

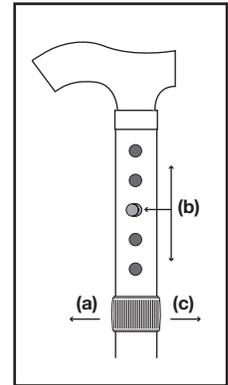
# switch sticks.®

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## Walking Stick Instructions

### Using the Walking Stick

1. Remove protective packaging.
2. To unfold, gently shake the stick by the handle so all the sections fall into place and automatically lock.
3. To re-fold, pull apart at each joint and fold the sections back on themselves. If the stick is difficult to re-fold, simply tap the bottom of the stick on the ground, at an angle a few times and it should be easier to re-fold.
4. Judging the length of the stick: Stand with weight evenly on both feet (wearing usual shoes), look straight ahead with arms relaxed by your sides (remember not to hunch up shoulders or lean forward!). Then ask someone to measure from the prominent bone of the wrist to the floor; this is the length of walking stick required.
5. To adjust the length of the stick: (a) Unscrew the safety locking band by turning clockwise once to loosen. (b) Press in the pin at the top of the stick and slide the top section up or down to a more comfortable height, then simply pop the pin back into the appropriate hole, making sure it is fully released. (c) Re-tighten the safety locking band and you're off!



Note: up to 3"/7.5cm can be sawn off the bottom of a Switch Stick if it is too long. Carefully remove ferrule, saw off no more than 3" (or you may damage the elastic) and replace ferrule.

### Advice and Warnings

Although Switch Sticks are carefully designed and manufactured to very high standards, using some of the strongest materials available, the following instructions must be complied with to ensure safe use of this product:

- Walking sticks must be regularly checked for damage or wear.
- Never apply weight to Switch Sticks horizontally.
- Ensure the elastic is taught, if it appears in any way loose, it should be replaced.
- When unfolding the stick, hold the whole stick so it does not spring out and cause any damage or surprise to the user or others around.
- When folding the stick, keep fingers clear so they do not get caught in any way.
- Take extra care when using on slippery surfaces - a walking stick cannot stop you from slipping.
- Do not apply excess weight to the stick and never exceed the weight indicated on the packaging material.
- Walking sticks are solely for use as an aid to walking and not designed to bear the total body weight.
- Before using the stick, check every part is securely connected and fixed, if there is any sign of cracking or bending the stick should not be used.
- Always ensure the push-button height adjusting pin is correctly positioned and is securely locked into one of the 6 height adjusting holes before use.
- Ensure the safety locking band is tight when the stick is in use.
- Please note that dropping the stick can cause chipping of the handle paint.
- Do not store this product in temperatures below freezing.
- A walking stick is not a toy for children or others to play with and should not be abused in any way.
- Only use Switch Sticks for the purpose intended. Switch Sticks cannot be held responsible for any misuse of your Switch Stick and consequent injury or damage.