

CrossWALKER®

made for human walking

USER INSTRUCTIONS



Walk as your body intended - the natural way of walking

A new device for walking, that keeps your back in a straight posture and puts your entire body in motion.

Go your own way with CrossWALKER. Healthy and strengthened in everyday life by using your body exactly the way it was intended.

WWW.CROSSWALKER.DK/EN

USER INSTRUCTIONS

Walk as your body intended Instructions for CrossWALKER - model CW002

Introduction

This manual is a description of CrossWALKER and a guide to the correct and safe use of CrossWALKER. Therefore, it is important that you read through it carefully and understand the importance of using CrossWALKER correctly. If a user is visually impaired or has reduced cognitive functionality, it is important that the user receives instructions and assistance before and during use of CrossWALKER. CrossWALKER CWO02 is the second CrossWALKER model. For this reason, CrossWALKER is likely to be developed further over time. CrossWALKER contains no electrical parts, batteries or software.

CrossWALKER must be mounted on rollators that comply with standard requirements DS/EN1985 and ICS 11.180. Crosswalker may only be mounted on rollators that have been approved by Human Walking ApS. CrossWALKER may only be mounted by Human Walking ApS.

CrossWALKER product description

CrossWALKER is a rehabilitation – and training device for rollator users. When walking with a rollator, your upper body is immobile and often slightly bent forwards.

CrossWALKER gives users the option of walking with their upper bodies and arms in motion. The result is a natural walking motion with a healthy and straight posture of the back.

CrossWALKER trains and rehabilitates your body naturally. It is expected that the effect of training with CrossWALKER reduces the risk of falls over time.

Physical requirements for users

Users must be aware of their own physical ability and use CrossWALKER accordingly and rationally. Users must be in their habitual general physical and mental state when using CrossWALKER.

User body weight must not exceed 130kg.

CrossWALKER safety

CrossWALKER must be base-mounted on a rollator before use.

CrossWALKER may not be mounted or dismounted by anyone other than Human Walking ApS.

CrossWALKER must not be damaged in any way before being put into use.

Use skid-proof and closed footwear when using CrossWALKER.

USER INSTRUCTIONS

Walk as your body intended
Instructions for CrossWALKER - model CW002

IMPORTANT!

CrossWALKER may only be used on a stable and even base. If the base is uneven or has difference in level e.g. kerbstones, the horizontally placed handles on the rollator must be used. See fig. 1, sec. C and D. When changing hands from one handle to the other, it is important to bring CrossWALKER to a halt and stand still with both legs.



FIGUR 1:

- A: Left handle
- B: Right handle
- C: Horizontal handle on rollator
- D: Horizontal handle on rollator
- E: Brake release for release of emergency brake
- F: Brake release for release of emergency brake

CrossWALKER may only be used when all four wheels of the rollator is in contact with the base.

CrossWALKER is equipped with an emergency brake on both handles, see fig. 1, sec. A and B.

The emergency brake is released if a user suddenly presses one or both handles vertically downwards. This will give the function of an intended fall prevention or a planned lock-up of CrossWALKER. See fig. 2.



FIGUR 2:

- A: Centred handle, that has been pressed vertically downwards
- B: Brake release activated. The red STOP colour is clearly visible. CrossWALKER is LOCKED on the handlebars and rear wheels.



FIGUR 3:

CrossWALKER can be UNLOCKED by pressing the brake release towards the handlebar. Gently press the brake release with the flat of your hand, in order to avoid getting your fingers caught. CrossWALKER is UNLOCKED when both brake releases are pressed into place and the red colour is no longer visible. CrossWALKER is now ready for use – handlebars and wheels are free to move.

USER INSTRUCTIONS

Walk as your body intended

Instructions for CrossWALKER - model CW002

Check that the emergency brake is working before use

With a sudden movement, press the handlebars vertically downwards. The emergency brake on CrossWALKER has now been locked, and the red STOP colour is clearly visible. The emergency brake can be released again, by pressing the two brake releases found at the foot of the handlebars, towards the handlebars. See fig. 3. When both brake releases are pressed into place, CrossWALKER is no longer locked and is now ready for use.

It is important that only the wheels are in direct contact with sand, gravel and pebbles.

CrossWALKER must not be used during extreme weather conditions with temperatures of severe heat or severe cold.

Range of application

CrossWALKER is designed and approved for indoor and outdoor use on an even and safe base.

Adjustments before use

CrossWALKER cannot be adjusted vertically or horizontally. However, CrossWALKER can be ordered to come with handlebars in different lengths, depending on the height of the user. CrossWALKER is also available in a version which requires additional force, in relation to releasing the handlebar emergency brake. As per agreement, CrossWALKER also comes with special ergonomic handles.

Before use

It may take some time to get used to and find your own walking pace with CrossWALKER - this is perfectly normal. Therefore, you should plan a slow start up.

In connection with rehabilitation, users should receive guidance from healthcare workers.

Timed intervals of CrossWALKER use must be adjusted to the general physical and mental ability of the user.

For cardiac and venous insufficiency, users must seek medical advice before using CrossWALKER.

In the event of spontaneous discomfort, stop using CrossWALKER immediately.

Walking with CrossWALKER

The use of CrossWALKER is always done at one's own risk.

1. ALWAYS walk with both legs and body positioned in the middle of the rear wheels.
2. Press the two brake releases until the red STOP colour is no longer visible. Press with the FLAT OF YOUR HAND, in order to avoid getting your fingers caught, when the emergency brake is released. See fig. 3.
3. Take a light and coordinated hold of the right handlebar with your right hand and place your left hand on the left handlebar in a similar fashion.

USER INSTRUCTIONS

Walk as your body intended

Instructions for CrossWALKER - model CW002

4. Initiate a reciprocal movement of the handles, while simultaneously walking slowly forwards in a normal walking motion.
5. We recommend, that the left leg is put forward, while the right arm/handle is in the reciprocal motion, in order to achieve the desired natural walking motion. Similarly, put the right leg forward on the base, when the left arm/handle is frontside in the reciprocal motion. See cover photo.
6. Always walk with a hand on each handlebar, as illustrated on the cover photo.
7. Sweat, rain and snow may affect the friction between your palms and the handles on the handlebars. Always keep your palms dry.
8. The recommended luggage weight when using CrossWALKER is maximum 2kg.
9. **IMPORTANT:** Lock the emergency brake on both handlebars after use. Arm/handle is frontside in the reciprocal motion. See cover photo 6. Always walk with a hand on each handle, as illustrated on the front cover

Storing

When CrossWALKER is not in use, the handles are automatically centred in the centre position. See fig. 2. The emergency brake on the CrossWALKER handles must be released after use. This is done by pressing the handles vertically downwards. See fig. 2, sec. A and B.

Transportation of CrossWALKER

CrossWALKER can be folded up by lifting the seat and pulling the strap in the bottom of the basket. When lifting CrossWALKER, we recommend assistance from a fit and healthy person, due to the weight of CrossWALKER (14 kg)



Removing handlebars

The handlebars can be removed at the foot of the handlebar. Press the yellow dot and pull the handlebar upwards. When the bars are mounted again, it is **IMPORTANT** that both handlebars "click" correctly into place. When properly mounted, the yellow dots are clearly visible.

USER INSTRUCTIONS

Walk as your body intended
Instructions for CrossWALKER - model CW002

Technical data CW002 Standard

Weight incl. Mobilex Rollator: 14 kg

Height incl. Mobilex Rollator: 118cm

Width incl. Mobilex Rollator: 70,3cm

Dimensions folded up incl. Mobilex Rollator with handlebars mounted:
depth 45 x height 120 x width 70.3cm

Dimensions collapsed incl. Mobilex Rollator with handlebars dismantled:
depth 45 x height 103 x width 70.3cm

Standarder for CrossWALKER monteret på Mobilex Rollator:

MDD Council Directive 93/42/ECC

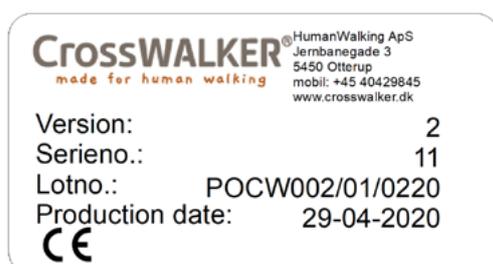
MDD 2.4/1 Rev.9, June 2010

MEDDEV 2.1/1 April 1994

CrossWALKER is being prepared for REGULATION (EU) 2017/745

Rating plate

The rating plate is fitted under the handle bar.



Maintenance:

CrossWALKER can be wiped off using a damp soft cloth.

Reuse

CrossWALKER must be cleaned/disinfected when reused.

USER INSTRUCTIONS

Walk as your body intended

Instructions for CrossWALKER - model CW002

Additional information regarding uncommon risks when using CrossWALKER

If CrossWALKER shows any sign of material damage or degradation, stop using CrossWALKER immediately. Contact your distributor as soon as possible.

In the event of an accidental fall forwards, the user's face, neck and remaining body parts, teeth, dentures etc. may hit the CrossWALKER handlebars, either in a locked or unlocked position.

In the event of an accidental fall forwards, there is a very small risk that the neck or other body parts may slide down in the V-shape between the CrossWALKER handlebars and the rollator. At worst, this will result in compression of the airways.

Storage:

Place CrossWALKER in a dry room without moisture, when it is not being used. Keep out of reach of small children. Always lock CrossWALKER when left unattended.

Disposal:

CrossWALKER must be returned to a (public) recycling station.

Warranty:

Human Walking ApS provides a 2-year warranty on mechanical parts. Freight is paid for by the customer.

HumanWalking ApS offers no compensation for personal injuries or damage to materials as a result of using CrossWALKER.

Manufacturer:

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USER INSTRUCTIONS

Walk as your body intended
Instructions for CrossWALKER - model CW002

EU Declaration of Conformity

We
Human Walking ApS, Jernbanegade 3, 5450 Otterup, Denmark

As Authorized representative within the EU responsible the rollator accessory identified as

CrossWALKER Model CW002

Hereby declare that the specified product(s) conforms with all requirements in the particular directives and standards in the European Community (EC) which applies to the product. The specified product(s) are therefore labelled with the CE-marking.

Specifically, Human Walking ApS declares that the product(s) is in conformity with the following European directives and harmonized European standards:

Directive/Standard name	Standard
European Medical Device Directive (COUNCIL DIRECTIVE 93/42/EEC of 14 June 1993 concerning medical devices)	MDD (Directive 93/42/ECC)
MEDICAL DEVICES: Guidance document. Classifications of medical devices.	MEDDEV 2.4/1 Rev. 9, June 2010
MEDICAL DEVICES: Guidance document.	MEDDEV 2.1/1 April 1994
Assistive products for persons with disability - General requirements and test methods	DS/EN 12182
Walking aids manipulated by both arms — Requirements and test methods — Part 2: Rollators	DS/ISO 11199-2
Walking aids – General requirements and test methods.	DS/EN 1985
Mobilix Rollator: Classification according to	PN-EN ISO 9999:2011 :120606
Mobilix Rollator: Kind of testing: Mechanical of conformity with	PN-EN ISO 11199-2 : 2005

Date:

30. April 2020

Signature:



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