

Oxford Health
NHS Foundation Trust



MSK physiotherapy

Safety information leaflet: four wheeled rollators

Four wheeled rollators

Four wheeled rollators are designed to:

- increase support in standing and walking
- take pressure off one or both legs
- allow a seat to rest during longer distances
- for indoor and outdoor walking

Always ensure your rollator is fully opened before using and never attempt to walk with the aid partially opened. Your rollator should be closed only when storing or transporting.

Standing up from a bed or chair

Ensure that the brakes are pushed down until they click prior to standing. Always push up from the surface you are sitting on, never pull up on the rollator or it will tip back and may cause injury. Once standing, place each hand on the handgrips.

Sitting down

Turn with the rollator until the chair or bed is touching the back of your legs. Ensure that the brakes are pushed down until they click prior to sitting. Reach back with your hands to the arm rests on the chair or bed and sit down in a controlled manner.

Walking

Ensure that the brakes are released prior to walking. Push the rollator forwards and walk towards it stepping one foot in front of the other. Do not walk too far into the rollator, your feet should be just inside the back wheels once you have stepped. Do not over stretch and place the aid too far in front.

Stairs

Never use a rollator to go up stairs.

Outdoors

A rollator is a suitable walking aid to be used outdoors.

Slopes: remember to squeeze the brakes if you are going down a slope to control the speed of the walker.

Try to avoid kerbs and use slope access if possible.

Going up a kerb tilt the frame back to lift the front wheels onto the kerb, followed by the back wheels. Ensure all four wheels are on the same level, away from the edge of the kerb. Squeeze the brakes. Then step up onto the kerb.

Going down a kerb, gently lower the frame down to the kerb. Ensure all four wheels are on the same level, away from the edge of the kerb. Squeeze the brakes. Then step down from the kerb.

Sitting on the rollator seat – if you wish to have a rest, find a safe place. Ensure you are not on a significant slope. Ensure all four wheels are level. Push brakes down on both sides until they click. Turn around slowly, hold onto the handles as you lower yourself slowly to the seat.

Aid height

To check the correct height of your four wheeled rollator, when standing holding the hand grips, your elbows should be slightly bent. When standing with your hands at your side the handgrips should reach just above the wrist joint.

Once set up there should be no need to adjust the height without consultation with the issuer.

General safety and care maintenance

Always ensure that the rollator is opened fully before using it. A rollator should only be closed for transport or storage.

- check there are no loose bolts
- check the wheels are secure on the axle
- check that the brakes are fully functional

This walking aid has been set up for:

.....

on.....

by.....

If you have any concerns about your walking aid then please contact the company who provides the walking aids:

Millbrook
Unit 38a, Innovation Drive,
Milton Park,
Abingdon,
Oxfordshire, OX14 4RT
Tel: 0333 999 0870

Please see attached information leaflet provided by the manufacturer for additional information.

Safe working load: please refer to the manufacturer's information leaflet provided.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the physiotherapy team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান
তবে দয়া করে আমাদেরকে বলুন

ਜੇ તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的文本，请与我们联系

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁੱਛੋ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہوں تو براہ کرم ہم سے پوچھیں۔۔

Contact us

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This service is part of the Older People Directorate.

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