

## INTRODUCTION

Welcome to the Frido family. Frido Go is a multi-purpose shower chair which is meant to be your ultimate travel companion. It assembles within 60 seconds, with no tools and fits in a suitcase. Frido Go is designed for the shower with materials built to last and functions like none other. With a stainless-steel body, swivel full armrests, adjustable footrests, all four-side access for hygiene, height adjustable casters, quick release mag wheels, it has much more. Frido Go aims to achieve a perfect harmony between functionality and portability and not settle for one. With Frido Go, reclaim your freedom to travel and do more. Frido – Break Free!



**Note:** Frido Go is an indoor shower and commode chair designed for a single person having a maximum weight of 120kg. Before using Frido Go, please read all the safety instructions and procedures associated with the product carefully. Keep the manual handy for future references at all

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## HOW TO USE THIS MANUAL

In this manual, you will find a detailed description of all features of the chair, as well as step-by-step instructions for its setup and use (folding, unfolding and all adjustments).

Be sure to check our website ([www.arcatron.com](http://www.arcatron.com), [www.myfrido.com](http://www.myfrido.com)) for complete information about our full product line.



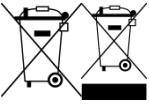



If used properly, the chair will operate trouble-free. We recommend you to record the serial number in the space provided below for future reference. You will be able to find the serial no. on the frame below the seat of the chair.

SERIAL NO:

**DEALER INFORMATION:**

1. NAME
2. CONTACT NO.
3. DATE OF PURCHASE:

## SYMBOL INFORMATION

	Serial number (A serial number allows a company to identify a product and get additional information about it, for replacement, or as a means of finding compatible parts.)
	Manufacturer Information (name and address of the manufacturer)
	Not for general waste (For European Union States. This symbol is used to mark devices that are reusable and not contaminated at the end of the device life.)
	Keep away from Sunlight
	The product packaging can be recycled
	Handle with care

# SAFETY INSTRUCTIONS

## GENERAL SAFETY

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- The chair is designed for only one person having a maximum weight of 120 kg. Only one person should sit on the chair at a time. No additional weight should be applied to the chair.
- This chair shall not be used unsupervised without taking consent and guidelines from a consulting doctor or a professional physiotherapist.
- Long periods of sitting shall be avoided without consulting a doctor or a professional physiotherapist.
- Do not make any modifications to the chair (e. g. replacing any part with third-party parts, drilling holes in the chair, removing any part of the chair, etc.). Doing this may affect the safety of the chair. It will void the chair's warranty and end manufacture's liability.
- Always inspect the chair before use (e. g. all the C-clips are inserted all the way through, the locks are applied securely, armrest are properly locked, all the parts in their correct position, the seat is securely mounted onto the chair, etc.)
- Do not wear any clothing which has sharp protrusions as it may damage the seat material.
- Do not bump the chair on walls, doors etc. as that might damage the chair.
- Keep your hands away from hinges to avoid pinching.
- The chair is not designed to be a pool chair. Don't immerse this chair in part or whole, in any corrosive liquid as that might lead to damage.
- It is recommended to have the push bar installed on the chair at all times.
- Do not stand on any part of the chair (e. g. footrest, seat, any link, castor wheels, etc.)

## TRANSFERS

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- The most dangerous process associated while using any shower chair is 'transfers'. It is strongly recommended to review and learn the necessary transfer techniques with the help of a consultant physiotherapist before using this chair.
- Test transfers should be performed on a chair with the help of an attendant. The attendant can hold the chair and prevent it from moving or tipping during the tests.
- It shall be ensured that all caster wheel locks are locked while in outward position before shifting to or from the chair.
- It is recommended that transfers to/from this chair are carried out on dry, non-slippery surfaces.
- Never attempt to transfer unless all the brakes of the chair are applied. Always inspect the chair before performing transfers.
- Never use the footplate to assist in transfers. This is extremely hazardous and may cause the chair to topple resulting in injury.
- If used as a Self-Propelled mode, the big wheels shall be locked along with casters while shifting from/to the chair.

## KERBS, SLOPES, OBSTACLES, AND RAMPS

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- This chair is not meant for outdoor use and especially over uneven surfaces (obstacles > 10 mm).
- The maximum allowed slope for this chair is 5°.
- Don't lean too much in front while sitting on the wheelchair to avoid tipping
- Do not wheel down a ramp without an attendant. The attendant can hold onto the chair during descent.
- Do not use the chair on the side slope as it may cause it to tip.

- Every chair has different stability characteristics. Test the chair for different ramps and slopes with the help of an attendant. Ensure that the stability of the chair is not compromised on such surfaces.

## **WHEELIES**

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- Performing a wheelie is very dangerous. It may cause tipping of the chair. Wheelies should only be performed by experienced users.
- Do not attempt to learn or practice wheelie without the help of an attendant.

## **STORING YOUR CHAIR**

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- Store the chair in only dry conditions (Ambient Temp: 0-45 °C Relative humidity: 30%-70%) and keep away from sunlight
- Do not use the chair in extreme temperatures as it may affect the parts of the chair.

## **TIPPING HAZARD**

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- Do not sit on the front edge of the seat as it may lead to tipping of the chair. Sit ensuring that the backrests on the backrest.
- Don't lean too forward while sitting in the chair to avoid tipping.

## **CARETAKERS**

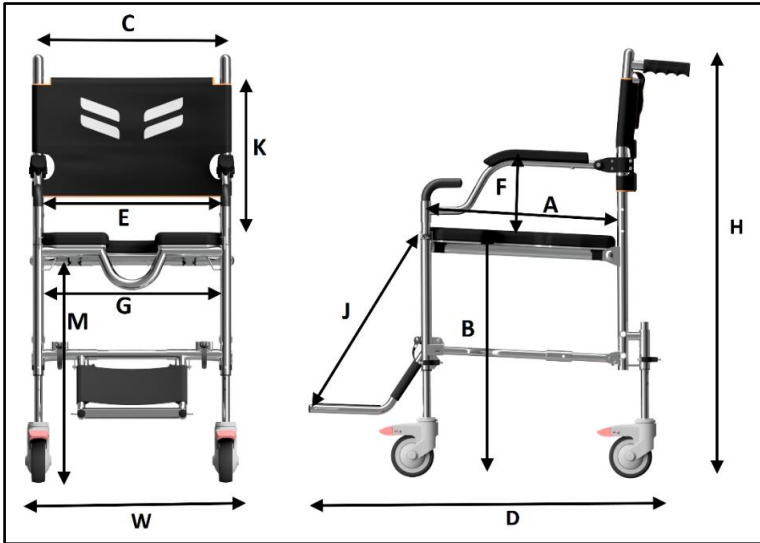
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- Be careful while tilting or lifting the chair in part or whole while the user is sitting on it.
- Always make sure while performing any activity that you put the user at ease. Tell the user what you are planning to do and explain what you expect the rider to do.
- Consult with the user's doctor or therapist to learn safe methods best suited to your abilities and those of the user.
- Do not leave the chair unattended when a person is sitting on the chair.
- While clearing any kerb, it is recommended to pull the chair instead of pushing.

# TECHNICAL SPECIFICATIONS

## FRIDO GO - ATTENDANT PROPELLED

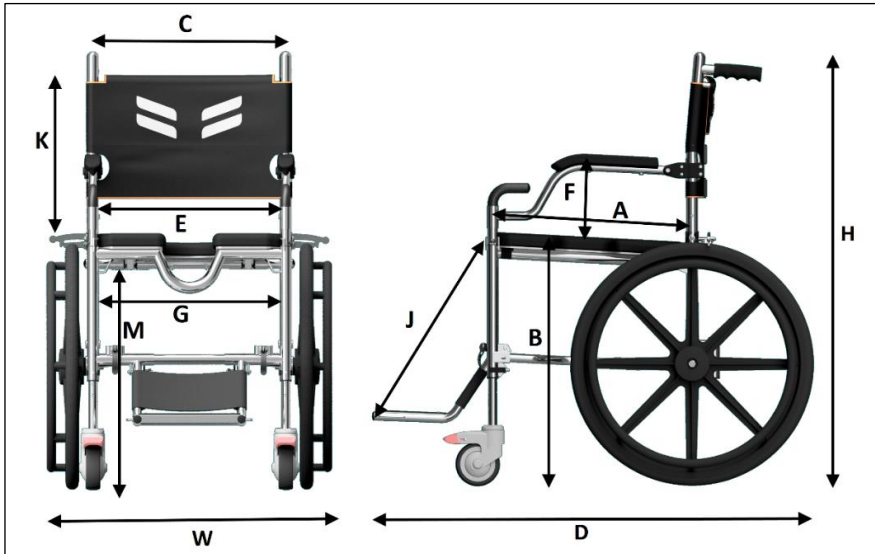
PARAMETERS	NOTATION	FS168AN	FA168AW
Dimension	H* x W x D	39" x 20" x 32"	39" x 22" x 32"
Weight	-	16 Kg	16.5 Kg
Weight Capacity	-	120 Kg	120 Kg
Seat Dimensions	-	18" x 18"	18" x 18"
Width Between Arms	E	15.5"	17.5"
Commode Clearance	M** x G	(16"-21") x 16"	(16"-21") x 18"
Seat Depth	A	18"	18"
Foot Plate Distance	J	16.5", 18", 19.5"	16.5", 18", 19.5"
Seat to Arm Height	F	8"	8"
Seat Height	B**	19"-24"	19"-24"
Back Dimensions	K x C	14" x 17"	14" x 19"



\*For 19" Commode clearance

## FRIDO GO - SELF PROPELLED

PARAMETERS	NOTATION	FS168SN	FS168SW
Dimension	H* x W x D	39" x 26" x 40"	39" x 28" x 40"
Weight	-	19 Kg	19.5Kg
Weight Capacity	-	120 Kg	120 Kg
Seat Dimensions	-	18" x 18"	18" x 18"
Width Between Arms	E	15.5"	17.5"
Commode Clearance	M x G	(17", 19") x 16"	(17", 19") x 18"
Seat Depth	A	18"	18"
Foot Plate Distance	J	16.5", 18", 19.5"	16.5", 18", 19.5"
Seat to Arm Height	F	7.5"	7.5"
Seat Height	B	20" & 22"	20" & 22"
Back Dimensions	K x C	14" x 17"	14" x 19"



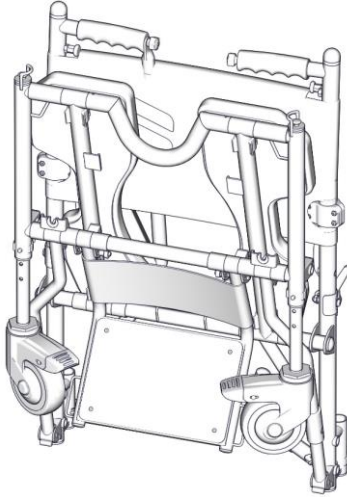
\*For 19" Commode clearance

\*\* 1" Increment between two successive heights

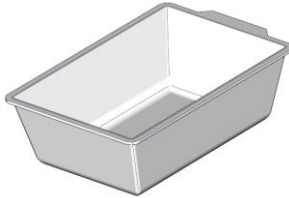
## WHAT YOU GET INSIDE THE BOX

### FRIDO GO - ATTENDANT PROPELLED

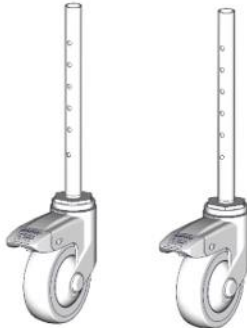
Folded assembly of the chair



Commode Pan

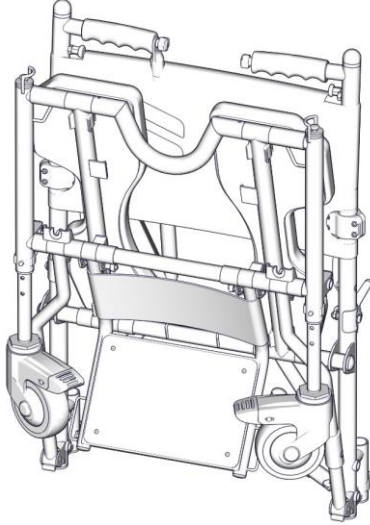


Castor wheel assembly

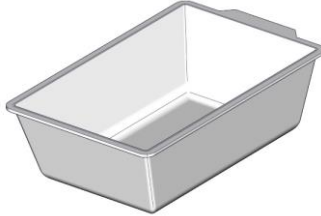


## FRIDO GO - SELF PROPELLED

Folded assembly of the chair



Commode Pan

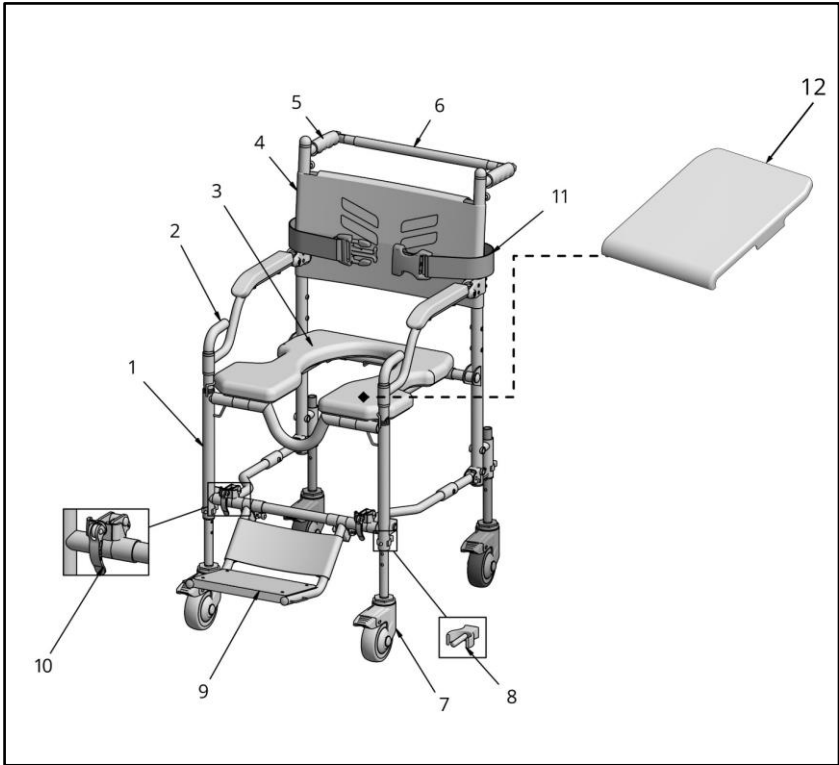


Mag-wheel and Quick-release axle



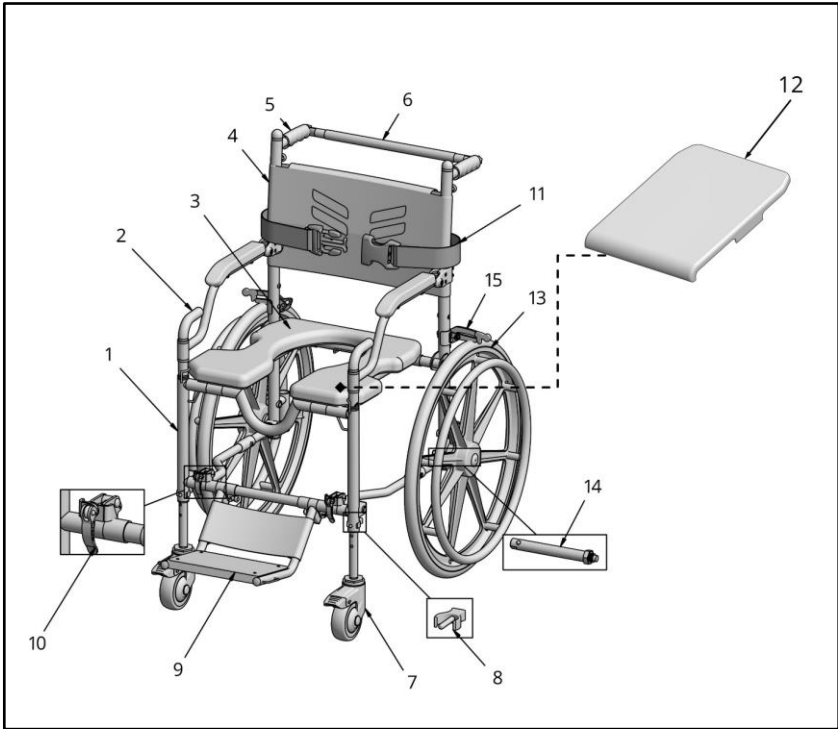
# GET TO KNOW FRIDO GO

## PARTS- ATTENDANT PROPELLED



- |                 |                      |
|-----------------|----------------------|
| 1. Frame        | 7. Castor Wheel      |
| 2. Armrest      | 8. C-Pin             |
| 3. Seat Cushion | 9. Footrest          |
| 4. Backrest     | 10. Folding Lock     |
| 5. Push Handle  | 11. Safety Belt      |
| 6. Push Bar     | 12. Top Seat Cushion |

## PARTS-SELF PROPELLED



- |                 |                        |
|-----------------|------------------------|
| 1. Frame        | 9. Footrest            |
| 2. Armrest      | 10. Folding Lock       |
| 3. Seat Cushion | 11. Safety Belt        |
| 4. Backrest     | 12. Top Seat Cushion   |
| 5. Push Handle  | 13. Mag-wheel          |
| 6. Push Bar     | 14. Quick Release Axle |
| 7. Castor Wheel | 15. Vajr Brakes        |
| 8. C-Pin        |                        |

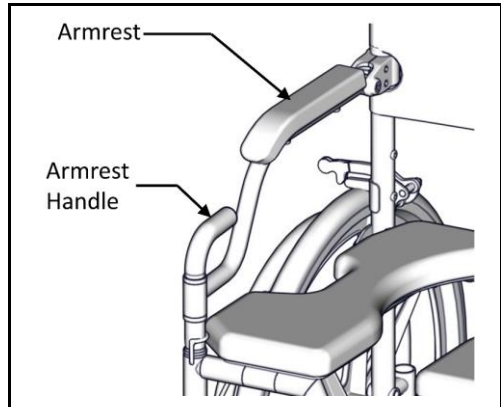
## FRIDO GO - PARTS LIST

### 1. Frame

The frame is made of stainless steel which is completely rustproof.

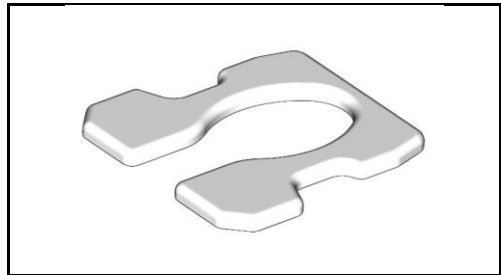
### 2. Armrest

The armrest can be swivelled as well as flipped back for lateral transfers.



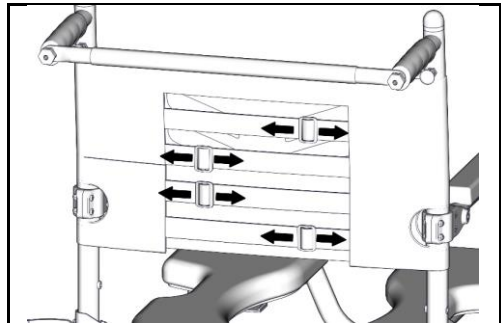
### 3. Seat Cushion

Seat cushions are made from soft, integral-skin foam.



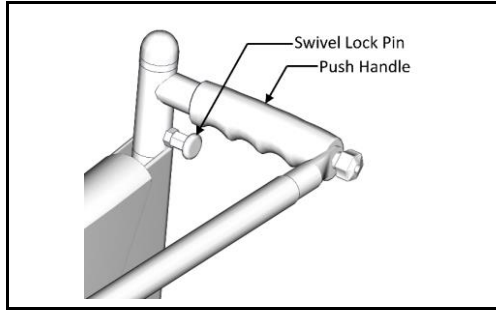
### 4. Backrest

Tension adjustable backrest provides support depending on different postural requirements.



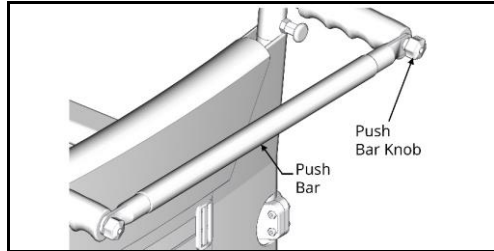
## 5. Push Handle

Push handle can be swivelled inside to get closer to the wall or flush tank whenever needed.



## 6. Push Bar

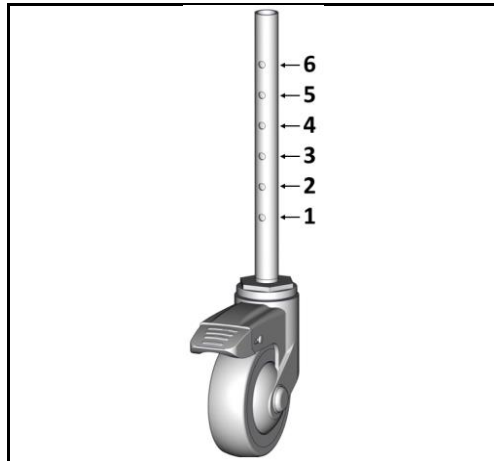
The push bar is used to push the chair by the attendant in a comfortable manner.



## 7. Castor wheels

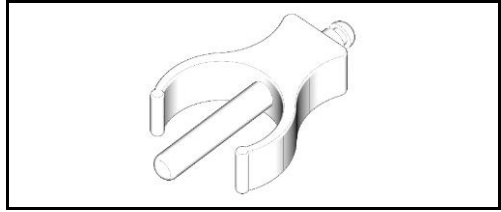
The casters wheels are equipped with a total lock. The step-on lever activates both the roll lock and the swivel lock.

The castor wheels are provided with 6 height adjustments in 1-inch increments.



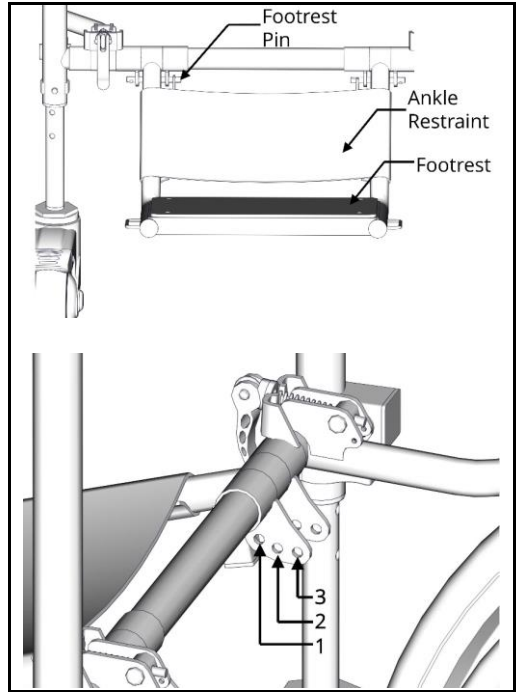
## 8. C-Pin

The C-pin is used to fix/adjust the position of the castor pipe.



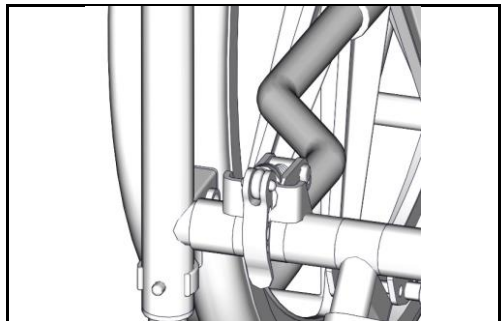
## 9. Footrest

The footrest has three height adjustments/positions.



## 10. Folding Lock

The folding lock consists of a cam lever to lock the chair.

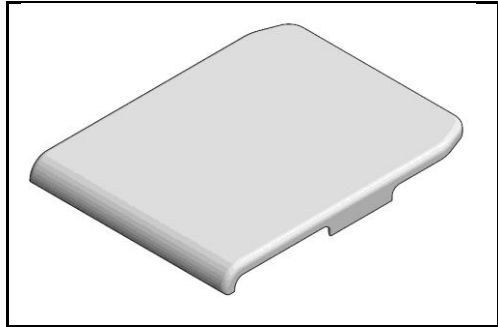


## 11. Safety Belt

The safety belt is used to hold the person securely in the chair.

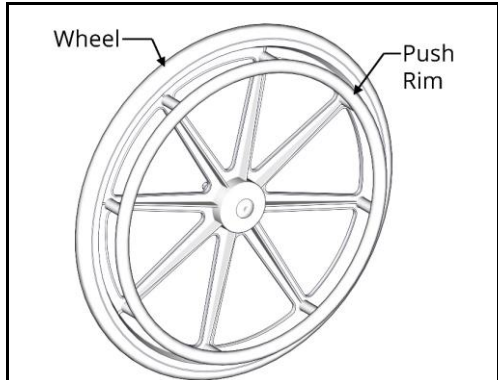
## 12. Top seat Cushion:

After installing top seat cushion, the chair may be used as a day to day chair.

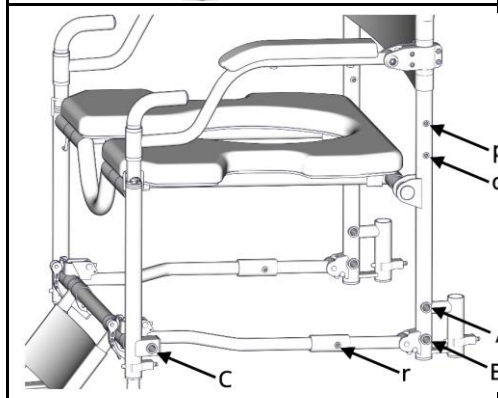


## 13. Mag-wheel

Mag wheels are used to propel the chair by the rider. It comprises a Push Rim and Wheel.

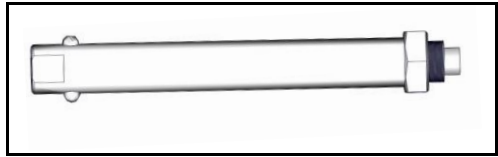


There are 3 different positions provided for mag wheels.

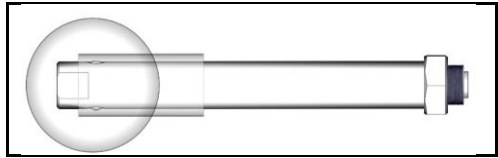


#### 14. Quick Release Axle

Quick release axle is used to connect the Mag wheel to the frame.

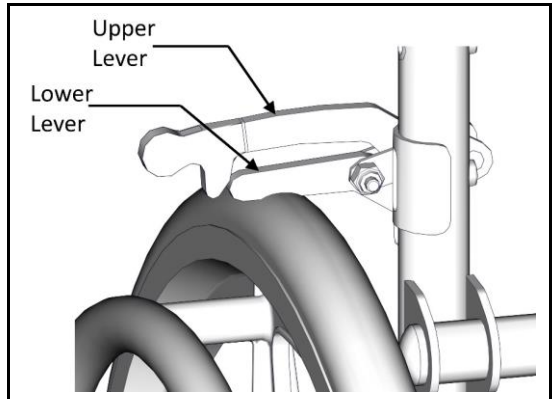


The ball of the axle retracts when the button is pressed.



#### 15. *Vajr*-Brakes (Mag-wheel Brakes)

The *Vajr* brakes are used to lock the Mag wheels.

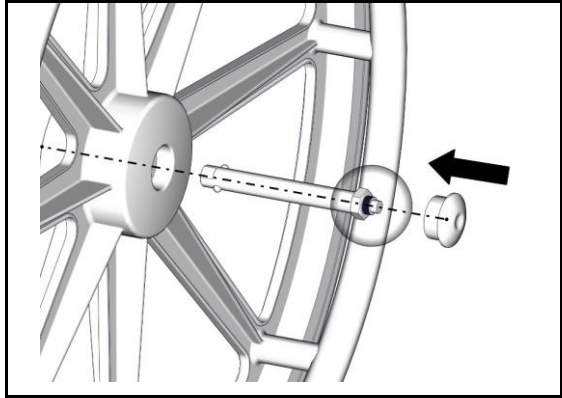


## SETTING UP FRIDO GO

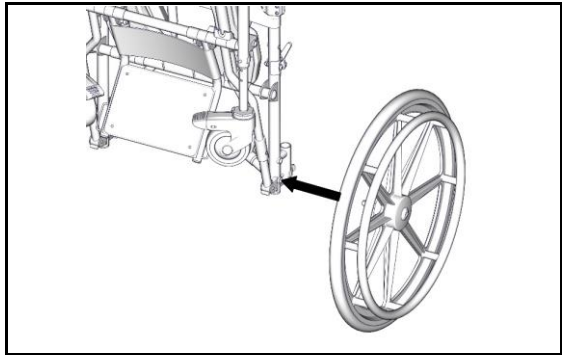
- Unlock the buckles on fastening belts

- Press the button on the quick release axle and insert it into the Mag-wheel.

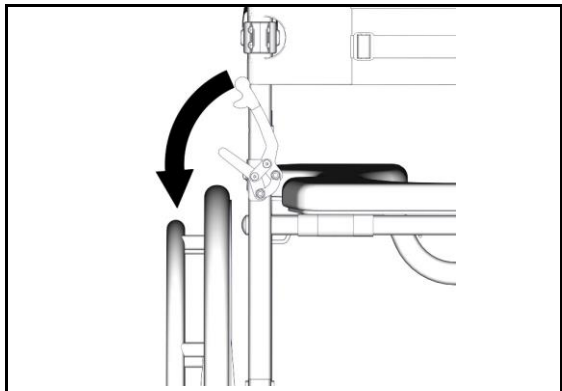
(Skip this step if you have an Attendant Series model)



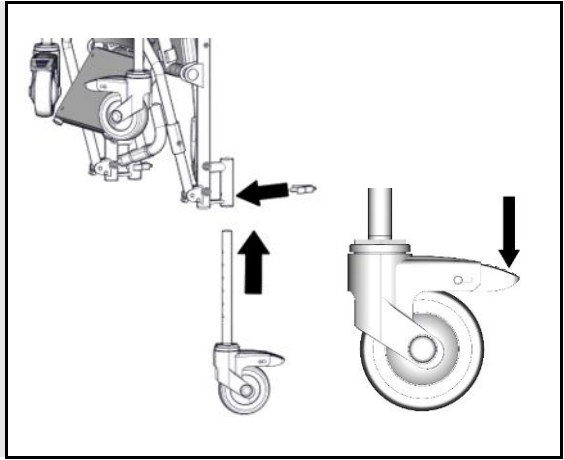
- Insert the Mag wheel in hole 'B' (this will adjust the chair to 19" commode clearance) [refer page no. 18].



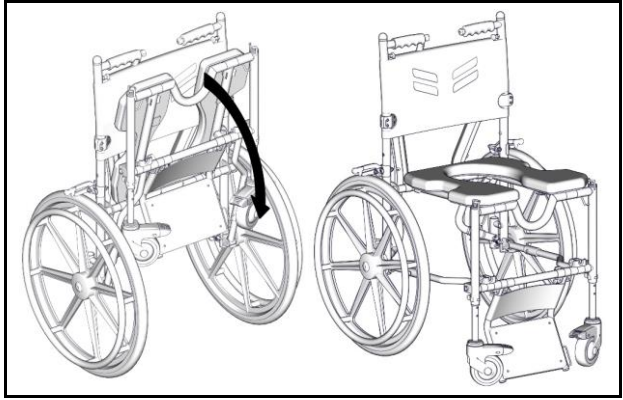
- Apply Vajr brakes by pushing the upper lever on the mag wheels till the lower lever locks onto the wheel.



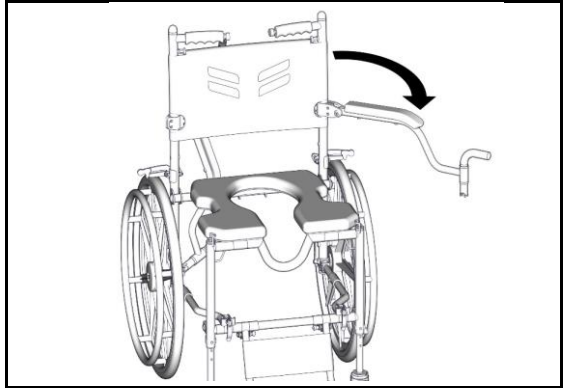
- In case of Attendant series model: Insert the castor pipe in the rear hole and adjust it to the 3<sup>rd</sup> hole from the top.
- Insert the C-pin
- Apply both castor wheel brakes.



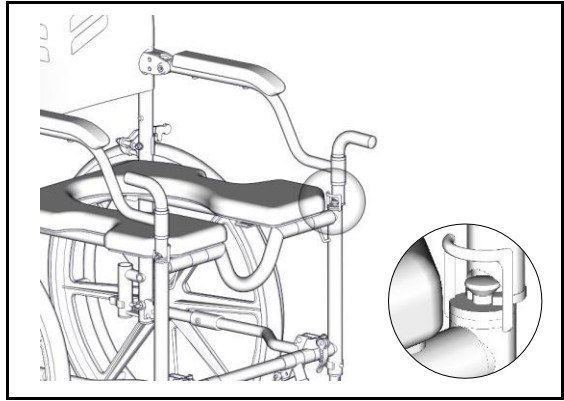
- Unfold the frame by holding the frame and push handles.



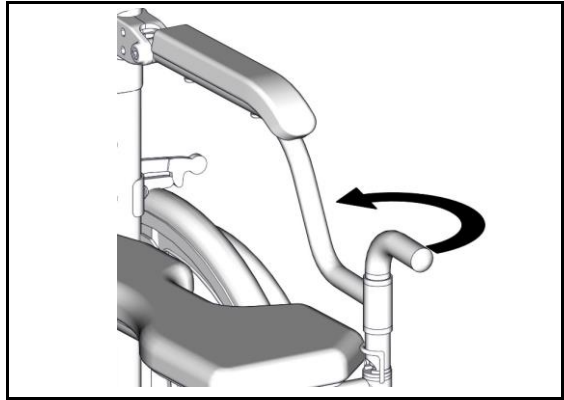
- Swivel the armrest to the front.



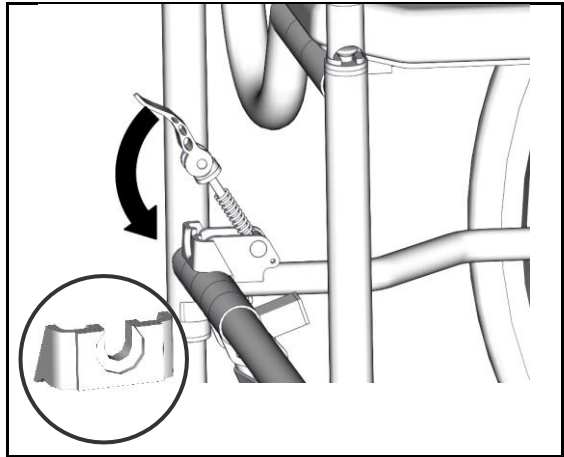
- Make sure that the slot slides inside the pin.



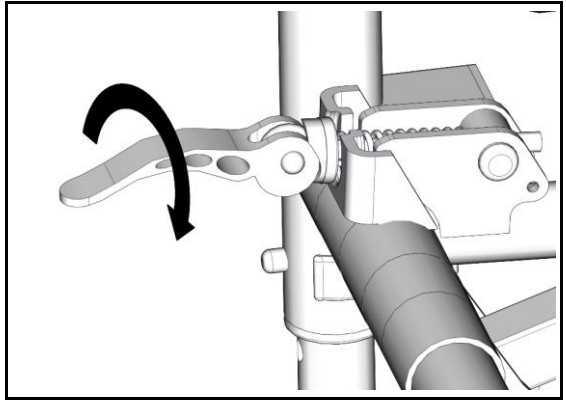
- Rotate the armrest handle from outside to lock the armrest. Repeat the same procedure for the other armrest.



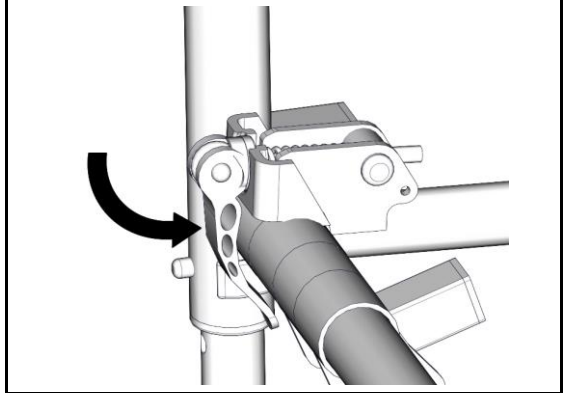
- Insert the cam lever inside the slot in front of it.



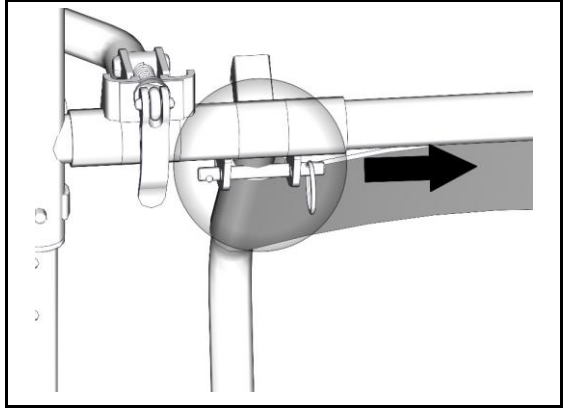
- Rotate the cam until it is tightened.



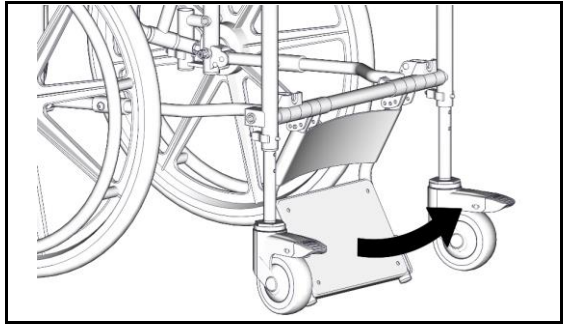
- Lock it by clamping it downwards.



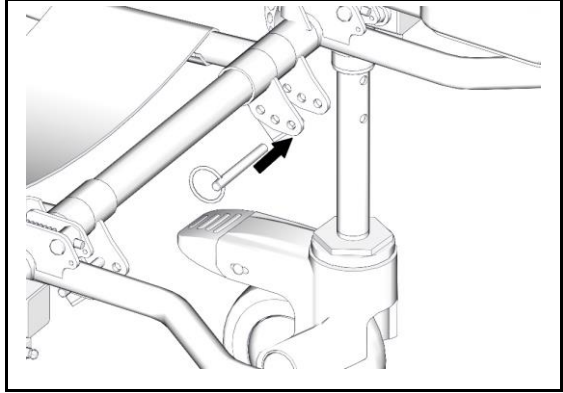
- Remove the pin from its current position.



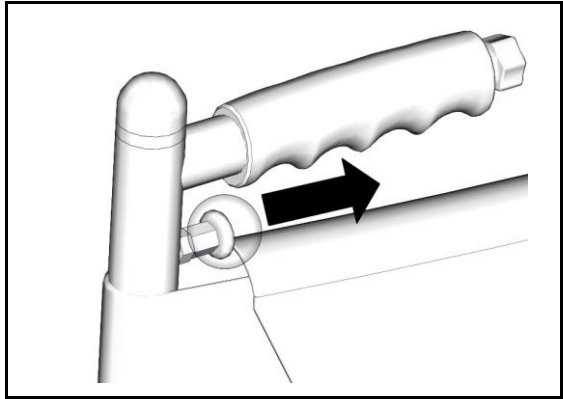
- Swivel the footrest for and hold it (above its intended position).



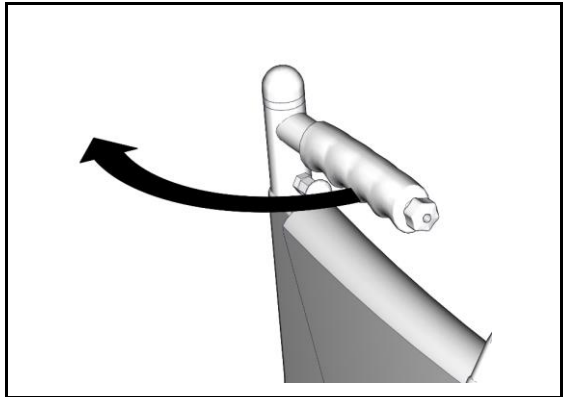
- Insert the footrest pin into the center hole (all the way through another side). Repeat the same procedure for the other pin. Release the footrest.



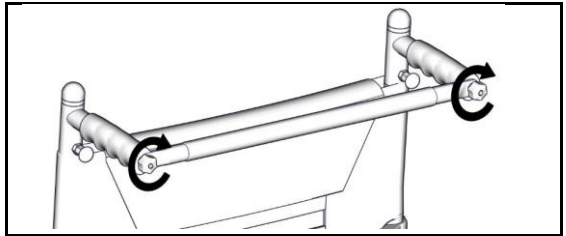
- Pull the pin below the push handle till it is free to rotate.



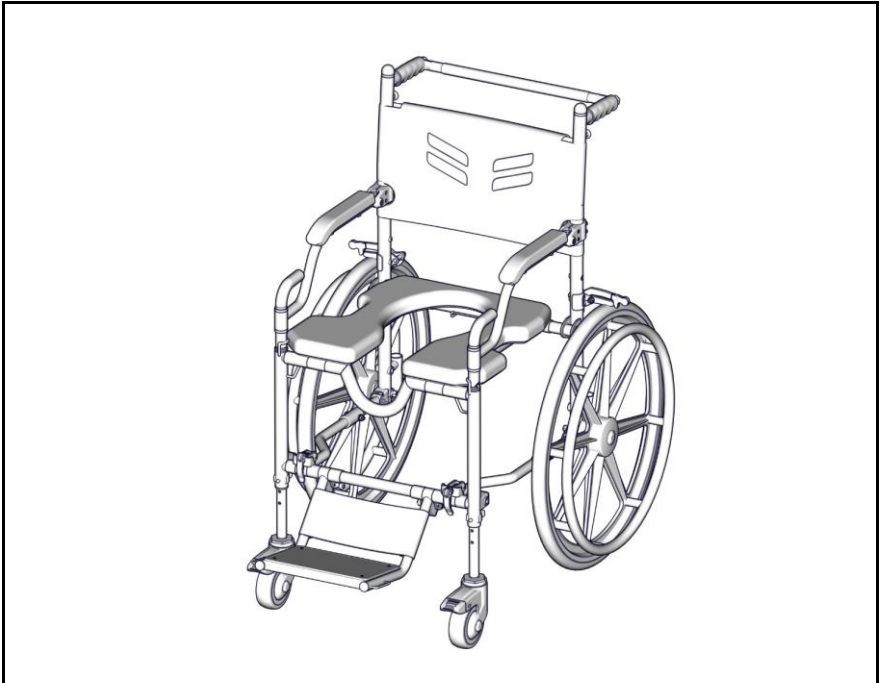
- Rotate the push handle outwards until it locks again (audible click). Repeat the same for the other push handles.



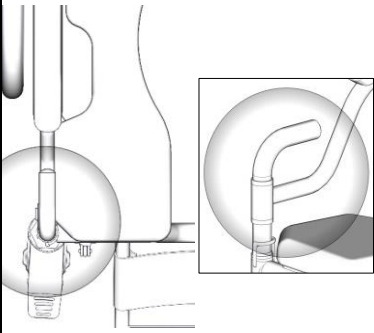
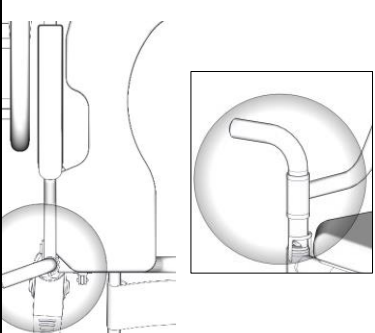
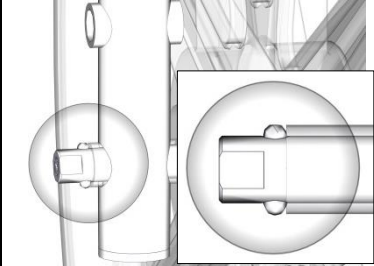
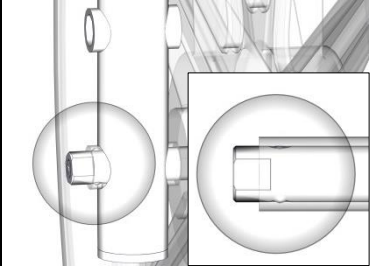
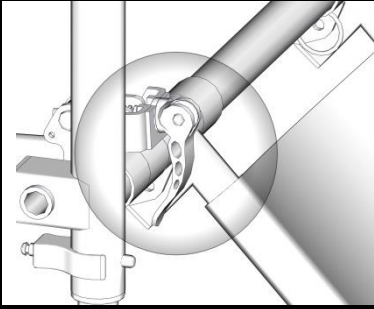
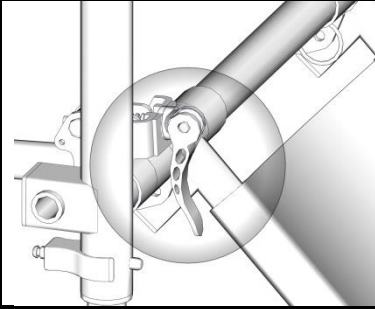
- Place the push bar behind the push handle and tighten the knobs.



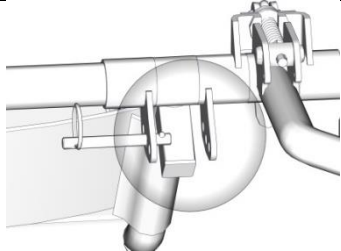
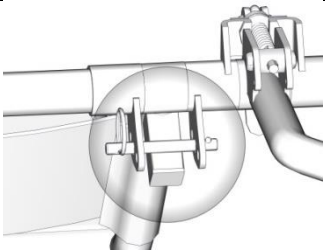
- Your Frido Go is ready for use!



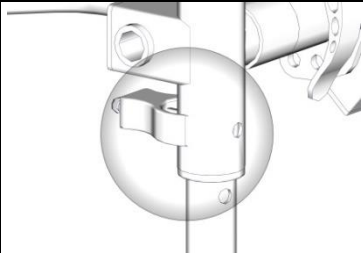
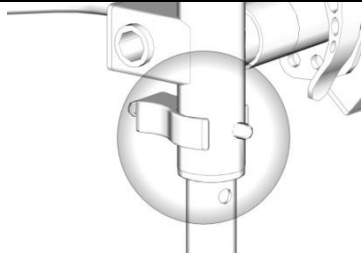
# QUICK CHECKS BEFORE USING THE CHAIR

	RIGHT	WRONG
ARMREST HANDLE		
QUICK RELEASE AXLE		
CAM LEVER		

FOOTREST PIN

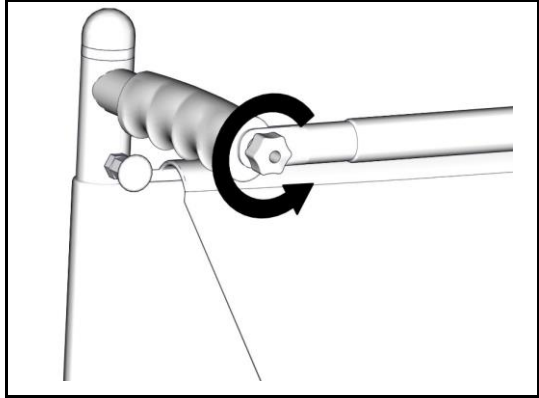


C-PIN

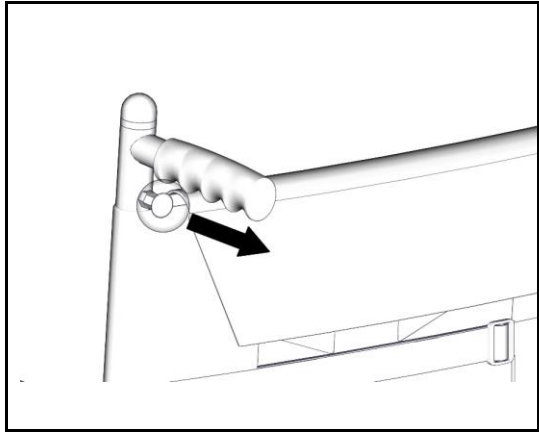


## FOLDING INSTRUCTIONS

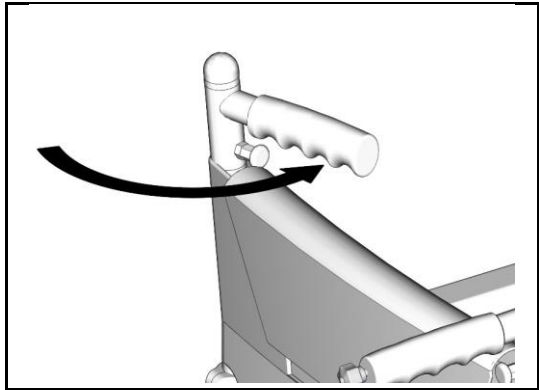
- Unscrew and remove the knob behind the push bar and let it swing down.



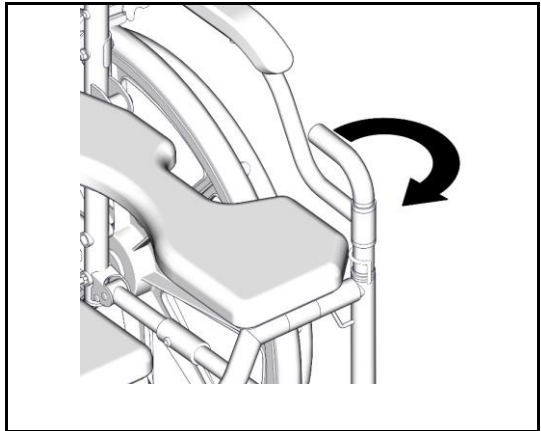
- Pull the pin below push handle till it is free to rotate.



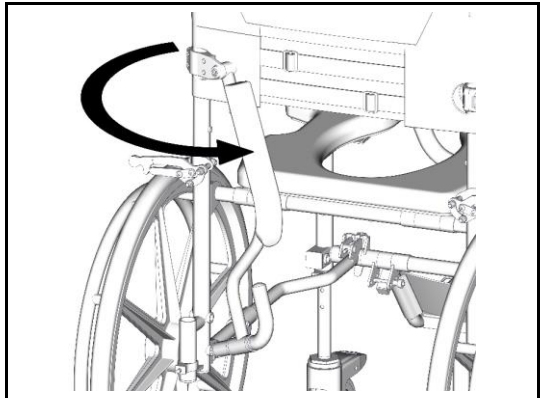
- Rotate the push handle inwards till it locks again.



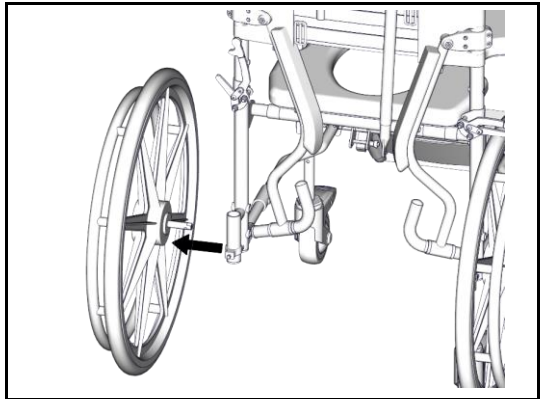
- Rotate the armrest handle to unlock the armrest.



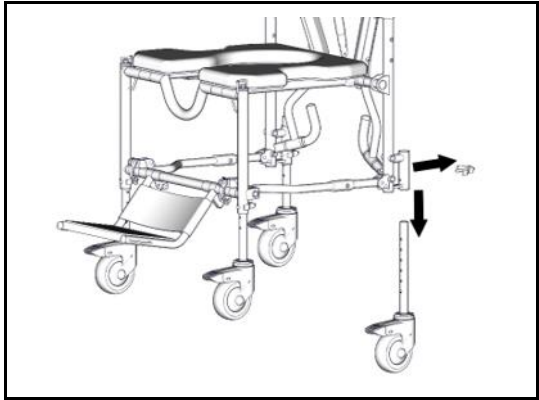
- Swivel the armrest to the back of the chair. Repeat the same procedure for the other armrest.



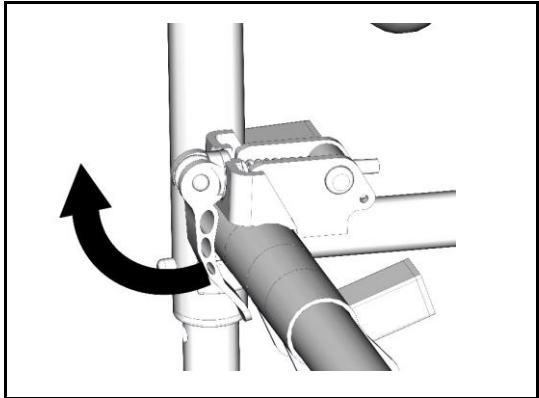
- Make sure Vajr brakes are not engaged. Remove the Mag-wheels from the chair by pressing the button on QR axle



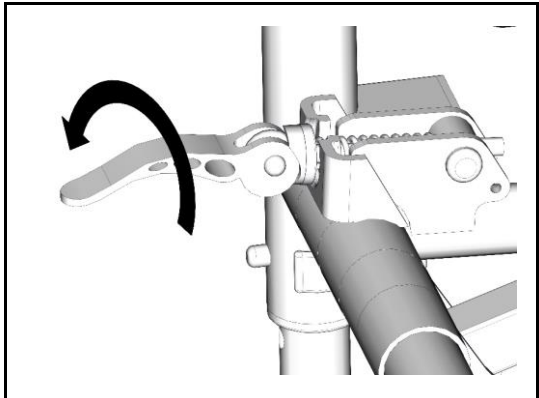
- [In case of attendant series model: remove the rear castor pipes from the chair].



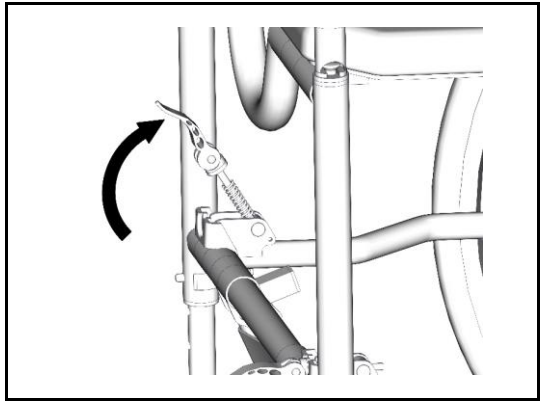
- Unlock the cam lever by pulling it upwards.



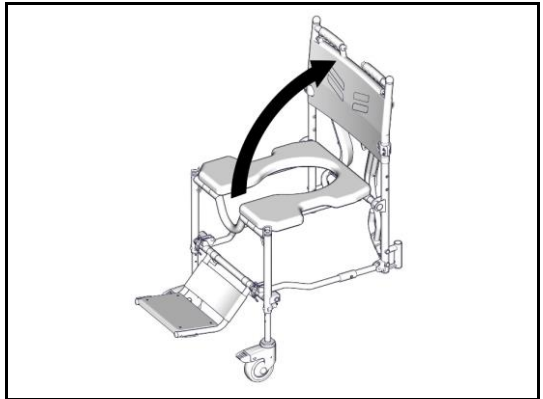
- Rotate the cam until it can be removed from the slot.



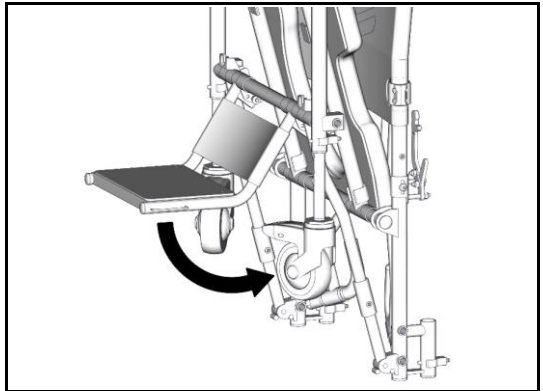
- Remove the lever from the slot.



- Fold the chair by holding the frame and push handles.



- Remove both footrest pins. Swivel the footrest inside.



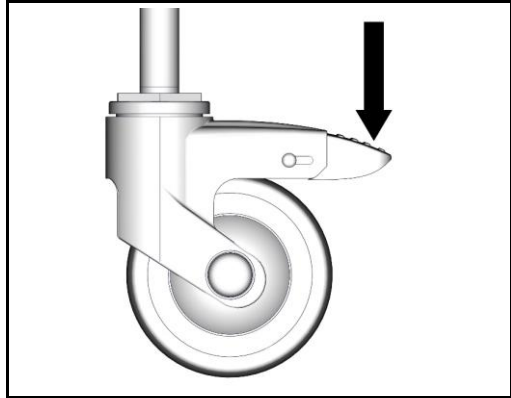
- Lock the belts by wrapping around the chair and taking it to the front.

## BRAKES

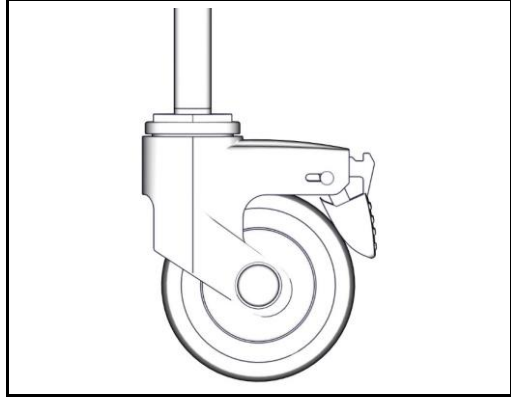
### Castor Wheel Brakes

#### ➤ Locking Brakes

- Push the red lever on the castor wheels downwards till it locks.

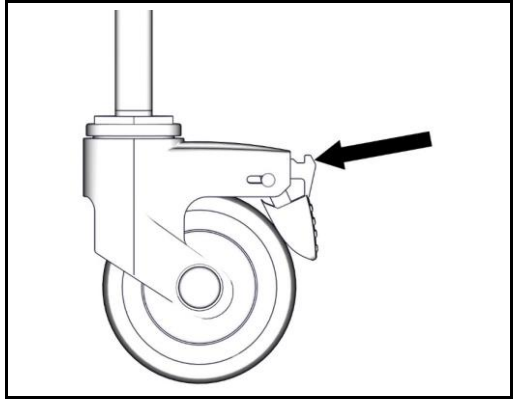


- This will restrict the wheel from rolling as well as from swiveling.



## ➤ Unlocking Brakes

- Press in the black tab on the castor wheel.



### **WARNING (!):**

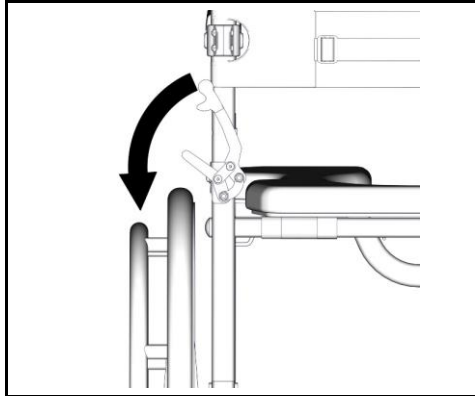
- Make sure that you touch only the upper surface of the lever while applying brakes as shown in the image.
- Do not touch the lever with bare skin.
- Always make sure that the brakes are applied properly.
- Never lean forward while applying castor wheel brakes.
- **REMEMBER!** Brakes are not to be used to slow down the chair.

## Vajr Brakes

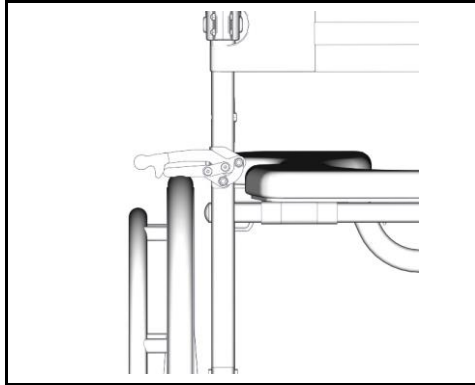
(Skip this section if you have Attendant Series model)

### ➤ Locking Brakes

- Hold the black part of the upper lever.

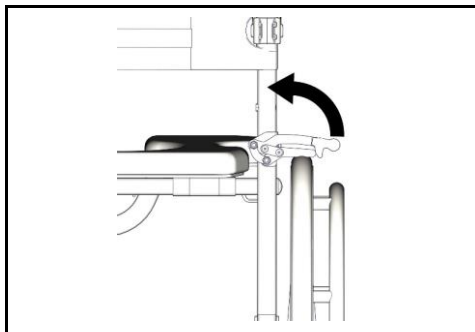


- Push the upper lever on the mag wheels till the lower lever locks onto the wheel.

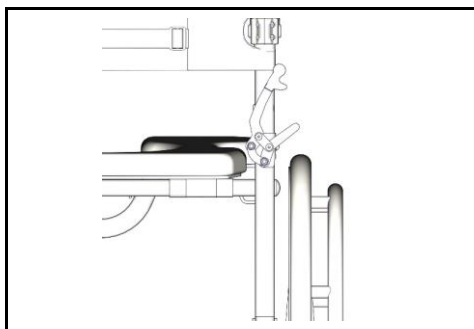


### ➤ Unlocking Brakes

- Hold the black part of the upper lever at the blackened portion.



- Pull the lever upwards till the brakes are unlocked.

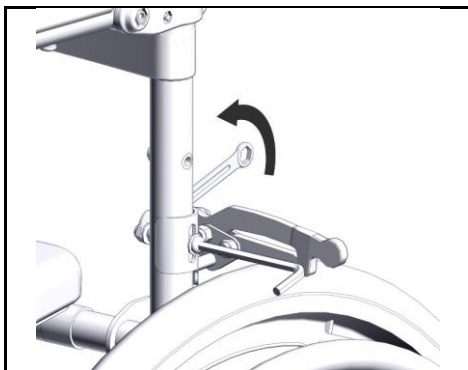


### WARNING (!):

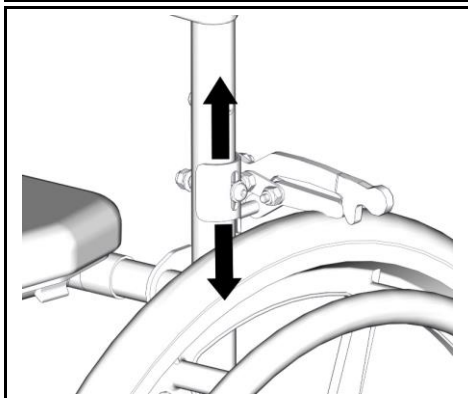
- Make sure that you touch only the black of the lever.
- Always make sure that the brakes are applied properly.

### ➤ Fine Adjustments

- With the help of a spanner and allen/hex key, unscrew the mounting bolt till the brake assembly is free to slide.



- Make sure the brakes are in locked position. Move the brakes up or down till the lever face touches the wheel.
- Unlock the brakes. Slightly move the brakes assembly closer to the mag wheel.
- Tighten the bolt again.

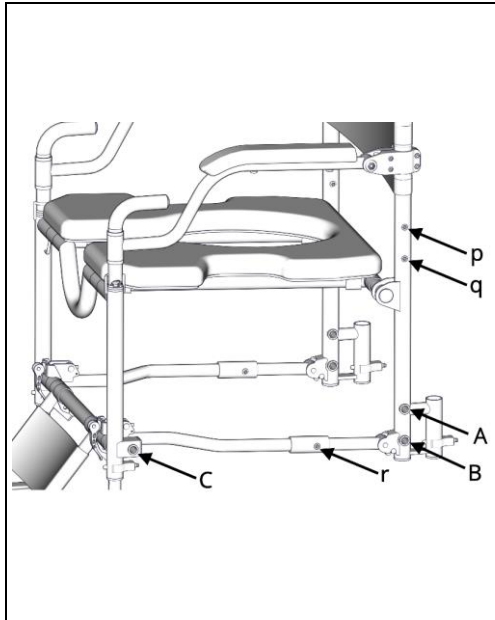


**WARNING (!):**

- Test the brake after adjustment.
- Repeat the same procedure if required.

➤ **Brake Adjustment for Different Heights**

- With the help of a spanner and Allen/hex key, unscrew the mounting bolt and remove the brake assembly from the chair.
- Remove the Mag-wheel from the chair and adjust it to the required height.
- As per your height of the mag wheel, mount the brake assembly in respective position.
- Tighten the nut bolt.



Mag wheel position and corresponding brake position

Mag wheel position	Corresponding Brake position
A	p
B	q
C	r

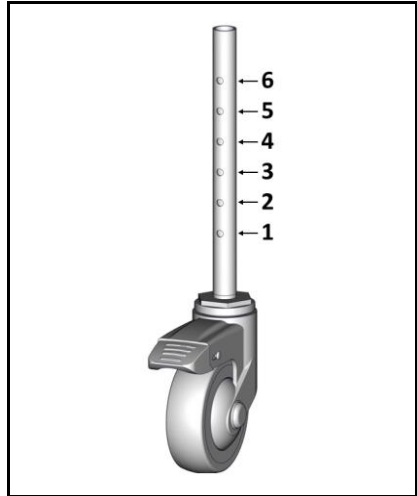
**WARNING (!):**

- Do not attempt to adjust the brakes when a person is sitting on the chair.
- Test the brakes after adjustments are done.

## HEIGHT ADJUSTMENT

### Changing Height of Castor Wheels

- Remove the Castor pipe from the chair
- Match the hole on castor pipe to the hole on the frame pipe according to your required height.
- Insert the C-pin all the way through the hole.
- Repeat the same procedure to change the height of the remaining castor pipes.

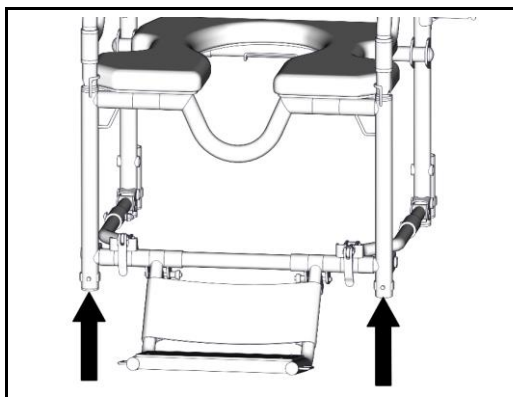


Castor Wheel Adjustment Table:

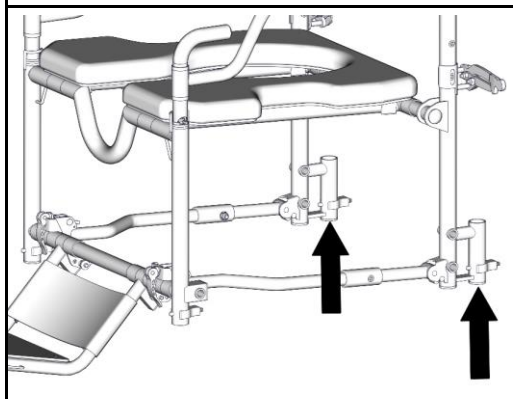
Castor Wheel Hole	Commode Clearance (M)	Overall Height of seat (Inches)
1	16	19
2	17	20
3	18	21
4	19	22
5	20	23
6	21	24

Height Adjustment for Attendant Mode

Front castor sockets



Rear castor sockets

**WARNING (!):**

- Never attempt to change the height of the chair while a person is sitting on it.
- Always make sure all the C-pins are inserted all the way through the pipes for the safety of the chair.
- Inspect whether the chair is properly leveled i.e. all wheels touch the ground simultaneously and the chair is not tilted to one side once the height adjustment is done.

## Changing Height of Mag-wheels

(Skip this section if you have an Attendant Series model)

- Make sure Vajr Brakes are unlocked
- Remove the Mag-wheel from the current position
- Install the mag wheels at the desired height.
- Repeat the same procedure to change the height of the remaining Mag-wheel.

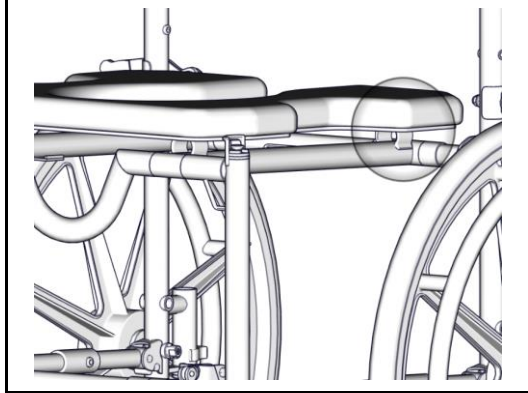
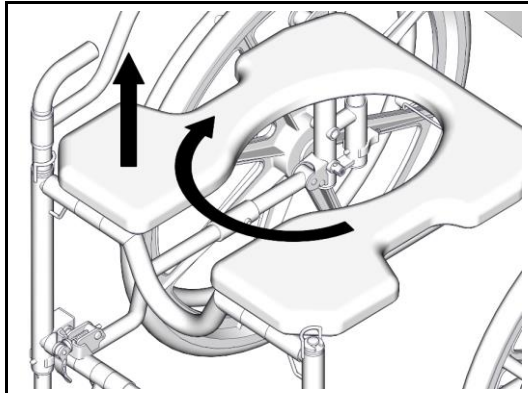
Big Wheel hole	Corresponding Castor Wheel hole	Commode Clearance (Inch)	Corresponding Vajr Brake hole
A	2	17	P
B	4	19	q
C	3	20	r

### **WARNING (!):**

- Never attempt to change the height of the chair when a person is sitting on the chair.
- Do not perform such adjustments on a slippery surface.
- Make sure all caster wheel brakes are applied and the chair is not moving.
- Do not attempt to change the height of a chair without a thorough understanding of the instructions.
- Make sure that the quick release axle is inserted all the way through.
- Always make sure to change only one wheel at one time.
- Inspect whether the chair is leveled i.e. all wheels touch the ground simultaneously and the chair is not tilted to one side once the height adjustment is done.
- To check whether the Mag wheels are securely installed, try pulling out the wheels without pressing the button on Quick-release axle.

## FLIPPING SEAT CUSHION

- Remove the seat cushion from the frame by pulling four corners of the seat one by one.
- Flip the seat cushion by back to front/front to back.
- Align the seat hooks with frame pipes.
- Press seat cushion down onto the frame.
- Press the cushion to make sure it is securely mounted onto the chair.

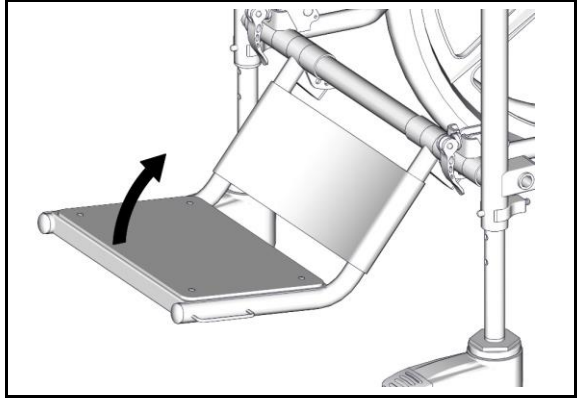


### **WARNING (!):**

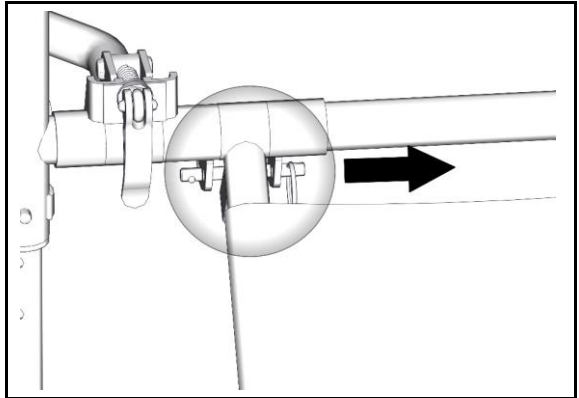
- Check all the hooks attached properly.
- While removing the seat cushion, make sure you pull upwards by gripping the hard panel along with the cushion.

## FOOTREST ADJUSTMENTS

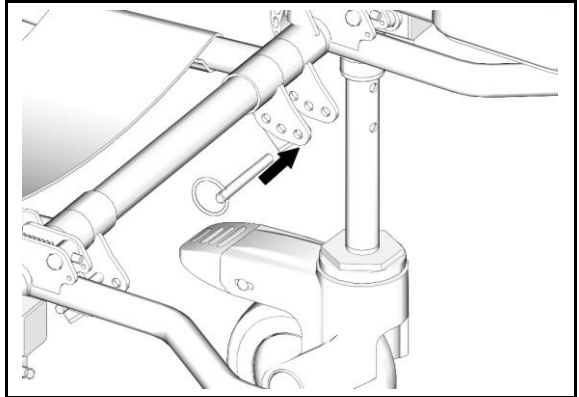
- Swivel the footrest to the front and hold it.



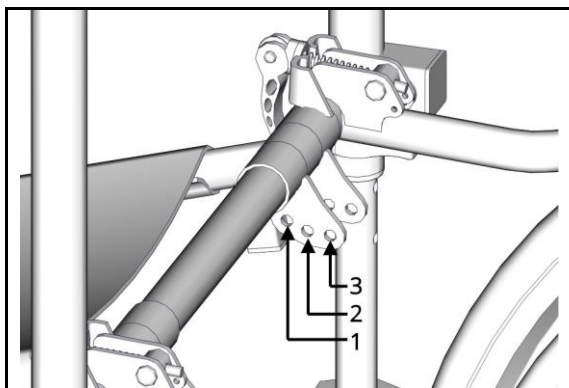
- Remove the footrest pin by pulling it outside from the current hole. Repeat the same procedure for the other pin.



- Insert the pin into the desired hole. Repeat the same procedure for the other pin.
- Release the footrest.



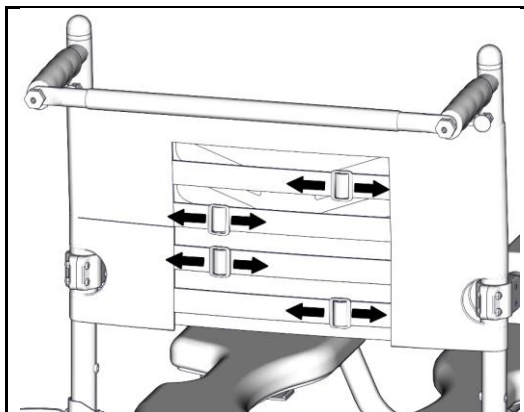
- Different holes show different footrest positions.



Footrest hole	Distance from seat to Footrest (J)
1	16.5
2	18
3	19.5

## BACKREST

- Remove the backrest flap.
- There are total four belts for adjusting the tension.
- Slide the buckle to adjust the tension as per requirement.

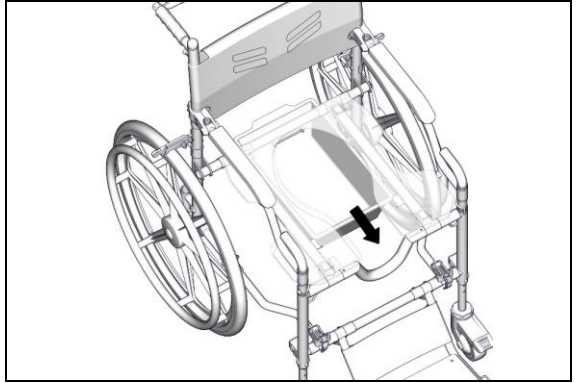


### WARNING (!):

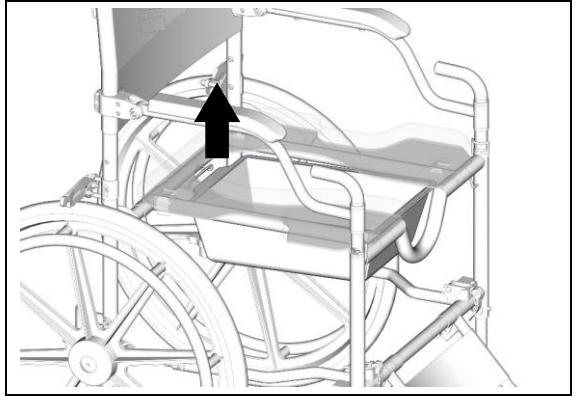
- Do not perform a wheelie while the backrest is in loose condition.

## INSTALLING COMMODE PAN

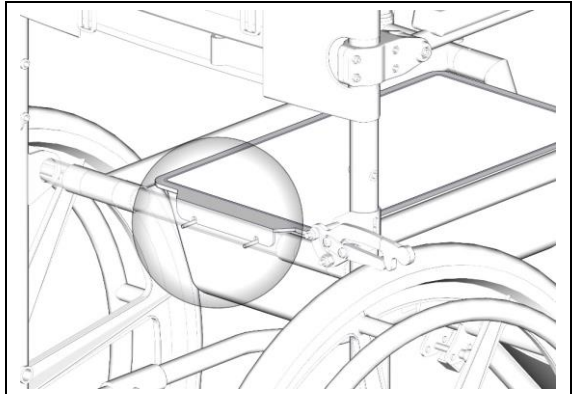
- Slide the commode pan over the rails all the way forward.



- Slightly lift the pan from behind.



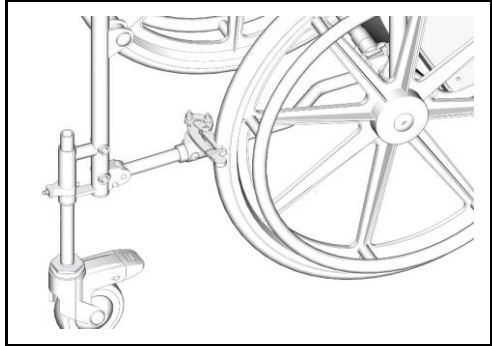
- Insert the slot inside the loop.



## SETTING THE MAG WHEELS IN FRONT

- Remove both the Mag wheels from the rear and install them into the hole 'C'.
- Install the castor wheels in the rear socket and align it to the 3<sup>rd</sup> hole.

- Remove **left Vajr Brake** and install it in **right lower link** in hole 'r'.



- Similarly, remove **right Vajr Brake** and install it in the **left lower link** in hole 'r'.



(Skip this section if you have Attendant Series model)

### WARNING (!):

- Make sure to install '**right Vajr-Brakes**' in the **left lower link** similarly, remove **right Vajr-Brake** and install it in the **left lower link** in hole 'r'.

## MAINTENANCE AND CARE

1. Clean the chair at least once a month. Use a soft clean cloth to clean the chair. Use a mild cleaning agent if required.
2. Do not use abrasive cleaning agents which contain acids, thinners, bleach etc.
3. Do not clean the chair with cleaners containing coarse steel wool, metal mesh clothes, and balls, metal brushes, etc.
4. To clean the wheels, disassemble the chair first, remove the wheels from the chair and then clean the wheels.
5. Store the chair in a cool and dry area.
6. Inspect the chair thoroughly every month for any wear (cracks on cushion elements and tear in backrest elements), damage, missing/loose parts like nuts and bolts etc.

## BASIC TROUBLESHOOTING

Fault	Possible cause	Correction
Armrest does not swivel smoothly	Jamming of joints due to deposits	Clean the joints
Armrest attaches or detaches with difficulty	Deposition in the joint	Clean the joint
	Deformation of the armrest	Contact support
Footrest does not swivel smoothly	Jamming of joints due to deposits	Clean the joints and oil the joints
Difficulty in wheel turning	Deposits built up	Clean the wheels
	Bearing Damage	Contact Support
Unstable chair	One of the wheels is adjusted at a different height	Check the height according to the height adjustment table
	Cam lock is not applied securely	Check whether Cam-lock is securely locked
Deformation in any portion of the chair	Bumping on some object	Contact support
Big wheels not locking properly	Brake height not adjusted	Adjust the height of the brakes

