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Aluminium Walking Stick Instruction & Safety Manual

Please read this manual before operation, for
maintenance instructions and safe usage



The enabling power
of applied knowledge

Congratulations on your purchase of an ANSA™ quality product. Before using your product, please read all instructions carefully. The warranty will not apply if the product is used incorrectly.

Note

It is essential to check that the SWL on your ANSA™ product is applicable to your personal requirements.

Warranty

Product Warranty - This covers faulty workmanship or defective material for the original consumer purchase for 12 months from the purchase date. In the event of a defect covered by this warranty.

1. We will at our discretion repair or replace the product.
2. The item must be returned to an authorised ANSA™ distributor or selling agent with proof of purchase.
3. Cost of freight is your responsibility.
4. Use and care instructions have been compiled with.
5. No unauthorised repairs or alterations have been made.

Using Walking Sticks

Please read all instructions before use.

A full assessment of the user's specific requirements is needed before selecting a walking stick. A number of different gaits or walking patterns can be used depending on the individual, and it is therefore important that adequate support and consequently, safety, is achieved.

A physiotherapist should advise on the most appropriate walking pattern when using a walking stick.

Adjustment

When the stick is measured correctly the user should be able to maintain an upright posture with the elbow slightly flexed. In this way, body weight is taken through the stick by pushing down on the stick when walking. If adjustable, your stick will have either a horseshoe or spring-pin type adjustment as shown below.

FIG 1

Horseshoe Clip Adjustment

1. Remove the clip by grasping it between thumb and forefinger and pulling out.
2. Slide the leg in or out to the ideal position.
3. Push the clip back firmly into the hole.
4. Check the clip is fully located before use.

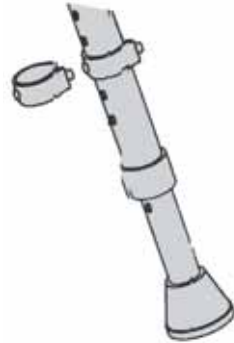
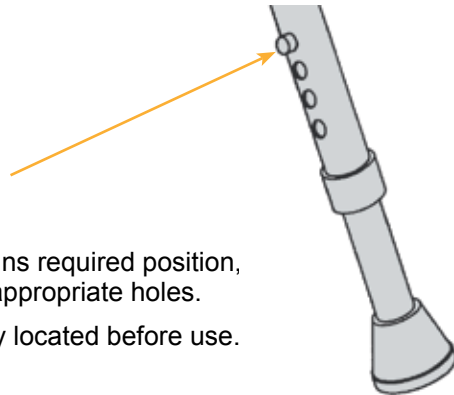


FIG 2

Spring Pin Adjustment

1. Press the adjustment pins.
2. Push the leg as if to shorten.
3. Turn the leg slightly.
4. Extend the leg to adjustment pins required position, and re-locate buttons into the appropriate holes.
5. Check adjustment pins are fully located before use.





Walking with the stick

Walk in a normal manner placing the stick on the ground at the same time as the affected leg. Remember the stick should normally be held in the hand opposite the affected leg.

Stairs

If it is essential to use the stairs and you have not been advised otherwise, try to have someone with you until you feel safe. Hold onto at least one handrail if possible.

Going Up

Keeping the stick on the same level as you, step up with your good leg. Push on your stick and bring your injured leg up, finally moving your stick to the same level. Repeat.

Going Down

Put your stick onto the step below you and lower your injured leg. Taking some weight through your arms, step down with your good leg.



Chairs - Sitting Down

Turn around, feel the chair behind the legs, place your hand on the chair arm, bend forward and lower yourself gently into the chair. The stick can be held or rested nearby.



Chairs - Getting Up

The stick should be near the arm of the chair. Lean forward and with the hands on the arms of the chair, push forward and stand up using the stick for support.





General Safety

1. Use a chair with high seat and arms to help you sit and stand up with ease.
2. Remove obstacles such as loose rugs, draught excluders and worn floor coverings.
3. Ensure lighting in hallways and stairways is adequate.
4. Wear flat supportive shoes.
5. Avoid wet floors.
6. Beware of outdoor hazards including uneven surfaces, wet leaves and ice.
7. Do not store this product in temperatures below freezing.
8. Take special care if carrying a bag or similar package.
9. All equipment should be regularly inspected for any damage or significant signs of wear.

Check for:

- A Bent or damaged tubes or cracks at the tube joints.
 - B Height adjustment pins are protruding and horseshoe clips are not loose or worn.
 - C Elongated adjustment holes.
 - D Loose handles.
 - E Smooth, worn or split ferrules (rubber tips).
 - F Replace where necessary.
10. Regular cleaning with a mild detergent or disinfectant is recommended. DO NOT use bleach or any solvents (such as lighter fluid).



NOTES



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