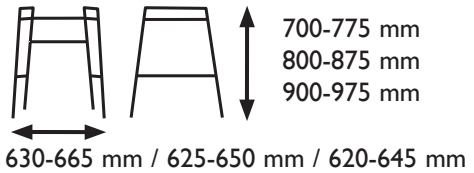


## 1.5 Product Specifications

Invacare® Zimma - Hospital Small  
Invacare® Zimma - Hospital Medium  
Invacare® Zimma - Hospital Large



Invacare® Zimma - Domestic Small  
Invacare® Zimma - Domestic Medium  
Invacare® Zimma - Domestic Large



User's max. weight: **160 kg.**

## 2 SAFETY

- ⓘ Check ALL parts for shipping damage. If shipping damage is noted, DO NOT use. Contact carrier/dealer for further instruction.

### 2.1 Intended Use

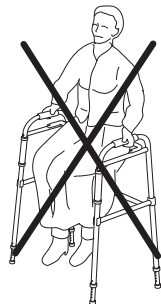
The walking frame is intended to be used solely as a walking aid, all other usage can entail risk of injury. The walking frame is adapted both for indoor and outdoor use.

### 2.2 General Warnings



#### WARNING

Use caution when walking on sloping ground.  
Walking frames should be used on plain flat surfaces avoiding obstacles including loose rugs or worn floor surfaces. When being used outdoors, pay particular attention. ALWAYS use caution when using the walker, especially on wet or icy surfaces.  
Wheeled accessories are only to be used on the front walker legs.  
DO NOT use the walking frame to go up or down stairs.  
DO NOT use the walking frame on an escalator.  
DO NOT leave or store the walking frame outside.  
DO NOT store in temperatures below freezing.  
DO NOT exceed the maximum user weight specified.  
DO NOT sit on the crossbar because of the tipping risk!  
If carrying a bag or other object, additional care will be needed.  
Rear extension legs with rubber tips MUST be in contact with floor surface at all times.



## 3 USAGE

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### 3.1 Using the walking frame

We do not recommend that an *Invacare*<sup>®</sup> Zimma frame is issued to anyone without first carrying out a full assessment of their specific needs. It is important the user is given the necessary support by the frame as prescribed by a qualified professional. This is both for the safety of the user and also their recovery pattern.

### 3.2 Walking

Place the walking frame a bit in front of you to enable you to take a step towards it whilst using the grips for support.



#### **WARNING**

Wheeled leg extensions **MUST** be installed with the wheels on the outside of the walker.

### 3.2 Sitting down

Standing in front of the chair with the walking frame, the back of the legs should touch the chair. Place hands on the arms of the chairs, lean forward slightly and lower gently to a seating position.

### 3.3 Rise to standing position

With the walking frame in front of you, use the armrests of the chair as support and rise gently to a standing position, by pushing downwards on the arms of the chair. Once steady in a standing position, transfer hands to grips of frame.



#### **WARNING**

Never pull yourself up on the frame because of the tipping risk!

### 3.4 Height Adjustment

Assessment of the height required should be carried out by a qualified professional. If set to correct height, the user's wrists should be in level with the hand grips when standing in a fully upright position. The frame should then be able to take the users entire body weight by pushing down on the frame when walking.

To adjust the height of the legs, press the two buttons together and twist the leg to disengage the buttons. Set the leg to the required height before twisting the leg back into its original alignment and relocate the buttons to the holes.



#### **WARNING**

Check that the snap buttons are locking correctly to assure the proper function.



In order to avoid instability, make sure that all four legs are adjusted equally and the walker is level, by repeating the above procedure.

## 4 CARE AND MAINTENANCE

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- ① Maintenance should be done at least every six months.  
DO NOT use an abrasive detergent, cleaner or cloth to clean or dry the walker.

To ensure good performance and safety you should regularly check that the following is carried out:

- Clean regularly with a mild detergent or disinfectant. DO NOT use bleach or abrasive materials.
- Check frame for bent tubing, cracks, spring buttons not operating together, loose handles, worn rubber tips, or adjustment holes becoming elongated. Replace as necessary.
- Check that all the screws, nuts and bolts are properly tightened.
- Check the snap button on a regular basis to assure the proper function.
- Never use a defective walking support. Do not attempt repairs yourself!

## 5 RE-USE

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### 5.1 Re-Use



#### **WARNING: Risk of Injury**

ALWAYS have an Invacare representative inspect the product for damage before transferring the product to a different user. If any damage is found, Do not use the product. Otherwise injury may occur.

### 5.2 Disposal

When the product can no longer be used, the product, accessories and the packaging materials should be disposed of according to local legislation.

Please be environmentally responsible and recycle this product through your recycling facility at its end of life.

## 6 GUARANTEE

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We supply a 2 year guarantee \*\* from the date of delivery. Damage caused by wear to items such as rubber tips, wheels and handles is not covered by the guarantee. Damage that arises due to abnormal use is excluded.

Damage caused by users who weigh more than 160 kg is excluded. Maintenance and operating instructions must be observed for the guarantee to be valid.

- ① \*\* Deviations may occur due to local agreements.

**Sales companies:**

Invacare Ltd

Pencoed Technology Park, Pencoed

UK-Bridgend CF35 5AQ

Switchboard Tel: +44 | 656 776 200

Switchboard Fax: +44 | 656 776 201

Customer services Tel: +44 | 656 776 222

Customer services Fax: +44 | 656 776 220

UK@invacare.com

www.invacare.co.uk

Invacare Ireland Ltd

Unit 5 - Seatown Business Campus

Seatown Road - SWORDS - County

Dublin - Ireland

Tel. +353 | 81 07 084

Fax +353 | 81 07 085

Ireland@invacare.com

www.invacare.ie

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**Manufacturer:**

INVACARE REA AB

Växjövägen 303

SE-343 75 Diö, SWEDEN

TEL +46 (0)476 535 00, FAX +46 (0)476 535 98

www.dolomite.biz

www.invacare.eu.com



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