

TROJA 2G

...THE SECOND GENERATION.



Bruksanvisning
User manual
Bedienungsanleitung
Manuel d'utilisation
Handleiding

NO

EN

DE

FR

NL

Bruksanvisning

User manual

Bedienungsanleitung

Manuel d'utilisation

Gebruiksaanwijzing

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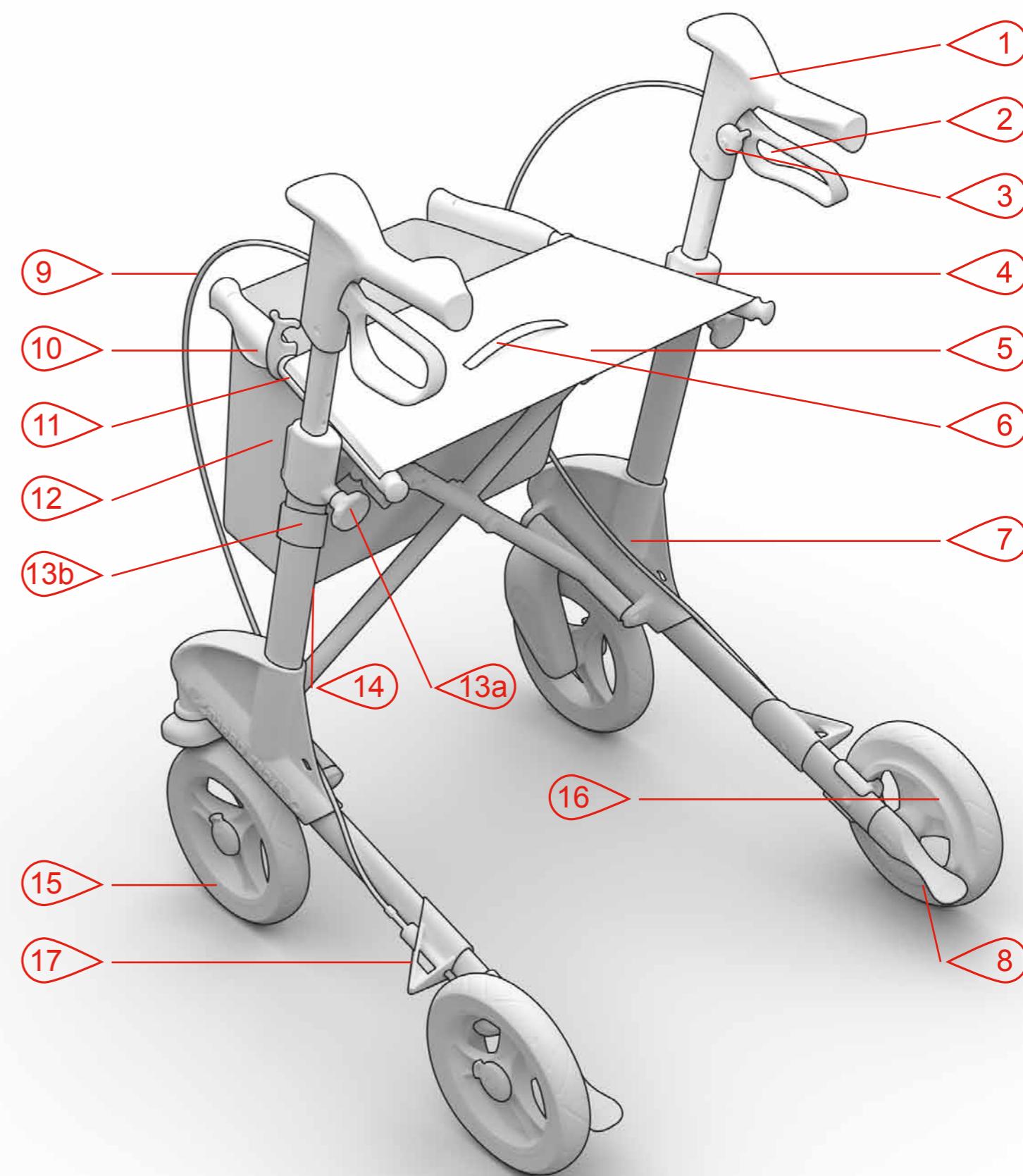
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TOPRO TROJA 2G



Get to know your TOPRO Troja 2G

Please refer to the illustration of the rollator on the inside of the cover

1. **Ergonomical handles “TOPRO ERGO Grip”:**
Shaped to provide support for your hands and help you stand from a seated position. Made from a soft and easy to clean PU-material. With an integrated attachment for the optional back support.
2. **Enclosed loop brake handle:**
Comfortable, secure and easy to use.
3. **Bell:**
Easy to use without having to take your hands off the handles.
4. **Height adjustment with memory function:**
Simple and secure adjustment of correct handle height for optimal ergonomics when walking.
5. **Seat:**
As comfortable as your garden chair.
User weight: Max. 150 kg (M) / 125 kg (S).
6. **Grey release strap is integrated into the seat:**
Simply lift the strap to fold your rollator easily.
7. **Side frames:**
Features integrated attachments for various optional accessories.
8. **Tilt function:**
Makes it easier to navigate small obstacles i.e. kerbs and thresholds.
9. **Brake wire**
10. **Lock clamp:**
Locks your rollator securely in its folded position to make handling and transportation easier.
11. **Carry handle and seat bracket:**
Attachment point for the removable basket and the only recommended place to carry your rollator.
12. **Detachable basket:**
For simple and safe transportation of your small items and groceries etc, maximum weight limit 10 kilos.
13. **Reflective panels:**
3M Scotchlite reflective panels in crucial spots on your rollator to make you more visible in the dark.
14. **Product markings:**  **3M Scotchlite™**
Contains important information such as the name of the manufacturer, serial number, maximum load, measurements etc. (See also page 3).
15. **Detachable and replaceable wheels, “TOPRO Quick”**
16. **Interior braking system (IBS):**
The brake blocks brake onto the rim instead of the surface of the wheel.
17. **Edge guard:**
Prevents the rear wheel from getting stuck on thresholds, chairs etc.

Congratulations on your purchase of TOPRO Troja 2G

You have chosen a high quality product to help increase your mobility in everyday life. TOPRO has developed and manufactured this rollator in Norway, based on current research results, the highest standards of quality and security as well as our customers’ demands of functionality.

The production of rollators at TOPRO is certified according to the standards of quality in ISO 9001 and the environmental standards of ISO 14001.



The TOPRO Troja 2G has been developed in accordance with the 93/42/EEC directive concerning medical equipment.

Please notify your supplier if you find your product damaged on delivery.

We hope your TOPRO Troja 2G will improve your everyday life, giving you more mobility and personal freedom.

Sincerely,

TOPRO Industri AS

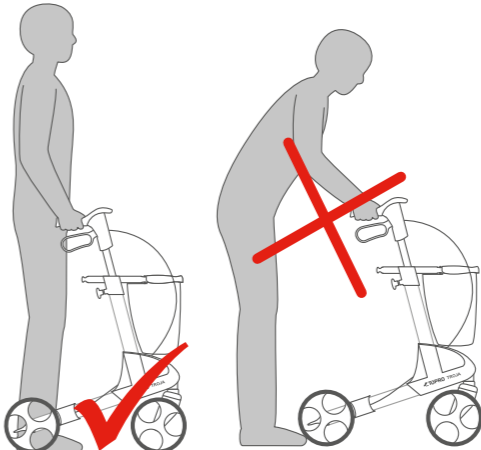
⚠ Before using your TOPRO Troja 2G

- **Intended use:** TOPRO Troja 2G has been developed and approved for both indoor and outdoor use, to offer support and security for people with poor balance or walking ability. It is developed to be pushed, not pulled, and only to be used on plain surfaces. Outdoor the rollator is intended to be an aid for walking on roads and paths. It is not suitable in rough and/or steep terrain or inclinations, for example stairs. Be aware that the rollator may roll faster than you walking downhill, which may put you in risk of falling. The product is not suitable for persons with low strength in arms, very poor balance, or considerable cognitive disabilities. The integrated seat provides an opportunity for the user to rest, and the fabric basket is capable of carrying items up to a total of 10 kg (5 kg model X).
- Take care not to get your fingers trapped when folding or unfolding your rollator.
- Before each use, check that your brakes are functioning correctly. Also check that your rollator locks into its unfolded position (you should hear a “click”) and the handles have been fastened properly.
- Always use both brake handles at the same time. This applies both to the driving brake and the parking brake. Before sitting down on the seat, make sure both parking brakes have been applied.
- The TOPRO Troja 2G should never be pushed while the parking brakes are on, or while the driving brakes are continuously applied.
- TOPRO Troja 2G has a maximum user weight of 150 kg (M) / 125 kg (S). It must not be used for the transportation of heavy goods or persons.
- For your own safety: Do not bend backwards or over to the sides when you are sitting on the seat. Do not tilt the rollator more than max 5° sideways to avoid risk of falling. Due to the same reason bags etc. must never be hung on the handlebars.
- Make children aware that the TOPRO Troja 2G rollator is not a toy.
- If the rollator is exposed to extreme temperatures, some parts may feel very cold or very hot.
- Do not wear very long or wide, flowing garments as they may get caught in the wheels of the rollator and be a potential hazard.
- For safety reasons it is prohibited to sit on the rollator during public transportation. Place your rollator securely. Use the parking brake.
- Do not use the rollator on stairs. Be careful when descending kerbs.
- Do not alter the product as this might put your safety at risk and the guarantee will not be valid.

After reading the notes above you may be wondering how to use your new TOPRO Troja 2G in a safe, ergonomic and comfortable way

In order to ensure that the TOPRO Troja 2G is a good and secure aid for you, it is important that you keep the rollator close to your body. This is the best way to ensure good support while you are walking, and it will make it easier to get back up if you should have the misfortune of falling. Walking upright with your eyes gazing steadily forward will help you keep your balance.

It is important that the height of handles are adjusted to best suit you. Please read point C on page 15 carefully to learn about handle adjustment. If you experience problems adjusting your rollator handles, please contact your dealer or physical therapist.



Warranty



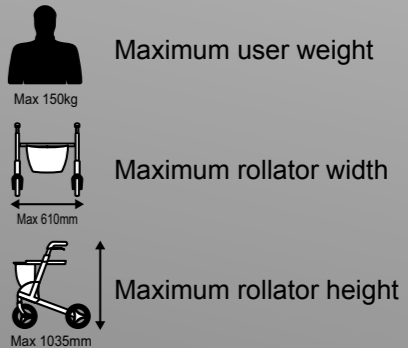
Our guarantee excludes damage caused by incorrect operation, accidents or through normal wear and tear (such as, Brake Blocks, Brake Cables, Wheels, Seat, Handgrips, Basket, Etc). For repairs during the guarantee period, please contact your local mobility shop or dealer. The guarantee is void if unauthorised spare parts and accessories have been or are being used on the product.

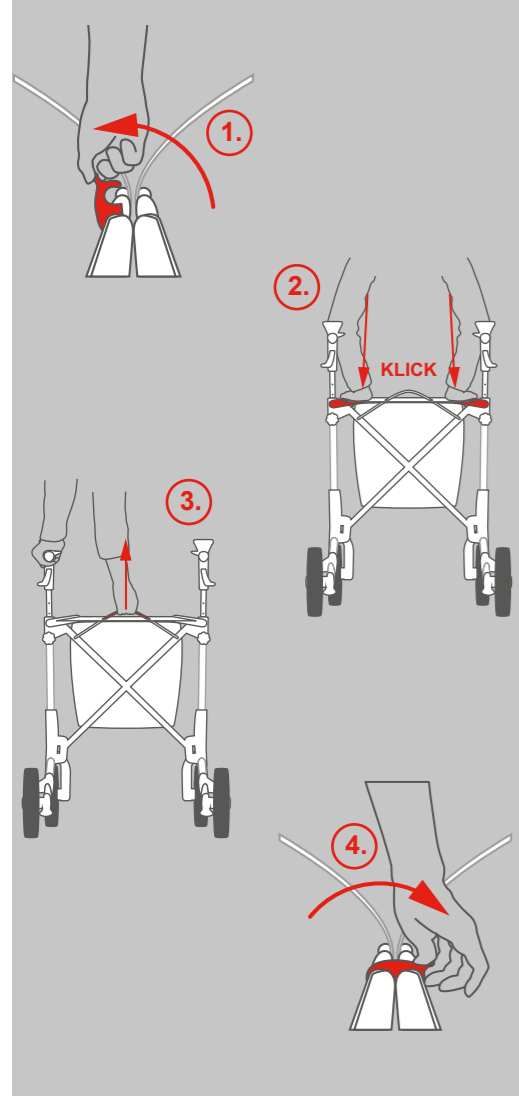
Security and comfort

Where you find the symbols below, there is a special notice about the security or comfort of the product.



Symbols on the TOPRO Troja 2G





A. Folding and unfolding

Storage and travel

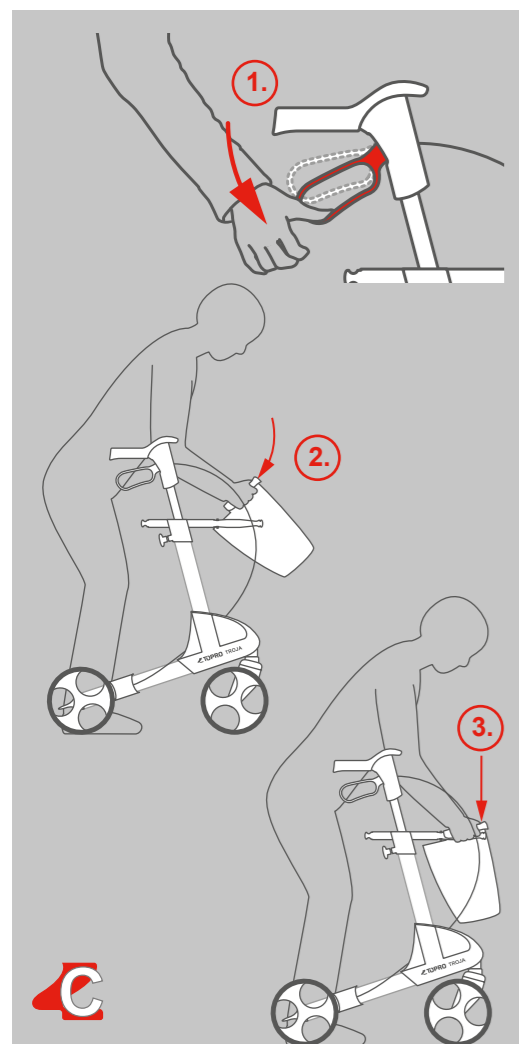
Unfolding:

To unfold the TOPRO Troja 2G, release the lock clamp from the carrying handles(1.) and push them down until you can hear them click into place (2.).

Folding:

When you want to fold your TOPRO Troja 2G, simply pull on the release strap on the seat (3.). Then push the carrying handles together and lock them with the lock clamp (4.). Make sure that the fabric of the front basket does not protrude too much between the carrying handles as that can block the fastening of the lock clamp.

Now your TOPRO Troja 2G is folded, still standing on all four wheels. It is now ready for transportation or storage. To reduce its size even further, it is possible to lower the handles (see on page 15, point C & D) and remove the wheels (see on page 16, point G).



B. Net basket or shopping bag

Transportation and shopping

Model Basic: Net basket
Models Premium: Shopping bag

Net basket/shopping bag (hereafter named basket) is enclosed. It holds up to 10 kilos and is easily attached or removed.

To mount the basket, stand between the handles of your rollator and apply the parking brake (1.) Then lift the basket forwards in order to slide it underneath the seat (2.), and onto the front and the carrying handles. When it is placed correctly, you will hear a click. (3.). Make sure that the brake wire still runs unrestrained along the frame.

To remove the basket, stand once again between the handlebars and apply the parking brake. Place your hands towards the front of the basket, one on either side. Lift the basket up while pressing it slightly together. This will release it. Always use both hands when performing this operation.

The shopping basket comes with a shoulder strap for you to carry it directly into your home. Make sure that the shoulder strap is tucked away when the shopping basket is fitted to the rollator, so that it does not become trapped in the front wheels.

Both types can be hand washed at 40°C.

C. Adjusting the height of the handles

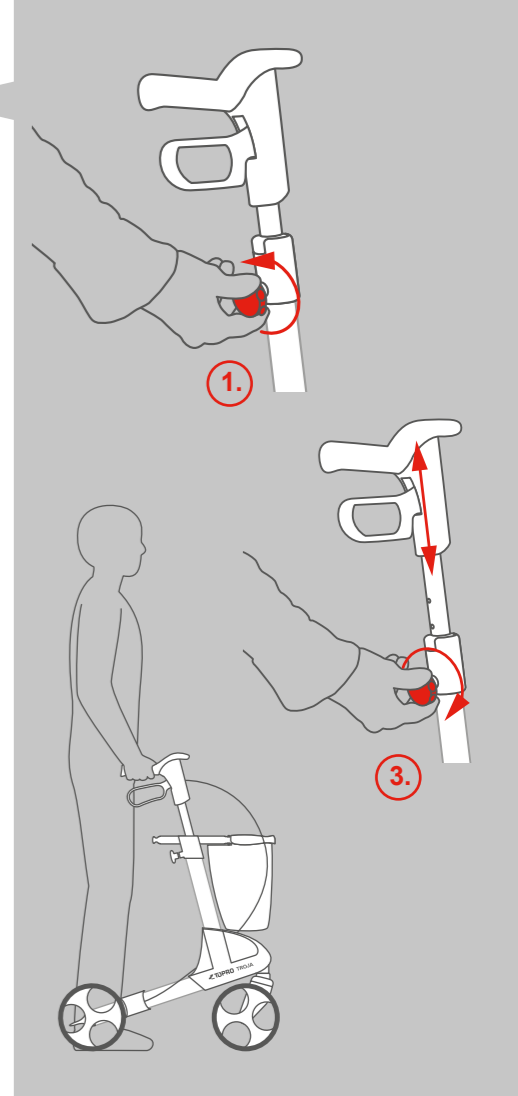
Walking and standing ergonomically correct

As mentioned before, it is very important both for your safety and well-being that the height of the handles are correctly adjusted. To find the correct height, stand between the handles of the TOPRO Troja 2G and let your arms hang loosely down with your elbows slightly bent and your palms turned inwards. Your wrist now marks the correct adjustment height of the handles.

Your TOPRO Troja 2G will support you safely if your handle height is correctly adjusted and you walk closely to it, as previously shown.

To adjust the handle height, release the lock wheel by turning it a few times to the left (1.), adjust the handlebar tubes to a suitable height (2.) and pull them gently up and down until you hear a click. Then tighten the lock wheel again (3.).

It is important to adjust both handles to the same height in order to maintain body symmetry and correct posture.



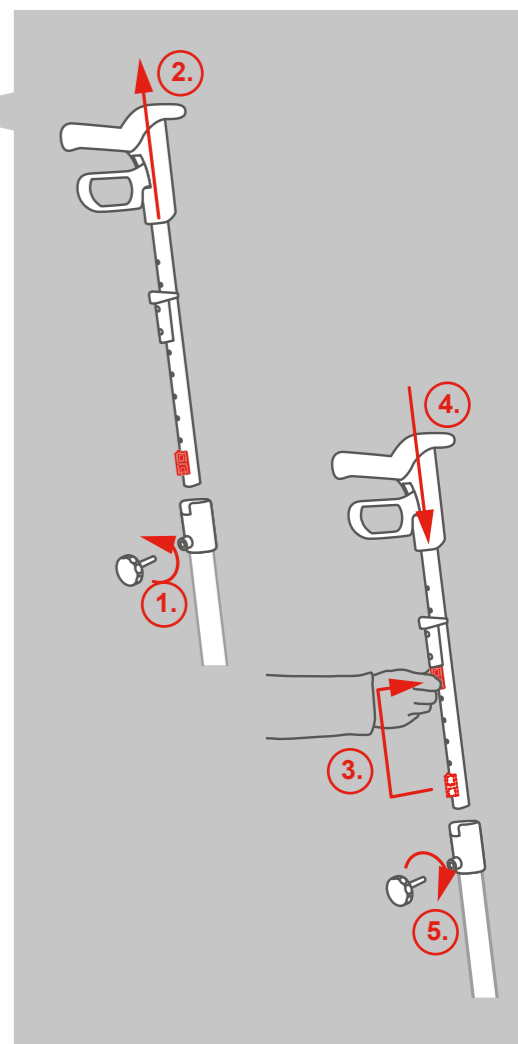
D. Height adjustment using the memory function

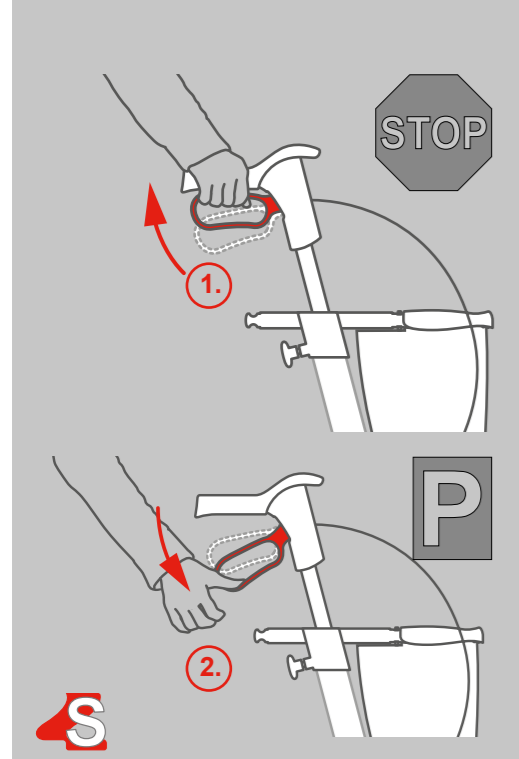
Always at the correct handle height

You have the opportunity to set the height of the handles at a standard setting for your height so that you easily can find the same height again. This can be useful when the rollator is being transported or stored as compact as possible.

Decide the height of the handlebars (see C, adjusting the height of the handles). Count visible holes at the back of the handlebar tubes. Unscrew the lock wheel (1.). Pull the tube out of the frame (2.). The attached part will now follow the handlebar tube. Release the red memory button by turning it halfway round and pulling it out (3.). Count down to the correct hole on the handlebar tube as previously determined and insert the memory button there. Then place the handlebar back into the frame (4.) and tighten the lock wheel (5.).

Now, to adjust the grip height, simply loosen the lock wheel (1.) and pull up the handlebars as far as they go (2.). Tighten the lock wheel (5.). You have now set your optimal ergonomic grip height. Hereafter your handlebars will automatically stop at the correct height when you pull them up.





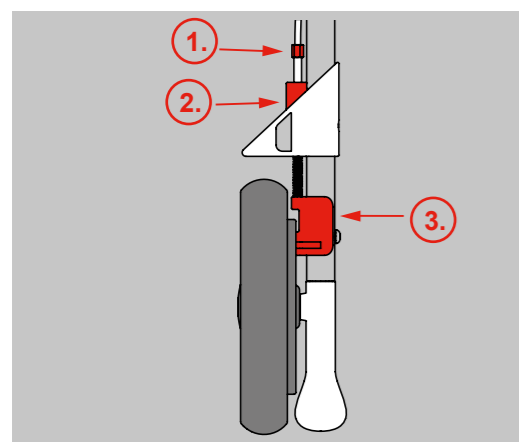
E. Brakes

Stopping and parking

The brake handle can be used in two different ways
- as a driving brake or as a parking brake.

Driving brake (1.): The driving brake is used to reduce your speed when pushing the TOPRO Troja 2G. To apply the driving brake, simply pull the brake handles up. The brakes are applied instantly. Release the handles, and the TOPRO Troja 2G is once again ready to move forward. To prevent damaging the wheels, the brakes should not be applied continuously while walking.

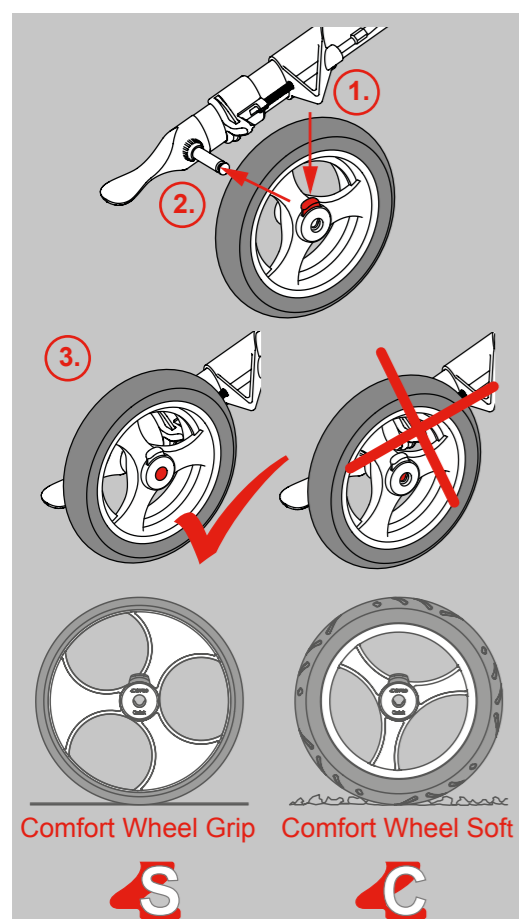
Parking brake (2.): The parking brake is used when TOPRO Troja 2G is parked for a short or long period, i.e. when you want to take a break from walking and sit on the seat. It is vital to apply the parking brake in this situation! To apply the parking brake, push the brake handles down towards the frame. To release, simply pull them back up.



F. Adjusting/checking and maintaining the brakes

Loosen the nut beside the brake (1.). Tighten the brake wire with the adjustment screw (2.). Adjust the brake block (3.) as close as possible to the inner drum brake, and turn the wheel around to check that the brake block is not touching the wheel.

The brake blocks and springs should be cleaned regularly to guarantee their optimal operation.



G. Replaceable wheels "TOPRO Quick"

Suitable wheels for any surface

If you want to remove the wheels for transportation or replacement, follow these instructions:

Remove: Loosen the brake lever. Push down the red button on the hub (1.), and slide the wheel off the axle while still pushing the button down.

Attach: Loosen the brake lever. Push down the red button on the hub (1.). Slide the wheel onto the axle while keeping pressure on the button (2.). Push the wheel as far as possible inward on the axle and release the button to make the wheel snap onto the axle. The wheel is securely fastened when the axle is completely visible in the middle of the hub and you cannot see any of the red marks (3.). The red button should now have popped back up from the hub. Gently rock the rollator from side to side to ensure that the wheel is securely fastened to the axle.

After the new wheel has been applied to the rollator, make sure that the brake lever is reattached and the brakes are functioning properly. Readjust them if necessary (p.16, point F).

Choose the appropriate wheels for your surroundings:

Comfort Wheel Grip (model Basic): Manoeuvrable, with a good grip on smooth surfaces like flooring and even road (made of TPE)

Comfort Wheel Soft (model Premium): Comfortable and secure on unsurfaced road, cobblestones etc., available as an accessory, see p. 20 (made of PUR).

In addition to these alternatives there are also offroad wheels available as an accessory. This is possible due to the fact that the rollator has got IBS (interior braking system) which brakes on the rim instead of the wheel surface.

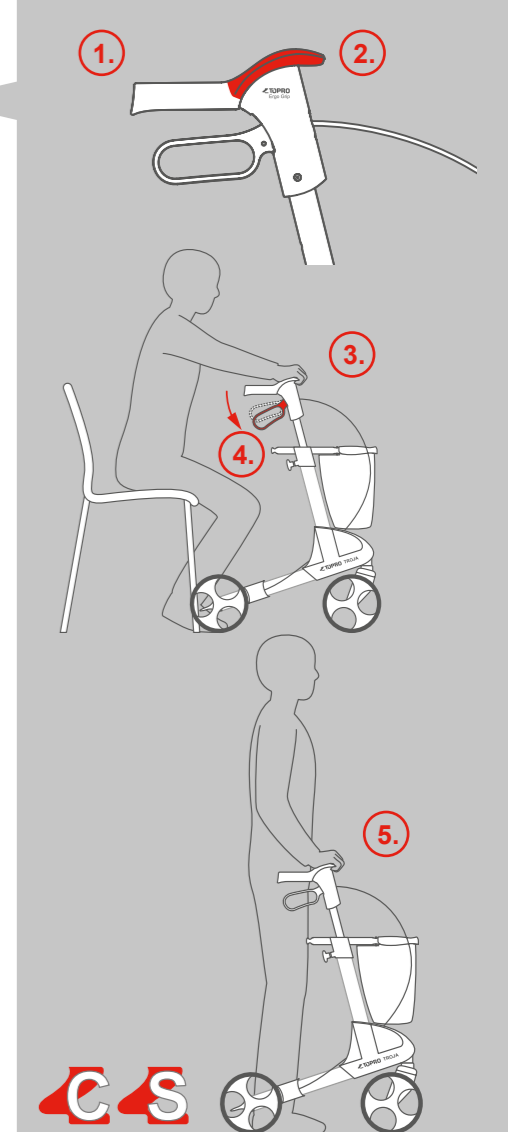
H. TOPRO Ergo Grip

Comfortable support when rising, standing or walking

TOPRO Ergo Grip offers new ergonomical grip and support surfaces. It combines the original hand grip position of the TOPRO Troja models (1.) with a hand grip (2.) at the front of the handle. This gives you a better holding position when getting up from a chair or couch (3.). Always make sure the parking brake is locked in when you do this (4.). The new hand grip also offers extra support while standing (5.).

Several options of support makes it easy to vary your position when standing, thereby increasing your comfort.

When pushing the rollator your hands should always be kept in the original grip position (1.) in order to make the brakes accessible.



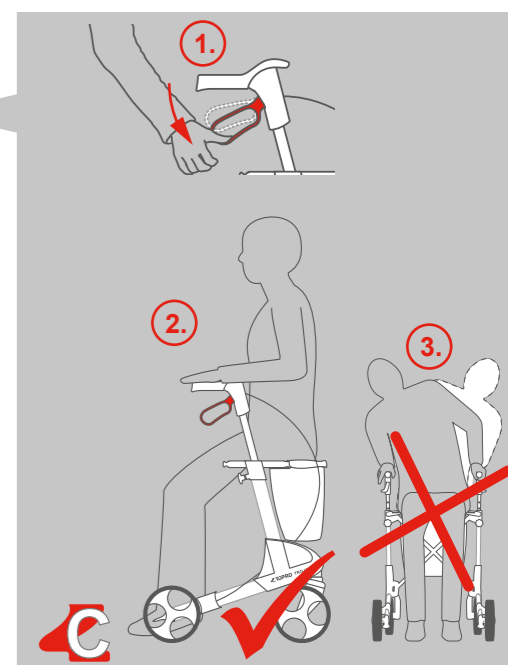
I. Seat

Sitting and relaxing

When you want to relax for a while, you can sit comfortably on the seat of TOPRO Troja 2G. Make sure to apply the parking brakes (1.), to stop the rollator from moving! Always sit down with your back turned towards the shopping basket (2.).

For your own safety, do not bend backwards or lean over to the sides when sitting on the rollator (3.).

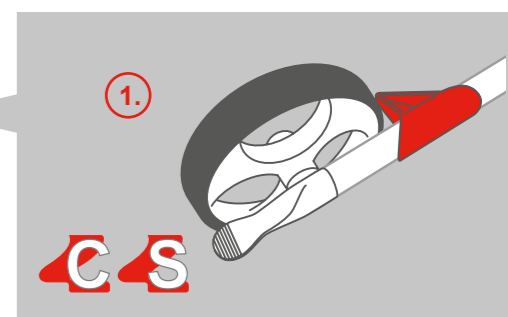
A back support is available as an accessory to provide additional comfort when sitting on the rollator.



J. Edge guard

Safety while walking

The edge guard (1.) on the rear wheel prevents the rollator from catching onto protruding edges, door frames etc. It allows you to manoeuvre safely past such obstacles.

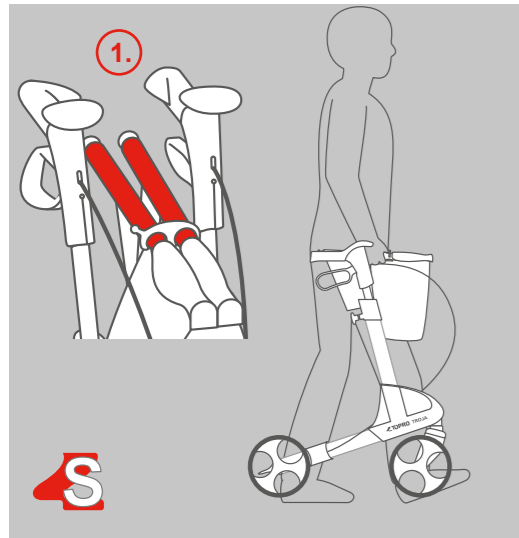




K. Tilt function

Getting past obstacles

The wide tilt lever (1.) helps you to navigate kerbs, thresholds and other minor obstacles. Simply place the front wheels towards the obstacle, place one foot on the tilt lever and press down (2.). The TOPRO Troja 2G will then tilt up at the front and can be safely pushed across the obstacle.



L. Carrying the rollator

Transportation and storage

If you wish to carry your TOPRO Troja 2G, please do so using the carrying handles (1.).

This is the only grip you should use for this purpose. Carrying the rollator by the brake wires or seat strap may cause harm to the rollator or the user!

The carrying handles are also used to fasten the shopping basket.

Storage

Store the TOPRO Troja 2G indoors, in an upright position. It can also be stored outside, but it is recommended that it is placed in a sheltered position out of the weather. To help prevent any damage to your TOPRO Troja 2G we recommend that it is stored under cover and away from extremes of hot and cold temperatures.

Transport

The rollator should be transported in the folded and locked position (see paragraph Unfolding / Folding). Ensure that the rollator cannot unfold unintentionally. Be careful when loading the rollator into a vehicle, giving attention to securing of the item.

Technical data

TOPRO Troja 2G

Size	M (medium)		S (medium)	
Recommended height	150–200 cm	4ft 11" – 6ft 6¾"	135–170 cm	4ft 5 ⅛" – 5ft 7"
Max. user weight	150 kg	23 ½ stone	125 kg	19 ½ stone
Height of support points	780–1000 mm	30¾" - 39 ⅜"	670–860 mm	26 ⅜" - 33 ¾"
Maximum length	650 mm	25 ½"	650 mm	25 ½"
Maximum width	600 mm	24"	600 mm	24"
Distance between support points	470 mm	18 ½"	470 mm	18 ½"
Seat height	620 mm	24 ½"	540 mm	21 ¼"
Turning diameter	840 mm	33"	840 mm	33"
Diameter front/rear wheels	200 mm	8"	200 mm	8"
Width front/rear wheels (TPE wheels)	36 mm	1 ½"	36 mm	1 ½"
Ergo Grip (handles)	Several holding positions			
Distance driving brake	65 mm	2 ½"	65 mm	2 ½"
Transport dimensions	l 650 x w 240 x h 815 mm	l 26" x w 9 ½" x h 32 ½" inches	l 650 x w 240 x h 740 mm	26 ½" x 9 ½" x 29 ¾"
Transport dimensions (without wheels and basket)	l 600 x b 240 x h 760 mm	l 23 ½" x w 9 ½" x h 30"	l 600 x b 240 x h 720 mm	23 ½" x 9 ½" x 28 ⅓"
Transport weight (without wheels and basket)	6 kg	13 Lbs	5,6 kg	12 Lbs
Weight with basket and wheels (TPE)	7,7 kg	17 Lbs	7,3 kg	16 Lbs

Inspection / Maintenance / Re-use:

It is recommended that general inspection and maintenance is carried out and that the items below are checked on a regular basis, how frequent is determined by how often and how the rollator is used:

- Tubes, frame and screws
- Handlebars and handlebar tubes
- Brakes and brake handles, -blocks and -springs
- Wheels, seat and accessories

This also applies when the rollator is to be prepared for re-use. Please see detailed instructions in this user manual about maintenance of the brakes and cleaning and disinfection of the rollator.

Cleaning:

If your TOPRO Troja 2G has become dirty after use, simply wash or wipe it with normal household detergents. Do not use scrub detergents, steam- or high-pressure cleaners.

We recommend that disinfecting of the rollator is carried out by trained personnel using a fluid containing 70-80 % ethanol.

The manufacturer cannot be held responsible for any damage or injuries that might occur by the use of harmful disinfectants or by disinfection carried out by unauthorized personnel.

Material:

The rollator is made of plastic coated aluminium pipes, plastic couplings and material of plastic and polyester. Most parts can be recycled.



TOPRO Accessories

TOPRO has developed a wide range of accessories following feedback from our satisfied customers. Function, design and quality are key words in these developments, and we aim to provide you with smart and innovative solutions for your everyday life with your new TOPRO Troja 2G. You will find a selection of accessories described on the next pages or on www.topro.co.uk and at your TOPRO dealer.

TOPRO Original accessories



Adjustable Back support with padding ergonomically adjustable depending on your height and preferred seating position
Article no. 814607



Crutch holder
can be mounted on either side

Article no. 814025



Comfort wheels Soft (PUR)
Comfortable and secure on unsurfaced roads, pathways, cobblestones etc. Set of 4
Article no. 814610

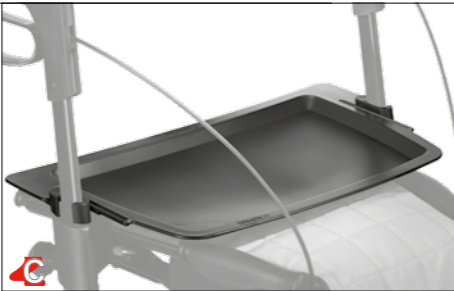


Offroad Wheels for IBS
Good grip when walking on rougher paths etc. Set of 4.

Article no. 814649

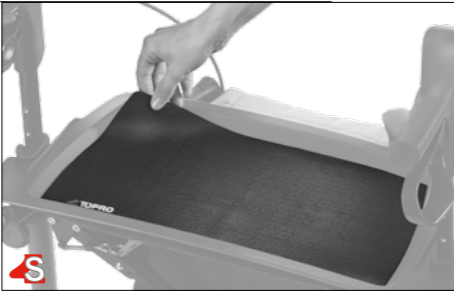
Tray
an easy way to carry cups and plates etc.
Easy to remove and clean

Article no. 814728



Anti slip mat
for tray

Article no. 814059



Bottle holder
so that you won't get thirsty
(Bottle not included)

Article no. 814043



Ice spurs for shoes for a safe walking on snow and ice
Size M (ca. 36-40)
Size L (ca. 41-46)

Article no. 814029 (Size M)
Article no. 814035 (Size L)



Nameplate
avoid mix ups and be sure you have your own
TOPRO Troja 2G

Article no. 814024



Rollator lock
additional security for your
TOPRO Troja 2G

Article no. 814023



LED-light
To be seen.
With integrated motion and light sensors. In addition it has a fall alarm, see page 18. (pair)

Article no. 814609



Lamp
light gives security in the dark

Article no. 814608



Rear bag with zipper
Keep your personal belongings like wallet and mobile phone in a practical bag close to you.

Article no. 814046



One handed brake
Can be mounted on either side

Article no. 814026



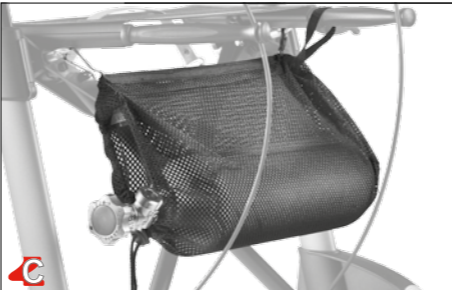
Guiding handle
for visually impaired and companion

Article no. 814014



Oxygen basket
suitable for bottles with 2 litres of oxygen
(only compressed, not liquid)

Article no. 814009



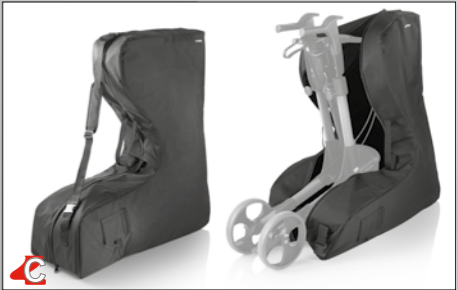
Umbrella with attachment
Keep dry under the umbrella in rainy weather or use it as a parasol.

Article no. 814068



Shopping bag detachable
Ideal for shopping with cover and shoulder strap.

Article no. 814622



Transport bag
protects your rollator when travelling by e.g. airplane, train and car
Article no. 814042



Decorative stickers (set of 4)

art.no 814141