



# HERO+

## User Manual

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Travel Lite Portable  
Outdoor Seat Walker  
with Seat and Bag +  
Crutch Holder  
**140kg**



## Travel Lite Portable Outdoor Seat Walker with Seat and Bag + Crutch Holder - Hero Medical 140kg



S11204

### Instructions for Assembly

1. Remove contents from packaging
2. Attach arm poles into frame receiver
3. Secure using supplied screws
4. Attach bag to the front hanging poles

### Folding / Unfolding Walking Frame

1. Ensure bag is empty
2. Using one hand to hold the handle on the seat and one hand to hold the handle grip lift up the bag and the A-Frame will fold
3. Reverse for unfolding

## Applying Brakes

Hero medical seat walkers are equipped with ergonomic brakes that are easy to apply and use. Following is a step by step guide on how to apply the brakes and hand brakes.

1. Apply brake – hold the grip firmly and the pull the brake upwards until sufficient brake has been applied
2. Hand brake – apply pressure downward until brake locks into place, to release hand brake use a cupped can to disengage lock

## Sitting on the Walking Frame

1. Visually inspect walker to ensure there is no visible damage before sitting on walker
2. Please ensure that the hand brakes are in the locked position by following the steps listed in applying brakes.
3. Please ensure you are on a stable surface.
4. Turn facing backwards the walker and hold both handles firmly, move back until your legs touch the walker and slowly lower yourself onto the walker.
5. Please ensure that your weight is centered and not to sway your body weight from side to side











## Maintenance

Wipe this product over with a warm damp cloth and wipe dry  
For brake adjustments please contact your local ILS dealer

1. A tension adjustment nut is located at the point where the brake cable inserts into the brake handle. There is also a tension adjustment at the other end of the brake cable where it inserts into the brake mechanism near the rear wheel.

These adjustment nuts can be used to tighten the cable or loosen if brakes are too tight and not allowing the rear wheels to roll freely.

2. Brakes are adjusted to the optimal tension during manufacturing and should not require adjustment when new. Over time as rear wheels wear and reduce in diameter, brakes will become loose and will need to be tightened

OVERALL HEIGHT	OVERALL WIDTH	OVERALL LENGTH	SEAT DEPTH	SEAT WIDTH	SEAT HEIGHT	BACKREST HEIGHT	FOLDED WIDTH	CASTOR SIZE	UNIT WEIGHT
 78-90cm	 69 cm	 64 cm	 25 cm	 46 cm	 53 cm	 88 cm	 27 cm	 8"	 7.6 kg

- Please ensure your fingers are clear from pinch points when operating.