

How to know when a zimmer is past it!

This guidance will support you to ensure all walking frames are safe for use and support your residents to stay safe whilst walking.

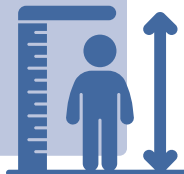
Key things to remember about zimmer frames:

- They should only be used inside (if your resident requires a walking aid for outdoor use refer to physiotherapy) Residents should always use their own frame and not borrow someone else's.
- Ensure residents use their own frames not someone else's.

Here are a few handy hints from AHP's to giving a zimmer an MOT!

Is the resident using the right size of frame?

If you are unsure there is an easy way to check when they are holding onto the handles there should be a slight bend in their elbow. Any more and the frame is too tall, and if they have straight arms then it is likely too small.



Did you know that zimmer frames have a maximum weight limit?

Residents over 25 stone should be referred for assessment for a specialist frame.

If your resident is already using a specialist frame and their weight drops below this level then refer for re-assessment



What should we be doing to make sure all zimmer frames are safe?

Check the handles!

Are they secure?

Is the frame clean / in a good state of repair?

It is important to give the frame a clean and dry regularly. This will ensure the frame should last longer.

Check the joints!

Ensure that all screws are tight and not loose or missing.



Check all legs!

Are they the right height?
Can you see the metal switch?
Are they bent or damaged?

Check the ferrules!

These are the rubbers on the feet of the zimmer. If you can't see the circular tread it is time for a change!

Ensure glides if fitted are in good condition and used as a pair on rear stoppers only.

Remember to keep a stock of ferrules so these can be replaced as required.

Check the wheels!

Do they run smoothly?
Are the wheels positioned outwards and facing forward?
Are they secure?



Remember to conduct monthly checks and if you have any concerns please consult your local community rehabilitation service or local physiotherapy service.