



# VIKING WALKING TUTOR

## USER MANUAL



Congratulations and thank you for choosing  
this Aspire Viking Walking Tutor.

This user manual contains a description of the  
product and important guidelines to ensure correct  
and safe use. It is important to read this manual  
carefully prior to use. It is especially important to  
read the safety requirements and follow these.

Aidacare continuously improves products and  
reserves the right to change the specifications  
and functions of products without notice.

**If you have any queries please contact your dealer  
or Aidacare directly. Contact information  
is located on the last page of this manual.**



This product features the CE mark, in compliance with the Medical Devices Regulation 2002 (as amended) Class 1, and the Medical Device Regulation 2017/745.



This product Features the UKCA mark, in compliance with Part II UK MDR 2002 (as amended) Class 1



**IMPORTANT:** Do not use the Aidacare Aspire Viking Walking Tutor without having first read this user manual

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No part of this user manual may be copied, distributed, reproduced, scanned or stored on any electronic database, whether in whole or in part in any form or by any means.

Due care has been taken to ensure all the information contained in this user manual is correct at the time of printing. All measurements, pictures, colours and weight capacities are to be used as a guide only. We reserve the right to modify the design or appearance of any product displayed in this user manual without prior notice.

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## 1. SYMBOLS USED IN THIS USER MANUAL

The symbols below are used throughout this user manual and on the product to identify warnings and important information. It is very important for you to read them and understand them completely.



**WARNING!** Indicates a potentially hazardous condition/situation. Failure to follow designated procedures can cause either personal injury, component damage or malfunction. On the product, this icon is represented as a black symbol on a white triangle with a black border.



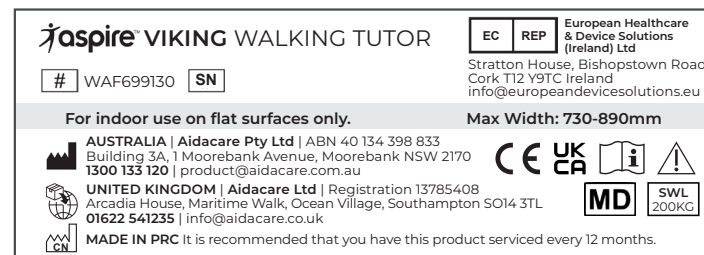
**ALWAYS!** These actions should be performed as specified. Failure to perform mandatory actions can cause personal injury and/or equipment damage. On the product, this icon is represented as a white infinity symbol on a black dot with a white border.



**DO NOT!** These actions are prohibited. These actions should not be performed at any time or in any circumstances. Performing a prohibited action can cause personal injury and/or equipment damage. On the product, this icon is represented as a white symbol with a black circle and black slash.

## 2. SYMBOLS USED ON THE PRODUCT

The manufacturer's sticker shown is a sample sticker only.



Product Code



CE Mark



Serial Number



UKCA Mark



Manufacturer



Safe Working Load



Importer



Read User Manual



Country of Manufacture



Caution



Authorised Representative  
in EU



Medical Device

## 3. INTENDED USE

Aspire Viking Walking Tutors are specifically designed for individuals who, due to a wide variety of reasons, require additional support while walking. This walking tutor is specifically designed for individuals who cannot support weight on their wrists but can still use their forearms for support. This walker is designed for use indoors and on flat surfaces.

- This device should not be used as an aid to help a user from a seated to standing position.
- The height adjusting gas strut is intended to adjust the device height, not to assist with standing assistance of a user.
- Ensure that upright posts are locked in place with hand wheels prior to use.

## 4. PRODUCT DESCRIPTION

The Aspire Viking Walking Tutor is a four wheeled, lightweight tutor with a height-adjustable frame. This product is made from a combination of steel and aluminium, so it is light and easy to store or transport. This tutor offers great manoeuvrability and stability and is fitted with forearm supports that are height adjustable for a customised fit.

## 5. WARNINGS



WARNING

**WARNING!** This User Manual must be read before using the walking tutor. The manufacturer does not take any responsibility for damage and/or injuries caused by the fact that the User Manual has not been followed.



WARNING

**WARNING!** The walking tutor must not be used by users with serious difficulty balancing or whose muscle strength is too low to stand and walk, even with the extra support of a tutor.



WARNING

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

### LIMITATIONS FOR USE



**DO NOT** exceed the safe working load 200kg

This walker is designed for use on flat-level surfaces. If encountering sloped or uneven terrain an alternative route should be sought.

- Use the walker only in good technical condition
- **DO NOT** modify the tutor
- **DO NOT** sit on the tutor
- **DO NOT** stand on the tutor
- **DO NOT** use in place of a wheelchair or patient transport device

All wheels **MUST** be in contact with the ground at **ALL TIMES** during use.



**NOTE:** Fingers or other body parts can be trapped between the tutor's parts during folding, unfolding or adjusting of the tutor. Be extremely careful when adjusting the tutor. Observe the dimensions of gaps between the tutor's elements to avoid trapping your fingers or other body parts.



WARNING

**WARNING:** When using the device in a stationary position, brakes **MUST** always be locked



WARNING

**WARNING!** Always engage the brakes when you don't plan to move the device.



WARNING

**WARNING! NEVER** leave the device on slopes without the brakes engaged!

### LIMITATIONS FOR USAGE



WARNING

**WARNING:** The device **MUST NOT** be loaded with more than 200kg.



WARNING

**WARNING!** The device is dedicated to be used only indoors on flat surfaces.



WARNING

**WARNING!** The device may **NOT** be used as a stand-up helping aid.



WARNING

**WARNING:** The gas spring is intended **ONLY** for support of adjusting the height of the armrests.



WARNING

**WARNING!** The gas spring **MAY NOT** be used as additional power for standing up.



WARNING

**WARNING!** The device may **ONLY** be used when the armrest supporting columns are locked in the right position with the position locking knobs.

### AVOIDING ACCIDENTS



WARNING

**WARNING:** Use the device **ONLY** for the purpose it is intended for.



WARNING

**WARNING!** Use the device **ONLY** in good technical condition.



WARNING

**WARNING!** Avoid making constructive changes on the device, unless you have the manufacturer's written acceptance for such modifications.



WARNING

**WARNING!** During different adjustments which are possible on the device the user must take care not to squeeze the fingers or other body parts between two moving elements of the device.



WARNING

**WARNING!** All wheels **MUST** be in contact with the floor at **ALL TIMES** during use. This will ensure the device is properly balanced and should avoid accidents.



WARNING

**WARNING!** When using the device in a stationary position, the hand brakes **MUST** be locked.



WARNING

**WARNING!** The brakes **MUST** be in the locked position before entering or leaving the device unattended.



WARNING

**WARNING! BE CAREFUL.** Fingers or other body parts of a user or/ and assistant can be trapped between device's elements during assembling, disassembling or adjusting of the device.

**BE EXTREMELY CAREFUL** when adjusting the device's characteristics. Observe the dimensions of gaps between device's elements to avoid trapping your fingers or other body parts.



WARNING

**WARNING!** The device should only be used with the two locking knobs tightened.

#### SAFE WORKING LOAD



## 6. PRODUCT SPECIFICATIONS

Overall Height	900 - 1325mm
Overall Length	850mm
Overall Width	730 - 890mm
Diagonal Distance	1050mm
Width Between Forearm Supports	520 - 750mm
Wheel Size	100mm
Product Weight	18.3kg
Bag S.W.L	5kg
Safe Working Load	200kg

## 7. LIST OF COMPONENTS

1	Handles
2	Height Adjustment System
3	Frame
4	Oxygen Tank Clamps
5	Forearm Support
6	Width Adjustable Base
7	Lockable Rear Castors



## 8. ASSEMBLY GUIDE

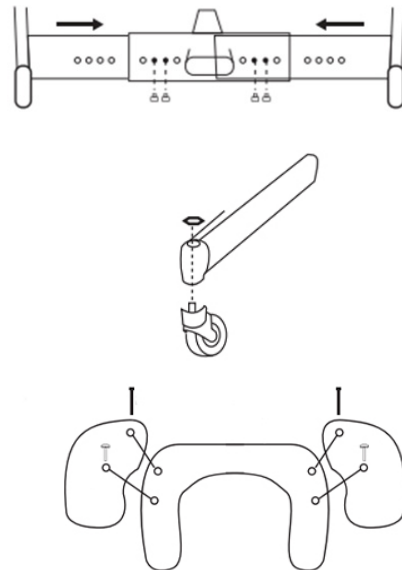
### 8.1 CARTON CONTAINS

Quantity	Item
1	Unit (with handles and base pre-attached)
4	Wheels (2 with brakes, 2 without)
2	Accessory Brackets (for IV pole and bag)
4	Wheel Caps
2	Arm Pads
6	Star Knobs
1	Bag

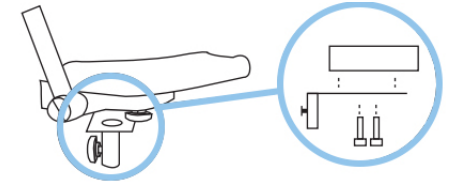
**NOTE:** If any part is missing or damaged, do not proceed with the assembly. Contact Aidacare or your Aspire Dealer immediately.

### 8.2 ASSEMBLY

- 1 Flip the unit upside down and insert the silver legs into the blue base. Secure the legs at the desired width using 2 star knobs, ensuring both legs are evenly adjusted.
- 2 Attach the wheels to the ends of the legs by screwing them into place. Ensure the spring washer is positioned between the base and each wheel. If the unit feels unstable, add the provided metal and plastic washers as needed to achieve the correct height.
- 3 Turn the unit upright and position the arm pads correctly. Secure each pad using a long Allen key screw. Adjust and insert the star knob to lock the arm pads at the desired width.



- 4 Attach the accessory fittings beneath the armrests using the 4 short Allen key bolts. Tighten the bolts securely and ensure the fitting tube is oriented downwards.
- 5 Check the unit to ensure it is stable and secure. Finally, attach the wheel caps to complete the assembly.

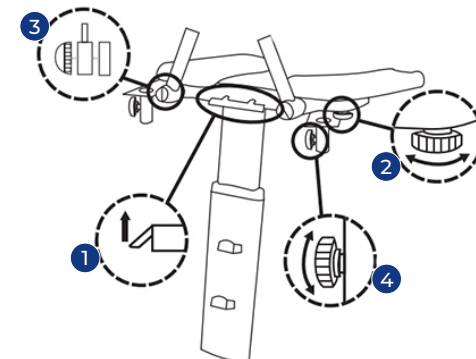


## 9. INSTRUCTIONS FOR USE

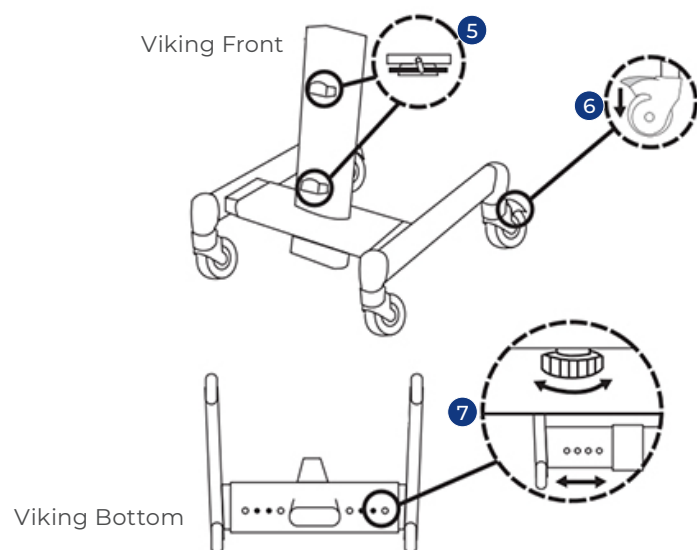
### 9.1 OPERATING INSTRUCTIONS

Adjust the height using the lever located at the front, between the handles (see diagram).

- 1 Lift the lever to automatically raise the armrests. Apply downward pressure while lifting the lever to lower the armrests.
- 2 Loosen the knob beneath the armrests to adjust their width. Set the armrests to the desired width, then tighten the knob securely (see diagram).
- 3 Unscrew the knob to adjust the handle angle. Pull the handle bracket away from the frame, rotate it to the desired angle, and release. Once the handle clicks into place, tighten the knob securely.
- 4 Attach the optional IV pole or storage bag in front of either armrest, positioning it on the outside of the handles (see diagram). Tighten securely to ensure stability.



- 5 To fit an oxygen tank holder, slide both bars over the fixed support handles at the front. Once aligned, secure the locking latch over the tank holder frame and tighten it firmly.
- 6 Individually lock the castor wheels by pressing down on the top of each brake lever.
- 7 Adjust the base width by loosening the knobs located underneath the Tutor. Set the base to the desired width, then tighten the knobs securely to lock the position.



## 10. CARE, MAINTENANCE & CUSTOMISATION

### CLEANING INSTRUCTIONS

- Clean the walker regularly with a damp cloth
- Use a mild washing agent and warm water for excess dirt build up
- **DO NOT** use harsh abrasives or bleach based agents which may cause damage or discolouration
- Dry with a soft cloth

### WHEELS

- Clean wheels with a mild washing agent and warm water. Remove hair and other dirt from axles
- Lubricate with multi-purpose oil periodically or if wheels begin to squeak

### MAINTENANCE

- Ensure that every part of the walker is secure at **ALL times**
- Check all screws for tightness. If not, tighten if necessary
- Replace any broken, damaged or worn items immediately

### MAINTENANCE SCHEDULE

Weekly	Periodically	Yearly	Serviceable Components
Check brake function  Check all wheels are secure  Check all fastenings such as nuts, bolts and hinges are fastened correctly and functioning normally	Check hand grips for wear  Check frame bolts are secure  Check folding hinge bolts are secure  Check front and rear axle bolts are secure  Check for wear or cracks  Check wheels for splitting or damage  Check seat upholstery for wear and seat base for cracks and that it is secured to frame	Take your walker to an authorised repairer for a full check, clean, service and lubrication of all moving parts.	<ul style="list-style-type: none"> <li>• Wheels</li> <li>• Bag</li> <li>• Hand grips</li> <li>• Forearm Supports</li> <li>• Brake Cables</li> <li>• Seat</li> <li>• Brake Handles</li> <li>• Bearings</li> <li>• Nuts and Bolts</li> </ul>

### CUSTOMISATION

All walker customisation, modification and or alterations made to this product are considered as “custom” changes. They may cause the product to no longer meet safety standards and should be considered prior to commencement.

Any custom modification of the walker is not warranted by Aidacare and will void the warranty.

## 11. COMPLIANCE

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Aspire Walking Tutors are manufactured and independently tested to the market-relevant compliance standards.

Labels on the walkers address compliance requirements and users should familiarise themselves with these prior to use.

## 12. WARRANTY

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AIDACARE warrants its products to be free from material – and workmanship-related defects under normal use and service. From the date of purchase, within the period stated below, we shall repair or replace without cost to the original customer, any part assembly or portion thereof which shall be returned to **Aidacare** and deemed to be defective by our own inspection.

**1 YEAR WARRANTY**

Above warranty only applies to manufacturer defect only, and does not cover wear and tear through use.

**WARRANTY IS CONTINGENT UPON ANNUAL SERVICING BEING COMPLETED FOR THE LENGTH OF THE WARRANTY PERIOD.**

**Aidacare** cannot be held responsible for any personal injury, damage to the Aspire Viking Walking Tutor or damage to property resulting from improper or unsafe use of the product. No warranty claim shall apply where the product or any part thereof has been modified, varied, altered or damaged either accidentally or through improper or negligent use.

No warranty claim shall apply where the patient mover has been repaired or serviced by parties other than those accredited and/or approved by **Aidacare**.

**ALL WARRANTIES MADE ARE BACK TO BASE WARRANTIES MEANING THAT ANY PARTS REQUIRING REPAIR NEED TO BE RETURNED TO THE NEAREST AIDACARE SERVICE CENTRE AT THE CUSTOMER'S EXPENSE – PLEASE CONTACT AIDACARE FOR A CURRENT LIST OF SERVICE CENTRE LOCATIONS.**

### SPARE PARTS

Spare parts list available upon request from **Aidacare**.

## 13. RECYCLING INSTRUCTION

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This product should not be mixed with General household waste. Please follow the diagram below to identify different materials on the product

## 14. MANUFACTURER, IMPORTER & EU REPRESENTATIVE

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If you have any questions, you can contact:



### Manufacturer:

**Aidacare Pty Ltd** ABN 40 134 398 833

Building 3A, 1 Moorebank Avenue,  
Moorebank NSW 2170 Australia

**1300 133 120 | [product@aidacare.com.au](mailto:product@aidacare.com.au)**



### EU Representative:

**European Healthcare & Device Solutions (Ireland) Ltd**

Stratton House, Bishopstown Road  
Cork T12 Y9TC Ireland

**[info@europeandevicesolutions.eu](mailto:info@europeandevicesolutions.eu)**



### Importer:

**Aidacare Ltd** Registration 13785408

Arcadia House, Maritime Walk, Ocean Village,  
Southampton SO14 3TL United Kingdom

**01622 541235 | [info@aidacare.co.uk](mailto:info@aidacare.co.uk)**



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