

# INSTRUCTION MANUAL

## SPRING CROSS COUNTRY

Lightweight wheeled walker



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## 1. PRELIMINARY NOTE

Thank you for choosing the SPRING Cross Country (CC) lightweight wheeled walker.

You won't be disappointed by the quality of our product.

Please read the instruction manual in full before using the wheeled walker for the first time.

It contains important safety information and useful tips for the proper use and care of the wheeled walker. If you have any questions or need additional information, please contact the dealer who supplied you with the SPRING CC wheeled walker who will be happy to advise you.

	Serial number	Enables the assignment of the medical device to a production batch
	Manufacturer	Indicates the manufacturer of the medical device
	Date of manufacture	Time of manufacture
	Observe instruction manual	The instruction manual must be read in full by the user before use.
	CE marking	Declaration of conformity, device complies with the European Medical Device Regulation MDR 2017/745
	Safety information	Important note on the avoidance of hazards
	Labelling	Medical device
	Important information	Helpful tips for using the product

## **2. GENERAL INFORMATION**

This instruction manual is intended to help you familiarise yourself with the operation and handling of the wheeled walker. It is vital to follow the instructions in the manual when using the wheeled walker. Keep the instruction manual handy and include it if you pass on the wheeled walker to another owner. Please read the instruction manual in full before using the wheeled walker for the first time.

### **2.1. Intended use**

The SPRING CC wheeled walker is designed for indoor and outdoor use. It is intended to be used exclusively as a walking aid. The wheeled walker must only be used by one person and not for transporting people.

### **2.2. Indications**

The wheeled walker is suitable for persons with reduced mobility who still have sufficient walking ability, strength and are stable enough on foot to be able to leave the home with the support of the wheeled walker. The wheeled walker is suitable for indoor and outdoor use.

### **2.3. Contraindications**

Use of the wheeled walker is unsuitable in the following circumstances:

- Perception disorders
- Severe balance disorders
- Loss of arms
- Inability to sit

## **2.4. Service life**

The expected service life of the wheeled walker is up to 5 years, provided it is used as intended and the safety, care and maintenance instructions are followed. The wheeled walker can continue to be used beyond this period as long as it is in good condition.

## **2.5. Responsibility**

As the manufacturer, we can only accept responsibility for the safety, reliability and fitness for purpose of the wheeled walker if modifications, extensions, repairs and maintenance work are only carried out by persons who have been authorised by us and the wheeled walker is used in compliance with all instruction manual.

## **2.6. Declaration of conformity**

As the manufacturer of the device, Besco Medical Medizin- und Rehaprodukte GmbH declares that the SPRING CC wheeled walker complies with the requirements of the European Medical Device Regulation 2017/745.

## **2.7. Incidents**

Incidents must be reported immediately to the competent federal authority, the German Federal Institute for Drugs and Medical Devices (BfArM).

The term incident refers to:

- Any malfunction

- Any failure and any change in characteristics or performance
- Any improper labelling or instructions for a medical device that has led, could have led or could lead to the death or serious deterioration of the state of health of a user, patient or other person.

## **3. PRODUCT AND DELIVERY OVERVIEW**

### **3.1. Delivery inspection**

The SPRING CC wheeled walker is supplied in a cardboard box. After unpacking the item, keep the cardboard box and the packaging material if possible. It can be used to store the wheeled walker at a later date if necessary.

Upon receipt, check that the contents of the delivery are complete and intact. In the case of damage, do not use the product and inform your dealer.

### **3.2. Delivery contents**

The contents consist of the following main components:

- Outer packaging
- Wheeled walker
- Back strap
- Net bag
- Cane holder (2-piece)
- Instruction manual

### 3.3. Overview of the SPRING CC

- ① Back support
- ② Handle height adjustment
- ③ Transport bag
- ④ Front wheels (steerable)
- ⑤ Disc brake (both sides)
- ⑥ Rear wheels
- ⑦ Tilting aid (both sides)
- ⑧ Push handles
- ⑨ Seat
- ⑩ Reflector
- ⑪ Brake lever



Fig. may differ

Type plate on the inside of the left frame with serial number and date of manufacture (not visible in the picture).



## 4. SETTING UP THE SPRING CC

### 4.1. Handle height

You can adjust the handles to one of six levels according to your height. You do not need any tools to do this.

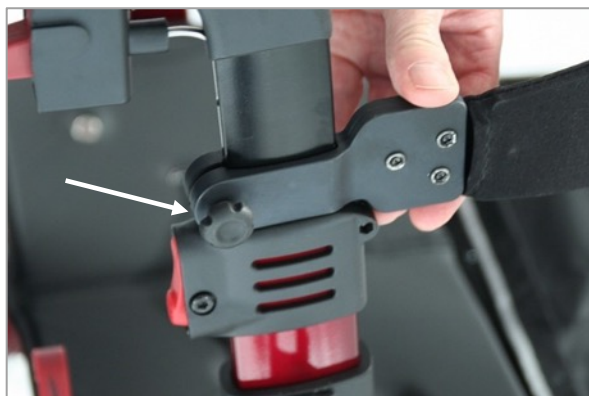
You will find a red toggle switch below each handle (pictured). Push this toggle switch in at the lower end. Press and hold the button. You can now pull the handle up or push it down. Release the button. Now pull or push again until you hear and feel that the handle has clicked into place and can no longer be adjusted.

Repeat the process on the other side to set both handles to the same height.



## 4.2. Backrest height

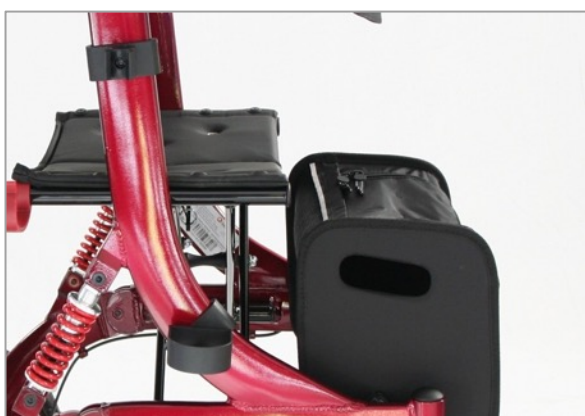
You can adjust the height of the back support to your height. You do not need any tools to do this. On the outer sides of the frame directly below the handles, you will find a black adjusting screw on each side (pictured). Loosen the screw slightly. Now push the back support holder to the desired height. Tighten the screw again.



Repeat the process on the other side.

## 4.3. Attaching the cane holder

You can carry your cane on the wheeled walker. Attach the lower cane holder with the storage surface to the lower part of the right-hand side frame. The holder with the clamping mechanism is attached below the handle holder. To remove the holders, slide the clip off the frame with your thumb.



#### 4.4. Bag

The wheeled walker is delivered with the bag fitted. The bag can simply be pulled off to the front via the guide rails (pictured) and then hooked back in again if required.



#### 4.5. Brakes



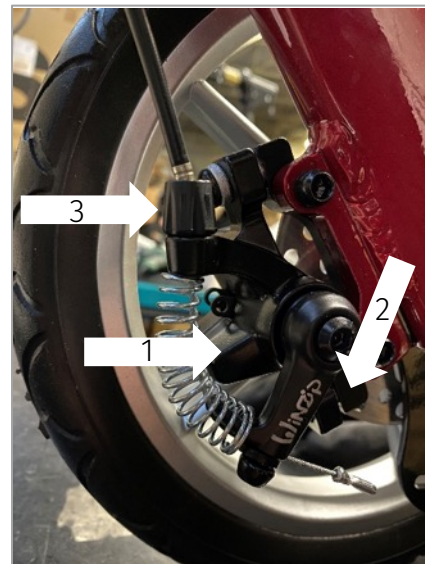
The brakes should be adjusted by trained professionals. If you have sufficient expertise, however, you can also adjust the brakes yourself. However, please remember that incorrectly adjusted brakes can have life-threatening consequences.

#### 4.6. Increasing/decreasing the braking effect

- Turn the adjusting screw (pos. 3) clockwise to decrease the braking effect. Turn the adjusting screw anti-clockwise to increase the braking effect.

If the adjusting screw is not sufficient to adjust the brake, follow the steps below:

- Turn the adjusting screw (pos. 3) clockwise until only 2 threads are visible.
- Loosen the hexagon screw (pos. 1).



- Re-tighten or loosen the Bowden cable by pulling it out or pushing it in (pos. 2)
- Tighten the hexagon screw (pos. 1)
- Turn the adjusting screw (pos. 3) clockwise to decrease the braking effect. Turn the adjusting screw anti-clockwise to increase the braking effect.
- Carry out these steps for the other brake as well.

## 5. USING THE SPRING CC WHEELED WALKER

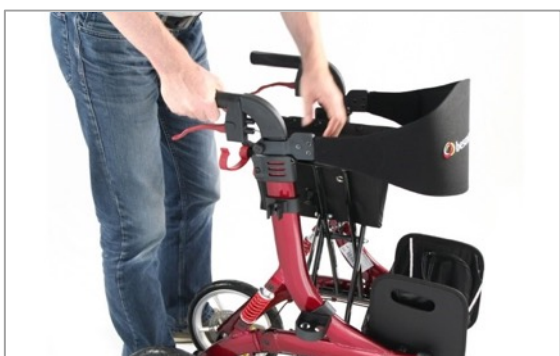
### 5.1. Unfolding and folding

The wheeled walker can be folded for storage or transportation in order to save space.



### 5.2. Unfolding

First loosen the red retaining latch. Then unfold the wheeled walker by pressing down on the outside of the seat. There is a lock on the bottom of the wheeled walker to stop it from accidentally folding. If you hear a distinct snapping sound when unfolding, the lock is properly engaged.



### 5.3. Folding up

Make sure that the transport bag is empty or remove it completely. Pull up the seat by the handle. Guide the two handles towards each other and lock the wheeled walker with the red retaining latch.



When folded up, the wheeled walker can be conveniently transported in the boot of a car. Please consult your airline in advance if you wish to take your wheeled walker on an aeroplane.

### 5.4. Walking with the wheeled walker

Try out the wheeled walker on level, dry ground first. If possible, have someone accompany you. After the first few goes, when you feel more confident, practise using the wheeled walker on sloping surfaces. When doing this, always make sure to apply both brakes. otherwise the wheeled walker will twist around the braked wheel and you could fall.

Always try to avoid obstacles, e.g. for steps, look for a ramp, for stairs, a lift can be taken. If this isn't possible, the wheeled walker will need to be carried over the obstacle. If possible, seek the help of a second person for this.

### **5.5. Tilting aid**

The wheeled walker is equipped with two tilting aids to help you negotiate kerbs. Stepping on the tilting aid with your foot and simultaneously pulling the wheeled walker towards you by the handles raises the front wheels. This means that you can negotiate kerbs and other smaller obstacles with minimal effort. Please ensure you have steady footing.



### **5.6. Service brakes**

The wheeled walker has a service brake on each side for slowing down or stopping. The service brakes can be applied by pulling the brake levers upwards. The braking force is adjustable and depends on how hard you pull the brake lever up. Always use both brakes at the same time, otherwise one wheel will continue to move and there is a risk of the wheeled walker swerving away and causing you to fall. When you release the brake levers, the wheeled walker continues to roll without braking.





### 5.7. Parking brakes

Your wheeled walker is equipped with parking brakes to prevent it from rolling away unintentionally. The parking brake can be applied by pulling the brake lever of the service brake and then pushing the locking function forward. The brake lever should be held in the braked position. To release the parking brake, pull the brake levers up again.



### 5.8. Using the wheeled walker as a seat

The wheeled walker is equipped with a seat and a backrest. Before you sit down, make sure to apply the parking brakes. Otherwise, the wheeled walker could roll away and there is a risk of falling.



Avoid using an extra cushion for the seat as it could slip and there is a risk of falling. Always make sure that the wheeled walker is completely unfolded before sitting down.

### 5.9. Carrying the wheeled walker

If you want to overcome a step or an obstacle that is too high to be overcome with the tilting aid, you can lift the wheeled walker by the grab handles.

If you want to carry the wheeled walker over a longer distance, fold it up and carry it by the side frames.

### 5.10. Troubleshooting

The wheeled walker is difficult or impossible to push:

- The parking brakes are applied, release the brakes.
- The wheels are very dirty, leaves or similar have accumulated in the axles. Remove dirt.

The wheeled walker cannot be braked or brakes poorly:

- Brakes are incorrectly adjusted. Check the brakes and have them readjusted if necessary.

The wheeled walker swerves out sideways:



- Brakes are being used unilaterally. Always use both brakes.
- The handle height is set differently. Note the scale on the inside of the handles. Set both handles at the same height.
- Brakes are incorrectly adjusted. Check the brakes and have them readjusted if necessary.

If the problems cannot be solved, do not use the wheeled walker and contact your specialist dealer immediately.

### 5.11. Safety information



Please read the safety information carefully and act accordingly.



Before each use, inspect the wheeled walker for damage and check that the brakes are working properly.



The wheeled walker is not suitable for use on escalators (risk of falling!).



Do not use your wheeled walker on sandy, soft or uneven surfaces. You could lose your balance and fall.



The material of the wheeled walker is not flame-retardant.



Protect your wheeled walker from sunlight, surfaces can heat up and cause burns.



Do not hang bags or loads on the handles, this affects the stability and you could fall.



Do not use the wheeled walker as a climbing aid.



Do not leave your wheeled walker unattended near young children.



The maximum user weight is 136 kg, the maximum payload of the carrying bag is 5 kg. The wheeled walker must not be used to transport loads. The carrying bag is not suitable for transporting animals.



The wheeled walker can be folded to save space. Please note that there is a risk of jamming when folding and unfolding the wheeled walker. When folding or unfolding the wheeled walker, always pull on the frame of the wheeled walker, do not pull on the attachments (brake, wheels, basket, etc.)

## 5.12. Labelling

Each wheeled walker is provided with a type plate. This is located on the inside of the left-hand frame at the level of the spring unit. Please enter the serial number on the warranty section.



## 6. CLEANING AND DISINFECTION

The frame parts can be wiped with a damp cloth. A mild household cleaning agent can be used for heavier soiling.

The wheels can be cleaned with a damp brush with plastic bristles (do not use a wire brush).

The backrest, seat and transport bag can be washed with mild soapy water.



Do not use a high-pressure cleaner or a steam cleaner!

The wheeled walker can be disinfected with household disinfectant. Use approved disinfectants or alcohol-based wipe disinfectants. The Robert Koch list of approved disinfectants can be found at <http://www.rki.de>.

## 7. REUSE

The SPRING CC wheeled walker can be reused on a second-hand basis. Before passing it on, please thoroughly clean and disinfect the wheeled walker according to the enclosed care and hygiene instructions. When passing on the wheeled walker, please remember to give all the technical documents required for safe use to the new user. The instruction manual is an integral part of the wheeled walker and must be passed on with it. The wheeled walker should be checked by an authorised specialist and handed over in good condition.

## 8. DISPOSAL

If your SPRING CC wheeled walker is no longer in use and is to be disposed of, please contact your dealer. If you want to dispose of it yourself, please ask local waste disposal companies about the applicable regulations.

## 9. TECHNICAL DATA

Dimensions and weights	
Seat width	435 cm
Seat height	560 cm
Seat depth	260 cm
Total width	600 cm
Total length	760 cm

Recommended body height	165 - 195 cm
Distance between the push handles	460 cm
Total height (6-way adjustable)	870 - 995 mm
Handle height (from, to)	870 - 995 mm
Unladen weight (without accessories)	9.0 kg
Weight incl. accessories	9.9 kg
Maximum load capacity	136 kg
Max. load capacity net bag	5 kg
Folding dimensions	760 x 300 x 880 mm
<b>Wheels</b> (puncture-proof)	
Steering wheels (front)	285 x 38 mm
Brake wheels, rigid (rear)	285 x 38 mm
Tube diameter	56 x 18 x 1.8 mm
Turning radius	830 cm
<b>Materials</b>	
Frame	Aluminium, painted
Seat	Nylon, black
Back support	Nylon, black
Tyres	Polyurethane
Handles	TPR
Storage conditions	Protect from direct sunlight and heat Protect from moisture

## 10. REPAIR AND MAINTENANCE FOR SPECIALISED DEALERS

This product has spiral springs that provide positive damping behaviour via vibrating forks. This means that additional screws, bushings and other components are used. The strength and mobility should be inspected at least once a year by a specialist dealer. In the event of malfunctions, the SPRING CC wheeled walker must be immediately handed over to the specialist dealer for

repair. Document the maintenance of your wheeled walker regularly in the enclosed service booklet.



Ask the dealer whether replacement units are available. The dealer will be provided with the necessary information and documents for repair and maintenance on request.

## 11. WARRANTY

This Besco Medical product is covered by a limited warranty of 1 year. The warranty for the frame or the crosspiece of the product is extended to 5 years with regular and properly documented inspection and maintenance.

Our warranty covers all defects in this product that can be proven to be due to defects in materials or workmanship. In all cases, the warranty section must be completed in full and a copy of the service documentation must be submitted to us.

Damage caused by use outside the intended purpose and the provisions of this instruction manual is expressly excluded from warranty and product liability claims. The same applies to modifications to the wheelchair and the exchange or replacement of original components with parts from other manufacturers or parts copied from the original, as well as to the subsequent use of unsuitable care products, lubricating oils or greases. The warranty is also excluded if maintenance work has not been carried out or has not been carried out properly, as well as in the case of **changes and additions to this product without our written consent.**

## 12. DECLARATION OF CONFORMITY

As the manufacturer, Besco Medical Medizin- und Rehaprodukte GmbH declares that this product complies with the requirements of the EU Medical Device Regulation MDR 2017/745.

## WARRANTY INFORMATION FOR THE AID:

Model

Serial number

Dealer's stamp

Date of commissioning

## 13. OWN NOTES

A digital version of this instruction manual can be found at: [www.bescomedical.de/downloads](http://www.bescomedical.de/downloads)



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