



Walking Sticks

USER GUIDE



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1. INTENDED USE

These aluminium walking sticks are intended for use by persons with difficulty walking but who are capable of mobilising themselves. These walking sticks can be used indoors or conditionally outdoors.

2. SAFE USE



WARNING! This user manual must be read before using the walking stick. Severe injury or death may result if user instructions, maintenance instructions and product warnings are not followed.



WARNING! The decision to use this walking stick should always be guided by a qualified Health Care Professional, who can also advise and assist with the correct height adjustment and usage instruction.

- Do not exceed the safe working load of the walking stick.
- Ensure the walking stick has been adjusted to fit your body and is the correct type to meet your needs.
- Flat supportive shoes should be worn.
- Outdoor hazards may include uneven surfaces, wet leaves and ice.
- If the handgrip is loose, DO NOT use the stick. Contact Cubro for replacement.
- Replace rubber tips when these are worn. Contact Cubro for replacement.
- Inspect at regular intervals for wear and damage. Remove from use immediately if faults are found.
- Use the walking stick only for the purpose it is intended for.

3. PRODUCT SPECIFICATIONS

Product code	Description	Safe working load	Height adjustment
1676	Lifestyle 'T' Handle Black - Metallic Blue	120kg	760 – 990mm
1677	Lifestyle 'T' Handle Black - Metallic Pewter	120kg	760 – 990mm
1678	Lifestyle 'T' Handle Black - Metallic Gold	120kg	760 – 990mm
1679	Lifestyle 'T' Handle Black - Metallic Green	120kg	760 – 990mm
1680	Lifestyle 'T' Handle Black - Metallic Red	120kg	760 – 990mm
1688	Lifestyle 'T' Handle Wooden - Tapestry	120kg	760 – 990mm
1689	Lifestyle 'T' Handle Wooden - Camo	120kg	760 – 990mm
1690	Lifestyle 'T' Handle Wooden - Fine Purple Check	120kg	760 – 990mm
1691	Lifestyle 'T' Handle Wooden - Woodgrain	120kg	760 – 990mm
1692	Lifestyle 'T' Handle Wooden - Houndstooth	120kg	760 – 990mm
1704BL	Mobilis® Crook Handle Walking Stick - Black colour	120kg	760 – 995mm
1704BLU	Mobilis® Crook Handle Walking Stick - Blue	120kg	760 – 995mm
1704BR	Mobilis® Crook Handle Walking Stick - Bronze	120kg	760 – 995mm
1706	Mobilis® Swan Neck Walking Stick - Black	120kg	760 – 995mm
1706BLU	Mobilis® Swan Neck Walking Stick - Blue	120kg	760 – 995mm
1710	Mobilis® Walking Stick with T Handle - Black	120kg	760 – 990mm
1733	Mobilis® Crook Handle Slim Stick - Brown	120kg	785 – 1000mm
1735	Mobilis® Consort Handle - Black	120kg	760 – 990mm
1737	Strider® Fashion T Handle - Butterfly Pattern	120kg	760 – 990mm
1738	Strider® Fashion T Handle - Tartan Pattern	120kg	760 – 990mm

Product code	Description	Safe working load	Height adjustment	
1718L	Strider® Adjustable Fischer Support Stick (left handed) - Black	120kg	760 – 975mm	
1718R	Strider® Adjustable Fischer Support Stick (right handed) - Black	120kg	760 – 975mm	
FOLDING				
1682	Lifestyle ‘T’ Handle Black Folding - Metallic Teal	120kg	740 – 840mm	
1683	Lifestyle ‘T’ Handle Black Folding - Oriental Floral	120kg	740 – 840mm	
1684	Lifestyle ‘T’ Handle Black Folding - Flutter	120kg	740 – 840mm	
1685	Lifestyle ‘T’ Handle Black Folding - Paisley	120kg	740 – 840mm	
1686	Lifestyle ‘T’ Handle Black Folding - Spring Lilac	120kg	740 – 840mm	
1687	Lifestyle ‘T’ Handle Black Folding - Belle Rose	120kg	740 – 840mm	
1711BL	Movere® Folding Walking Stick - Black	120kg	815 – 920mm	
1711BLU	Movere® Folding Walking Stick - Blue	120kg	815 – 920mm	
1711BR	Movere® Folding Walking Stick - Bronze	120kg	815 – 920mm	
QUAD BASE		Base size	Safe working load	Height adjustment
1697	Chevron® Low Base Quad (small) - Black	210mm x 140mm	100kg	750 – 975mm
1698	Chevron® Low Base Quad (large) - Black	305mm x 205mm	100kg	765 – 990mm

OPTIONS



Contour foot



Flexifoot



Unifoot

4. TYPES OF WALKING STICKS

— STANDARD WALKING STICK

The standard walking stick is adjustable and is used for support when walking. It comes with various types of handle to suit your needs.

— QUAD BASE WALKING STICK

If you are very unsteady on your feet a quad base walking stick will give you more security and will allow you to put more weight on your walking stick. It is not suitable to use on stairs. This walking stick is adjustable.



WARNING! Quad base walking sticks are **NOT** suitable for use on stairs.



— FOLDING WALKING STICK

A folding walking stick can be broken down into parts. It can be folded up and put in a bag.

When folded these walking sticks are usually less than 30cm long. Folding walking sticks have adjustable heights. Folding walking sticks are most useful if you do not use your walking stick all the time but like to have it available in case you need it.

4. INSTRUCTIONS FOR USE



WARNING! These instructions are guidelines only. Use only as instructed by your Health Care Professional.

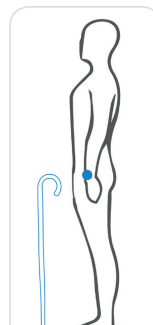


WARNING! Always ensure if walking on wet surfaces, that the walking stick is kept as upright as possible.

HEIGHT OF WALKING STICK

The walking stick set at the incorrect height can put strain on your hands, wrists, shoulders and neck.

To measure the accurate height for your stick, stand up straight with your hands relaxed at your sides. The top of your walking stick should come up to your wrist. Your elbow should be slightly flexed when holding the walking stick. In this way the body weight is taken through the stick by pushing down on the stick when walking.

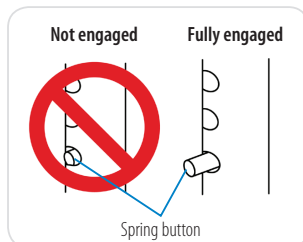


HOW TO ADJUST THE WALKING STICK

- To adjust the stick, push the spring button in and lengthen or shorten the stick to the correct height.
- Tighten the collar if present.

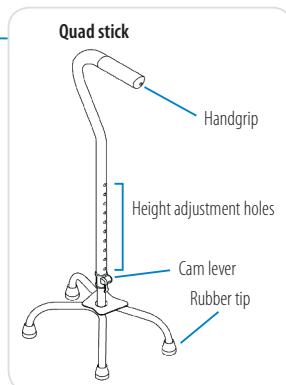


WARNING! Ensure that the spring button is fully engaged in the adjustment hole, and the collar is tight.



HOW TO ADJUST THE QUAD BASE WALKING STICK FOR LEFT OR RIGHT HAND USE.

- Open the cam lever to unlock.
- Press the double spring button.
- Turn the quad base stick handle 180 degrees. Allow the double spring button to click into the holes in the stick.
- Turn the cam lever to lock.



HOW TO UNFOLD/FOLD THE FOLDING WALKING STICK

- When you take your walking stick out of the pouch the four sections of the stick will all lock into place with a click. Each section is held together by a stretchy cord that runs the length of the stick.
- To fold up again, pull each section apart and hold together in the hands until the walking stick is put away in to a carry pouch.



WARNING! When unfolding or folding the walking stick keep fingers clear so they do not get caught in any way.



5. CARE AND MAINTENANCE

For Any Servicing, Maintenance and Troubleshooting Queries,
Please Contact The Cubro Service Dept;

Ph. 0800 656 527

Ph. +64 7 578 7228

E: sales@cubro.co.nz cubro.co.nz

Address: 149 Taurikura Dr, Tauriko, Tauranga, New Zealand



WARNING! Do not make any changes or modifications to this product without consultation from Cubro.

- Regularly check spring buttons and cam levers are working correctly.
- If the handgrip is loose, DO NOT use the stick. Contact Cubro for replacement.
- Replace rubber tips when these are worn. Contact Cubro for replacement.
- Ensure the elastic on the folding walking stick is taught. If it appears loose in any way it should be replaced. Contact Cubro for replacement.
- Clean the handgrip with mild soap, detergent or household cleaner.
- DO NOT use solvents.
- Wipe down the remainder of the stick with a damp cloth.
- Dry thoroughly after cleaning.

EXPECTED LIFETIME

Two years from date of purchase.

DISPOSAL

Products that can no longer be used are to be disposed of separately from household rubbish. This must be done according to the local and national regulations for environmental protection and raw material recycling.

Please look at your local council's website for further information on the correct disposal.

