

# How to find the right size for your Saljol Allround Rollator

Our Allround Rollators are available in two different sizes: AR54 and AR62. The numbers 54 and 62 stand for the height of the seat net. Finding the right size is very easy.

## 1. Determine your measurements

Firstly, measure your height and your support height. Depending on how confident you feel when standing or bending, you can take the measurements yourself or ask a relative, physiotherapist, carer or medical supply store employee for help.

### How tall are you (A)?

Measure your total height.

Your measurement: \_\_\_\_\_ cm

### What is your support height (B)?

Measure the distance from the floor to your wrist, upright posture, arms hanging loosely.

Your measurement: \_\_\_\_\_ cm



## 2. Use the comparison table

Now compare your measurements with the following table and find the right size for you.

Height (A)	145–170 cm	160–200 cm
Support height (B)	76–88 cm	81–103 cm
Your suitable rollator	AR54	AR62

Are your measurements not exactly matched to a rollator size?  
 Our sales and service team will be happy to advise you on +31 20 362 2010  
 or send an e-mail to [info@rollz.com](mailto:info@rollz.com).

### The right seat height and position

**Important:** Always activate the parking brakes of your rollator first if you want to sit on your rollator.

When sitting on the rollator, it is important that you can place both feet flat on the ground. Your knees are bent. You can rest your arms relaxed on the rollator handles or armrests. A back belt, which you can purchase as an accessory, offers you increased safety.



# How to adjust your rollator correctly to your height

**Important:** Always activate the parking brakes on your rollator first before changing, adjusting or (dis)assembling anything on your rollator.

## The correct handle height

- Stand close to your rollator. Let your arms hang loosely so that they are slightly bent. Both feet are firmly on the ground.
- The push handles are perfectly adjusted when they are level with your wrists.

## How to adjust the handle height of the Allround Rollator

Open the hand screws next to the seat net. You will find a height scale on the inside of the support bars. This ensures that both handles are at the same height. Then tighten both screws again hand-tight.



# Technical data

Allround Rollator	AR54	AR62
Recommended for body height	145–170 cm	160–200 cm
Maximum user weight	150 kg	150 kg
Weight without/with net bag	6.3/6.5 kg	6.4/6.6 kg
Maximum load of the net bag	5 kg	5 kg
Width open/closed	61/21 cm	61/21 cm
Seat width	46 cm	46 cm
Seat height	54 cm	62 cm
Handle height (adjustable)	76–88 cm	81–103 cm

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