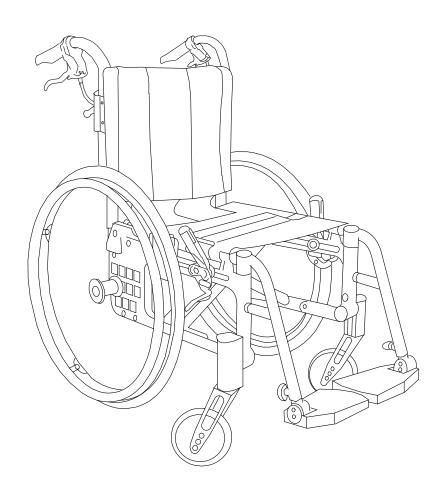


# Cross XL with drum brake

Manual English

**78502J** 2015-11-06



# Contents

	Heading		Page
1.	General		3
2.	Handling/Transport		4-5
3.	Product description		6
4.	The chairs possibiliti	es	7-9
5.	Accessories		10-12
6. 7. 8. 9. 10.	Settings	Seat	13-15 16 17-18 19-23 24-26 27-31
12.	Assembly instruction	ns, Accessories	32-34
13.	Care and maintenar	nce/Fault-finding chart	35-36
14.	Tests and guarantees		37
15.	Alternative Seat hei	ghts/Angles	38
16.	Weights and dimen	sions/Standard models	39

### 1 General

#### The manual must be read thoroughly to avoid damage when handling and using the Cross chair.



is a warning triangle to indicate that special care should be taken.

(!) provides advice and tips worth considering

Anti-tips

available as an accessory. At the correct setting they will prevent the wheelchair from tipping backwards. We recommend all users to use the anti-tip devices, unless you are an experienced user with absolute control over your wheelchair.

Cross XL with drum brake is a manual, cross-folded, allround wheelchair with multiple functions and is intended for use both outdoors and indoors. The seat is adjustable in height, angle and depth. The backrest is adjustable in height, angle and shape. The footrests are adjustable in height, angle and depth.

Cross XL with drum brake can be supplemented and adjusted if needs change. A large range of options and accessories are available: Various types of backrest and legrest, fixing points for transport in mobility service buses, anti-tips, and various types of handrims and brakes etc.

Cross XL with drum brake has the best prerequisites to create comfort, functionality and good manoeuvrability.

#### Crash test

Etac's wheelchairs are tested in accordance with ISO 7176-19 and ISO 10542. These ISO standards specify requirements for the design of the wheelchair's restraint points, how the wheelchair and the user are secured in the vehicle, and also describe how tests should be carried out and how the test results should be interpreted. Etac's wheelchairs are crash tested at the Technical Research Institute of Sweden. The tests were carried out with normal settings on the wheelchairs (see manual for the respective wheelchair) and with an UNWIN\_WWR/ATF/K/R restraining device and an UNWIN\_WWR/HD/ATF/K/R 3-point belt.

The cross-folded wheelchairs Cross, Twin and Transit were supplemented with securing points.

Seat widths: From 47.5 cm to 60 cm

Max. user weight: 155 kg

Service life: The product is tested and fulfils the demands stated in EN 12183. The main product's durability and lifetime is at least five years when used in accordance with intended use, the safety instructions, the reconditioning manual and instructions for use in the user manual. The main product consists of the chassis for seat and back support. Additional parts/accessories are handled in accordance with the manual and reconditioning manual. The actual lifetime can vary, depending on how much and how intensively the product is being used, but a maximum of 10 years. If the product is intended for use after the service life period specified by Etac, it is the responsibility of the product owner to ensure product functionality in accordance with the manual and reconditioning instructions. If this cannot be ensured then the product should be taken out of use.

The following methods of surface treatment have been used:

Lacquered surfaces=Polyester powder coating

Non-lacquered aluminium parts=Anodized coating

Non-lacquered steel surfaces=Galvanized

The tool kit contains: 5 Allen keys: 6, 5, 5, 4 and 3 mm

3 Ring spanners: 13, 10 and 8 mm

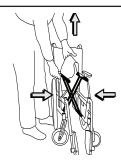
1 Socket spanner: 24/19 mm

1 Phillips screwdriver

### 2 Handling/Transport

### 2:1 Folding

- If a bow handle and/or cross brace is mounted, they should be removed.
- Flip up the footrests.
- Lift up the seat, see illustration.

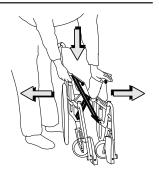


### 2:2 Unfolding

 Press down on one side of the seat frame using the whole of the flat of the hand; see illustration.



Do not hold the seat frame while unfolding as there is a risk of fingers being crushed.



### 2:3 Lifting the wheelchair

Wheelchair without lockable legrests:

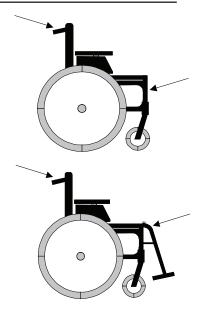
- Flip up the footrests and swing the legrests in under the seat, or remove them completely.
- Lift using the push handles and the front part of the frame by the legrest mounting point.

Wheelchair with lockable legrests:

 Lift using the push handles and the legrests.



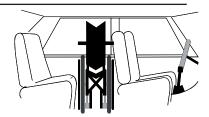
Before lifting, ensure that the height adjustable push handles are securely fastened.



#### 2:4 Transportation in vehicles

*Private car/taxi:* The wheelchair should be placed in the car boot. If this is not possible, ensure that the wheelchair is placed in the back seat so that it

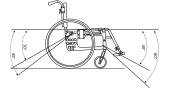
cannot roll or overturn. If possible the wheelchair should be secured using a safety-belt.

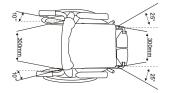


### 2 Handling/Transport

### 2:5 Securing

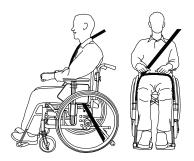
The wheelchair must be secured as follows. The straps must not be passed through the wheels or around the back tubes.





#### 2:6 Seat belt

If the wheelchair is used as a seat for travel Etac recommends that the user wears the 3-point seat belt that is fitted in the vehicle. It is important that the 3-point belt is fitted correctly, as shown in the illustrations:



#### 2:7 Recommendations

Etac recommends in the following order:

- 1) The user transfers to a seat in the vehicle and uses the vehicle's 3-point belt while travelling. The wheelchair is then placed in the boot or safely in the back seat so that it cannot overturn or roll.
- 2) The wheelchair is secured facing forwards in the vehicle as per this manual, the user uses a separate 3-point belt that is secured in the vehicle. This is the way in which the wheelchair is tested and approved according to the ISO-standard for crash testing of wheelchairs in vehicles.

3) According to directive 2001/85/ EC.

appendix VII, point 3.8.3. there are specially marked wheelchair locations in vehicles that permit transport with a wheelchair facing in the opposite direction of travel. If this means of travel is used, the user/carer must be aware while travelling, prepared for sudden movements and have the capacity to maintain a safe sitting position throughout the entire journey. The user's disabilities must not be of such an extent that he/she is not able to hold onto the handles fitted in the vehicle when there are changes of speed or direction.

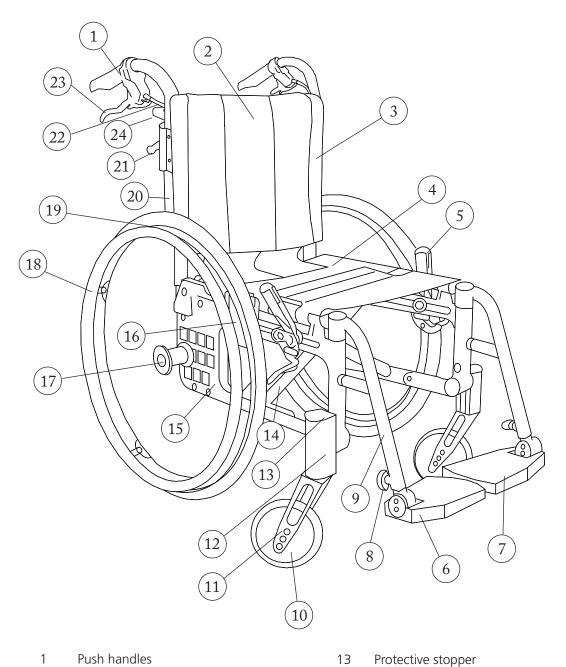
In conjunction with points 2 and 3:

- a positioning belt should be used
- a correctly adjusted headrest should be used
- the backrest should be level with or above the user's shoulders
- the parking brake should be used
- the anti-tips should be lowered

#### 2:8 Warning

- The wheelchair's positioning belt is not sufficient to prevent the user from being thrown out of the wheelchair in the event of sudden braking.
- The restraining device must not be passed through the wheels or around the back tubes.
- Options/accessories that can be removed without tools, such as trays, shall be removed and secured/positioned so that they do not fly around inside the vehicle in the event of a collision.
- If the wheelchair has been involved in a collision it should be inspected at a Technical Aids Centre or by Etac before being used again.

# 3 Product description Cross XL with drum brake



1	Push handles	13	Protective stopper
2	Backrest cover	14	Cross
3	Backrest upholstery	15	Side frame
4	Seat upholstery	16	Armrest attachment
5	Brake	17	Hub with brake
6	Footrest	18	Handrim
7	Widened footrest 52.5-57.5	19	Rear wheel
8	Knob footrest lock	20	Back tube
9	Legrest	21	Locking knob, push handles
10	Castor wheel	22	Brake cable
11	Front fork	23	Brake handle

rake cable Brake handle Front fork 12 Front fork attachment 24 Cross brace

### 4 The chairs possibilities

<u>Front</u> Seat height <u>Rear</u> 40-50 cm 40-51 cm

Seat angle Max forward angle: 2 cm lower front than back.

Max backward angle: 6 cm higher front than back.

Castor wheel 6" half-massive/ 6,5" massive

Front fork Short/medium, with 3 alternative height positions

for the castor wheel

22" or 24" Rear wheel

High-pressure 1"

Solid

Camber angle 2° or 0°

**Handrims** Stainless, plastic coated, aluminium

Seat Black fabric/hard seat/ECS

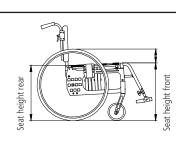
> (ECS, a fixed seat/backrest system with anatomically shaped cushions, detachable)

**Backrest** <u>Height</u> **Backrest angle** <u>Type</u> Cross back 2 30-45 cm -5° - +15° standard

high 38-55 cm -5° - +15°

Seat depth Short frame 36-42 cm. Long frame 42-48 cm. (functional)

Short frame 42-48 cm. Long frame 48-54 cm.



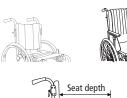


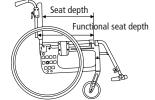












# 4 The chairs possibilities

Ryggrest Cross- back 3A	Type         Height         Backrest angle           Monoangular         32-45 cm         -5° - +20°           Biangular         32-45 cm         -5° - +20°           Triangular         32-45 cm         -5° - +20°	
	Lumbal angle Monoangular +10° (fixed) Biangular ±6° (at 10° back angle) Triangular ±12° (vid 10° back angle)	Seat depth Functional seat depth
Seat dept (functional)	Short frame 36-42 cm. Long frame 42-48 cm. Short frame 42-48 cm. Long frame 48-54 cm. Triangular +0 to 6 cm.	0000
Backrest upholstery	Adjustable plush upholstery/ECS	
Backrest cover	Standard/Comfort/Tidy	
Push handles	Push handles/alternative bow handle Both height adjustable at intervals of 2 cm. Detachable.	
Legrests, detachable, adjustable side-	Standard knee angle/narrow/narrow short	
ways	Lockable, standard knee angle/narrow/narrow short	
Angle adjustable	Mod 1 with calf support adjustable in height, depth, angle and sideways (also available with flip-up calf support). Mod 2 with calf support adjustable in angle, height and sideways. Mod 3 with foldable calf support from 40 cm seat width. With attachment and calf support	

# 4 The chairs possibilities

Plaster legrest/amputee legrest/ amputee weight Armrest short 25 cm/long 35 cm Max length: 51 cm. **Footrest** Std Min length: 33 cm. Extended attachment tubes +10 cm Shorter attachment tubes -8 cm One-piece footrest One-piece footrest complete for 35-37,5 seat width, adjustable in angle, settable height and depth Front fork Standard/widened 6 cm attachment Adjustable 4 cm in height **Brakes** Standard/Single hand brake, both alternatives with standard, angled or extended handle. Single hand For right or left side. Telescoping axle, easy to drive remove when folding

# 5 Accessories

Armrest height-adjustable 25 cm long, solid top, black	
Armrest height-adjustable 38 cm long, solid top, black	
Armrest cover detachable, 25 or 38 cm long padded or gel, dark grey plush or black Dartex	
Armrest cushion wide and soft, 8x40 cm, fits onto armrest	
Armrest cushion Hemi swing-away for mounting on long armrests	
Foldable armrest height-adjustable or fixed height	
Side guard black	
Mudguard right and left	
Thigh support	
Widening kit to extend the rear wheels, brakes and armrests 10 mm on each side	
Tray transparent, fits onto long armrest	
Tray Hemi tip up right / left	The total state of the state of
Bracket for seat extension	
Seat cushion dark grey plush and black velour, 56 cm, cut according to seat depth set, washable	
Seat cushion Tidy, water repellent, wipe clean	

# 5 Accessories

Comfort wedge for the cushion, evens out the front part of the seat	<b>a</b> /
Seat and backrest cushions ECS in PE or memory foam, cover in dark-grey plush or black Dartex	
Cover for calf support on angle adjustable legrest model 3	
Calf strap detachable, black nylon, adjustable in length	
Padding for calf strap	
Heel straps black nylon, adjustable length	
Extended footrest fits onto the existing footrest	
Positioning belt two pieces, with snap-lock, fixing points on the wheelchair frame	
Seat belt with snap lock	
Headrest mounts on steering bar, adjustable in height, depth and angle Available in several models	
Back wedge length 15 and 30 cm, attached with Velcro	
Trunk support settable in depth and angle, black Dartex, foldable, incl. attachment	
Trunk support Cross back 3A, PUR or Dartex	
Trunk support Cross back 3A, swing-aside, medium or large cushion	
Anti-tips foldable, height settable	toron

Settable= Adjusted using tools. Adjustable= Adjusted without tools.

# 5 Accessories

Anti-tips telescopic, foldable, settable height, adjustable length and angle	
Anti-tips with tilter, foldable, height settable	
Tilter (not for low seat height 22" in position C)	• • • • • • • • • • • • • • • • • • •
Cane holder two parts, one of which is an elasticated section which is fastened around the cane.	
Spoke guard with grey or yellow print	0
Tetra quick release adapter for persons with reduced hand function	
<b>Transport attachment</b> when mounted in C4 position only with 0° camber + spacer 20232	
Tool kit	<b></b> ©
Bags	(Tectac)
Rain cape Proof Information is available at www.etacbutiken.se	
Weather protector Proof Information is available at www.etacbutiken.se	
Leg warmer Proof Information is available at www.etacbutiken.se	
Gloves Information is available at www.etacbutiken.se	
Bags Case Logic Information is available at www.etacbutiken.se	

### 6 Settings seat

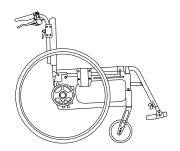
#### 6:1 Front seat height

The front seat height (see Part "The chairs possibilities") is dependent on:
Castor wheel: 6", 6. 5"
Front fork: Short and mediumlength with three alternative height settings for the castor wheel.
Castor wheel attachment: Settable in height and angle

(!) See also point 14: "Alternative seat heights/angles".



Risk of tipping: Always check the positioning of the anti-tips.



#### 6:2 Castor wheel

The height may be adjusted by changing the castor wheel itself or by changing its position in the fork. Unscrew the castor wheel and place it at the desired height in the front fork.



Tools: 5 mm Allen key and 10 mm U-spanner.

(!) Also adjust the angle of the front fork attachment, see point 6:5.



### 6:3 Changing front fork

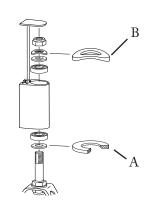
Pull out the plug attachment on the front fork attachment to reach the retaining nut. Unscrew the nut and pull out the front fork. Take the washer and ball bearings and place it on the new fork (with the bevelled side (A) towards the fork). Insert the new fork into the attachment. It is important to ensure that the washers in the attachment (under the retaining nut) are placed in the right order, with the spring washer (B) on top. Tighten the retaining nut until it cannot be turned

any more. Loosen it 1/2-1 turn. The spring washer then has the correct tension. It reduces the risk of the castor starting to "wobble".



Tools: 19 mm socket spanner.

(!) Also adjust the angle of the front fork attachment, see point 6:5.



### 6:4 Height adjustment of the castor wheel attachment

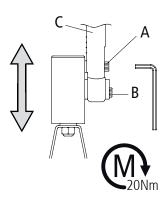
The height can be adjusted 4 cm up or down down by loosening the two attachment screws (A and B) 1-2 turns.

See position marking (C) to obtain equal height on both sides. Check and adjust the angle of the attachment and tighten the screws.



Risk of tipping: Always check the positioning of the anti-tips.

(!) Also adjust the angle of the front fork attachment, see point 6:5.



Tools: 6 mm Allen key (a spirit level may be useful).

### 6 Settings seat

### 6:5 Setting the angle of the front fork attachment

The correct angle setting is important to the manoeuvrability of the wheelchair. Loosen the lower attachment screw (A) 2 turns so that the tag (C) moves freely inside the shaft.

Insert the Allen key in the hole (B) and turn until the attachment is at 90° to the floor.

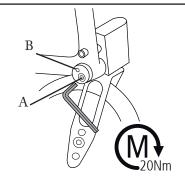
Always start from a position that enables the wheel to move forward in the rotation (D). (Hold the shaft in place while the lower attachment screw is tightened).

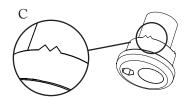


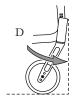
Tools: 6 mm Allen key (a spirit level might be use ful). (!) Keep your eye on something vertical, e.g. a door frame or table leg while setting the angle.



Risk of tipping: Always check the positioning of the anti-tips.







#### 6:6 Rear seat height

The rear seat height is dependent on:

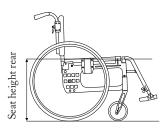
The size of the rear wheels 24" or 22"

The height setting of the rear wheel 3 alternative height positions: A-B-C



Risk of tipping: Always check the positioning of the anti-tips.

(!) See also point 14: "Alternative seat heights/angles".

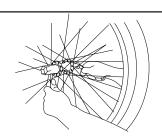


### 6:7 Rear wheel with quick release hubs

The hub axle is movable and can also be adjusted in length. Turn the nut on the hub axle in the desired direction while at the same time holding the axle with a socket wrench.



When attaching the rear wheels, always check that it is securely in place. The button in the hub should pop out to the original position.



### 6 Settings seat

### 6:8 Height adjustment of the rear wheels

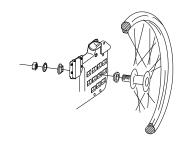
Loosen the hub sleeve, washers and nut and reassemble it at the desired height. At the same time you should also test for correct balance, see point 10:8.



Tools: 24 mm socket spanner.

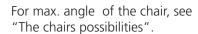


- -Check that the rear wheels are correctly mounted, see point 6:7.
- -Always check the position of the anti-tips.
- -The brakes must be adjusted if you change the position of the rear wheels.
- (!) The angle of the front fork attachments must also be adjusted.



### 6:9 Seat angle

The seat angle is dependent on the difference between the front and the rear seat heights. The seat can also be set angled forwards.



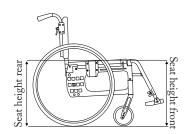


(!)

Bear in mind the risk of tipping, always adjust the positioning of the anti-tips.



- Adjust the angle of the front fork attachment.
- Also check the angle of the backrest.



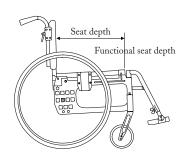
#### 6:10 Seat depth with adjustable seat upholstery

Seat depth can be adjusted (Also see

"Thje chairs possibilities") by lifting up the front seat upholstery and sliding it backwards or forwards.

With Cross backrest 3A triangular, the seat depth can be further adjusted by means of the lumbar angle (see the settings section for Cross backrest 3A).

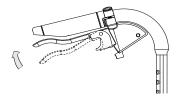
The functional seat depth is dependent on the setting of the back upholstery. It can be upto 6 cm longer than stated seat depth measured from the seat tube.



### 7 Settings brake

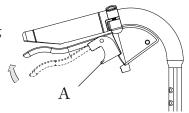
#### 7:1 Service brake

To operate the drum brake pull brake handle upwards (see illustration).



#### 7:2 Parking brake

To operate the parking brake pull brake handle upwards (see illustration). Hold the handle in braked position and press button (A) down. The chair is now braked. Pull the handle upwards to release the parking brake.

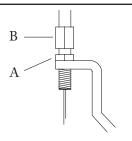


### 7:3 Adjusting the brakes (drum brake)

When adjusting the brake loosen nut (A) and adjust the brake by moving (B) up/down. When the brake has a reasonable effect tighten nut (A). This adjustment is recommended when the brake is not functioning satisfactorily.



Tools: 8 mm spanner



#### 7:4 Adjusting the brakes

The brakes are infinitely settable.

- Loosen the screw (A) a few turns and slide the brake until the brake block is about 15-20 mm from the tyre when the brake is not applied.
- Ensure that the brake is placed correctly in its track and tighten the screw appr. 5 Nm.

  ↑ Test the brakes.



Tools: 10 mm spanner.

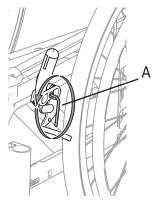
If the rear wheel is positioned in one of the forward settings it is possible for a legrest, when swung to the side, to unlock an applied brake. To avoid this the brake lever must be adjusted in order to obtain a "neutral" position. In this way the brake will unlock first when the handle is pushed close to the rear wheel.

- Loosen the screw on the inside of the brake lever.

- Remove the oval plate, turn it 180°(the pin on the plate's inside must sit in the upper hole) and tighten it again.



Tools: Phillips screwdriver.





The braking effect is dependent on the air pressure in the tyres.

The brakes are parking brakes and should not be applied during use.

Brake lever extensions and angled brake handles are available as accessories, see point 11:11.

### 8 Settings backrest mod. 2

#### 8:1 Backrest

The backrest is settable in height and angle and has adjustable backrest upholstery.



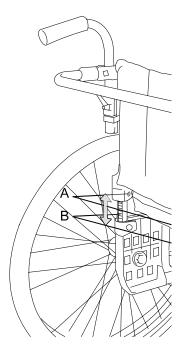
Risk of tipping: Always check the position of the anti-tips after adjusting the backrest.

### 8:2 Backrest height

The backrest height is continuously settable (See "The chairs possibilities"). Loosen the screws (A) 2-3 turns to set the height of the backrest. Ensure that both sides are at the same height by checking against the ruler (B) on the back of the back tube. Tighten the screws securely.



Tools: Allen key 5 mm.



#### 8:3 Backrest angle

The backrest angle is infinitely variable (See "The chairs possibilities"). The angle is adjusted using the nut on the inside of the rear wheel attachments.

- Loosen the nut on one of the back tubes, set the desired angle and tighten the nut firmly again.
- Repeat the procedure on the other side.

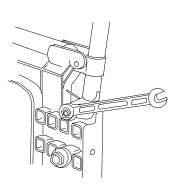


Tools: 13 mm ring spanner.

(!) Check that the angle is the same on both sides by comparing the distance between the back tube and the armrest guard.



Risk of tipping: Always check the positioning of the anti-tips when changing the backrest angle.



### 8 Settings backrest mod. 2

### 8:4 Backrest upholstery

The contour of the backrest upholstery is individually adjustable by using the five Velcro straps and the backrest cover.

- Allow plenty of room for the backrest cover between the seat and the backrest, so that it is possible to "sit in" against the backrest.
- Loosen all the straps and ensure that the user is sitting as far back in the seat as possible.
- Tighten the straps so that they follow the contours of the back and give support to the lumbar region.



Risk of tipping: Always check the positioning of the anti-tips after adjusting the backrest upholstery.

(!) Do not over-tighten the upper Velcro straps as this can prevent the cross-brace from unfolding properly, i.e. the seat tubes do not sit flush in the side-frames.

### 8:5 Height adjustable push handles

The push handles can be set at intervals of 2 cm.

- Loosen the knob (A) and press the plastic washer. Install desired height.
- Ensure that the push handles are locked in the correct position.
   Tighten the knob again.



Ensure that the knobs are properly tightened. This is especially important if you intend to lift the wheelchair whilst the user is sitting in it.

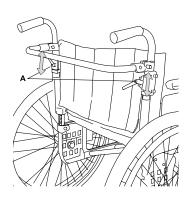
#### 8:6 Cross brace, backrest (standard on Cross XL)

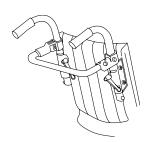
A cross brace is fitted to the backrest for extra stability. The cross brace is fixed to the push handles and can easily be removed using the snap lock.



The cross brace must be uncoupled if the chair is to be folded.

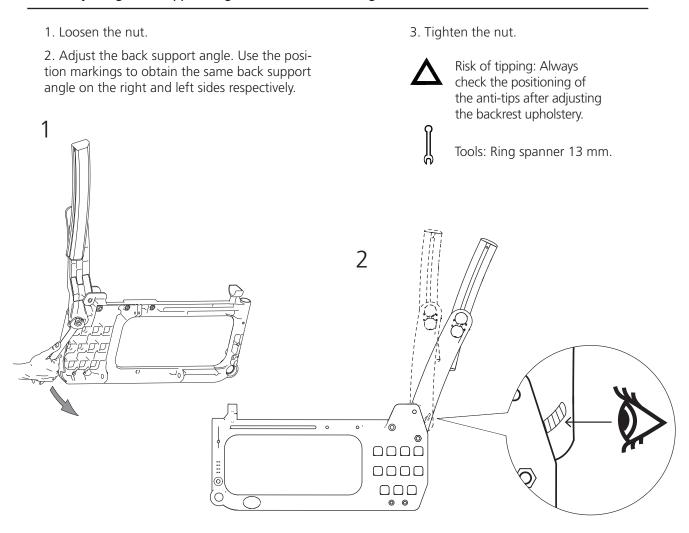


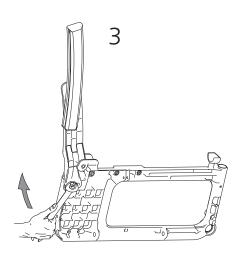




# 9 Settings backrest 3A

### 9:1 Adjusting back support angle, mono- bi- and triangular back



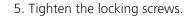


# 9 Settings backrest 3A, monoangular back

### 9:2 Adjusting back support height

- 1. Remove the protective cover.
- 2. Loosen the locking screws max. 1 turn.

3-4. Adjust the back support height using the graduation and marking on the lower back rod.



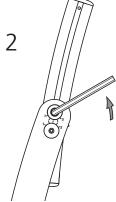
6. Fit the protective cover.

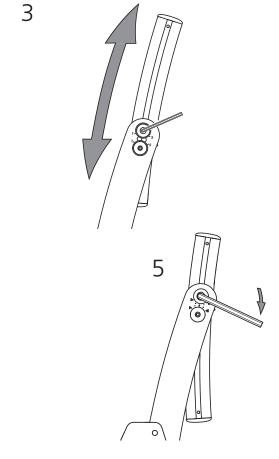


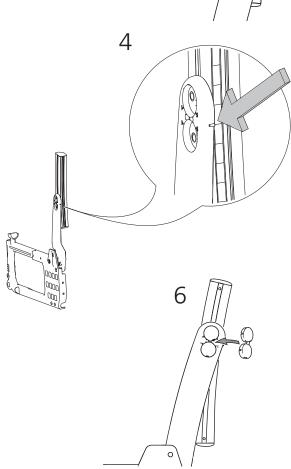
Risk of tipping: Always check the positioning of the anti-tips after adjusting the backrest upholstery.



Tools: Allen key 5 NV.







### 9 Settings backrest 3A, biangular back

### 9:3 Adjusting back support height and lumbar angle

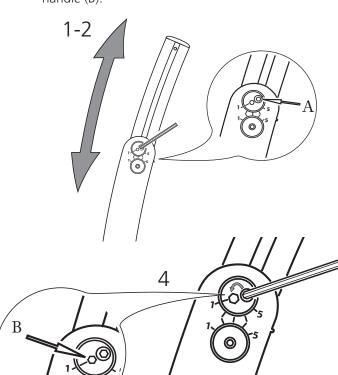
- 1-2. Remove the protective cover and loosen the locking screw (A) max. 1 turn (see also illustration 1 on page 20).
- 3. Adjust the back support height using the graduation and the marking on the lower back rod.
- 4. Move the Allen key to the eccentric shaft's key handle (B).
- 5-6. Install desired lumbar angle.
- 7. Tighten the locking screw and fit the protective cover as in illustration 5-6 on page 20.

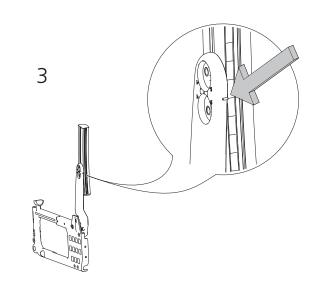


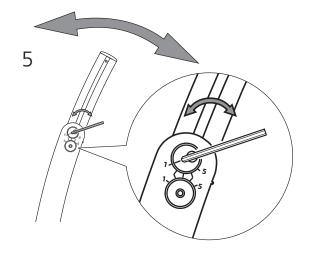
Risk of tipping: Always check the positioning of the anti-tips after adjusting the backrest upholstery.

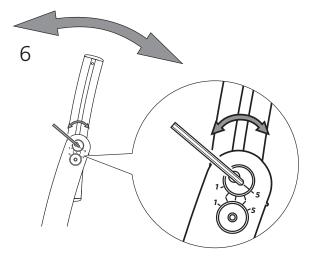


Tools: Allen key 5 NV.









### 9 Settings backrest 3A, triangular back

### 9:4 Adjusting back support height and lumbar angle

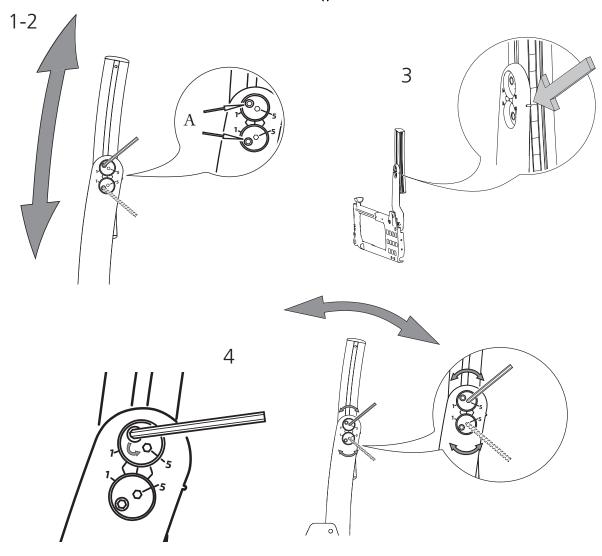
- 1-2. Remove the protective cover and loosen the locking screws (A) max. 1 turn (see also illustration 1-2 on page 20).
- 3. Adjust the back support height using the graduation and the marking on the lower back rod. Tighten the locking screws max. 1/2 turn.
- 4. Place the Allen key in the selected eccentric shaft's locking screw and loosen it 1/2 turn. Move the Allen key to the eccentric shaft's key handle and set the required lumbar angle.
- 5. Tighten the locking screws and fit the protective cover as in illustration 5-6 on page 20.
- ! We recommend that you start adjusting the lumbar angle with the upper eccentric shaft. If a larger angle is required, adjust the lower eccentric shaft as well.



Risk of tipping: Always check the positioning of the anti-tips after adjusting the backrest upholstery.



Tools: Allen key 5 NV.



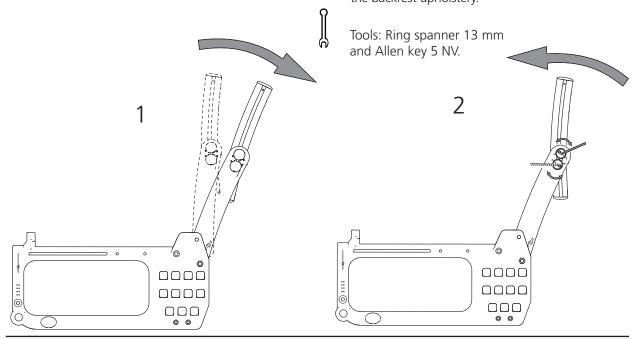
### 9 Settings backrest 3A, triangular back

### 9:5 Adjusting seat depth by means of lumbar angle

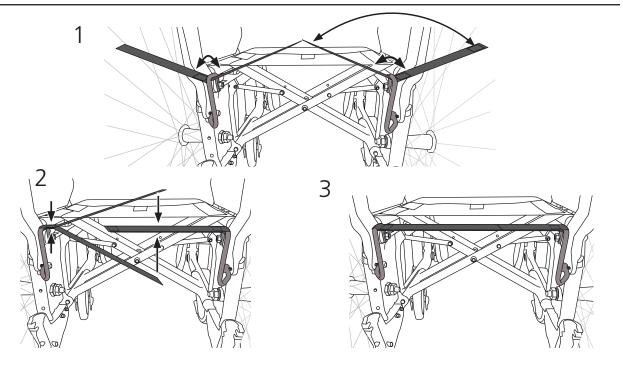
An extended seat depth is achieved by opening the back support angle (hip) and then the lumbar angle.

- 1. Adjust the back support angle (see also illustration 1-3 on page 20).
- 2. Adjust the lumbar angle to the required back support angle using the eccentric shafts as in point 4-5 on page 22.
- 3. If necessary fit seat extender (accessory).

Risk of tipping: Always check the positioning of the anti-tips after adjusting the backrest upholstery.



### 9:6 Fitting seat extender



### 10 Settings legrests

### 10:1 Legrests with fixed or adjustable angle

<u>Fixed:</u> The legrests are detachable and can be swung to the side or under the seat. They are available in two different knee angles: standard and narrow. The narrow legrest is also available 8 cm shorter. All 3 variants can be obtained as lockable.

<u>Adjustable:</u> In addition there are several types of variable, angleadjusted legrests with calf supports. Amputee legrests and amputee weight are also available as alternatives.



Never stand on the footrests as you may tip the chair! Never carry a wheelchair by legrests other than lockable.

### 10:2 Legrest with fixed knee angle (wide or narrow)

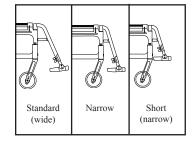
With narrow knee angle the feet are 5 cm closer to the seat than with the standard angle. The narrow legrests are a good alternative when, for example, the seat depth is shortened, but they can only be used with 5" castor wheels. For a raised footrest, the narrow footrest is also available in a shortened version, (combined with footrest with shortened attachment tubes).



When lifting a wheelchair without lockable legrests:

Swing the legrests under or remove them completely and lift using the frame (lower or upper tubes).

The narrow legrest limits the choice of castors.



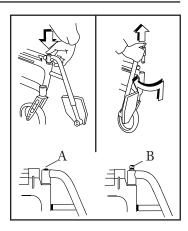
#### 10:3 Lockable legrests (option)

Cross XL can be supplied with lockable legrests. The legrests are detachable and can be swung to the side or under the seat.



Before lifting the wheelchair check that the legrests are locked.

- To remove the legrests, press down on the red button (A) and lift.
- To fasten the legrests, press downontheredbutton(A), put the legrest into place and release the button. The legrest is now locked (B).



### 10 Settings legrests

### 10:4 Continuously angle-adjustable legrest (option)

There are three types of angle adjustable legrests.



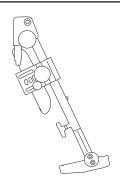
Mod. 1: With our without plush covered calf support which is adjustable in height, depth and angle. The calf support can also be mounted as a knee stop.

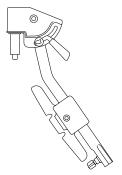
(!) See accompanying assembly instructions for mounting the calf support.

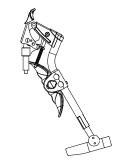
Mod.2: With foldable calf support which is adjustable in angle, height and sideways. Calf support in polyurethane.

Mod. 3: With polyamide or plush calf support that is foldable and angle-adjustable. The calf support can be fitted at 2 different heights on the legrest tube. With seat width 35 and 37,5 calf support can only be used on one side.

Never stand on the footrests as you may tip the chair! When lifting a wheelchair, remove the legrests and lift using the frame (lower or upper tubes).







### 10:5 Amputee legrest (option)

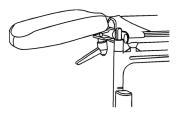
The amputee legrest is settable in height It can also be adjusted forward, sideways and in angle. It can be used both on the left and right side of the chair.

- Angle and sideways: Loosen the lever under the plate.
- Forwards/backwards: Loosen the knobs under the plate.
- Height: use the Allen key provided.





Never sit on the amputee leg support. When lifting a wheelchair, remove the amputee leg support, swing the other legrest in under the seat (or remove it) and lift using the frame (lower or upper part).



### 10 Settings legrests

### 10:6 Height of the footrests

Cross is supplied with flip-up, footrests, adjustable in height. The footrests can also be adjusted in angle and depth.

Height

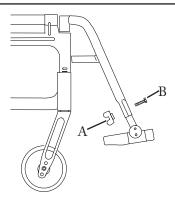
Loosen the locking handle (A) on the legrest fully. Remove the screw (B). Set the height. Replace the screw and handle. Tighten securely.

Max. length: 51 cm Min. length: 33 cm

 To make the footrests higher than standard there are also short/narrow legrests with footrests with 8 cm shorter attachment tubes.  To make the footrests lower than standard there are footrests with 10 cm longer attachment tubes.



For outdoor use the footrests should be 4-5 cm above the ground. Never stand on the footrests, as you may tip the chair!



Make sure the screwhead locks in the hexagon hole.





### 10:7 Angle and depth of the footrests

The footrests can also be adjusted in angle and depth.

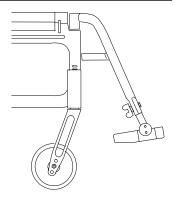
Angle Loosen the screws (C) slightly. Set the footrest at the desired position and retighten the screws.



Tools: 5 mm Allen key.

Depth The sides of the footrests have different lengths. By changing the left side for the right they will extend further forwards.

(!) If the depth is altered, the angle must be adjusted.



### 11 Driving technique, manoeuvring

#### 11:1 General

Parking: Increase the overall support base of the wheelchair by reversing for about 10 cm so that the castor wheels are turned forwards

If the user is left alone in the wheelchair, ensure that the brakes are applied. Ensure that the antitips are swung down.

### 11:2 Driving technique, kerbs and raised thresholds: up

*User, driving up forwards:* This method is recommended only for experienced wheelchair users.

- Ensure that the anti-tips are turned upwards.
- Drive forward to the kerb/ threshold.
- Balance the wheelchair on its rear wheelsso that the castor wheels lift high enough to come up on the pavement. Take a firm hold on the handrims while at the same time leaning forwards with your upper body.



Be sure to turn the antitips back to the down position.

Care giver, driving up forwards:

- Ensure that the anti-tips are turned upwards.
- Tilt the wheelchair, if necessary with help from the tilter, so that the castors come up on the pavement.
- Lift by the push handles to help the rear wheels up.



Be sure to turn the anti-tips back to the down position.

User, driving up backwards:

This technique only works if there is a low kerb/threshold, relative to the installed height of the footrests.

- Ensure that the anti-tips are turned upwards.
- Reverse to the edge of the kerb/threshold.
- Take a firm hold of the handrims while at the same time leaning forwards.



Be sure to turn the anti-tips back to the down position.







### 11 Driving technique, manoeuvring

Care giver, driving up backwards:

- Reverse the wheelchair up to the edge of the kerb/threshold.
- Tilt the wheelchair, if necessary with the help of the tilter, so that the castor wheels are in the air.
- Pull the wheelchair up and backwards ensuring that the castor wheels have cleared the edge before setting down the wheelchair onto all four wheels.



Be sure to turn the anti-tips back to the down position.



### 11:3 Driving technique, kerb: down

*User, driving down forwards:* This method is recommended only for experienced wheelchair users.

- Ensure that the anti-tips are turned upwards.
- Drive forward to the edge of the kerb
- Grasp the handrims firmly, and drive "straight out" so that the wheelchair lands below the kerb on all four wheels simultaneously.



Be sure to turn the anti-tips back to the down position.

Care giver, driving down forwards:

- Ensure that the anti-tips are turned upwards.
- Tilt the wheelchair, if necessary with the help of the tilter, so that the castor wheels are in the air.
- Drive carefully down the kerb, and set down the castors on the ground again.



Be sure to turn the anti-tips back to the down position.

User, driving down backwards: This method is not recommended for differences in level of over 10 cm.

- Ensure that the anti-tips are turned upwards.
- Reverse to the edge of the kerb.
- Reverse carefully down while at the same time leaning forwards.

There is a greater risk of tipping during this manoeuvre.



Be sure to turn the anti-tips back to the down position.

Care giver, driving down backwards:

- Ensure that the anti-tips are turned upwards.
- Reverse the wheelchair up to the edge of the kerb.
- Drive carefully down the kerb, and reverse the wheelchair on the rear wheels until the castors have cleared the obstacle.
- Set down the wheelchair once again on all four wheels.



Be sure to turn the anti-tips back to the down position.







### 11 Driving technique, manoeuvring

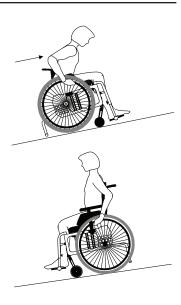
### 11:4 Driving technique, inclined surface

The following constitutes important advice for driving up or downhill to avoid the risk of tipping.

(!) Avoid turning round in the middle of a hill. Always drive as straight up/down as possible.It is better to ask for help than to take a risk on your own

Uphill driving: Lean forwards to correct your centre of balance.

Downhill driving: Lean against the backrest to correct your centre of balance. Control your speed using the handrims, not the brakes!



#### 11:5 Driving technique, stairs: up



Always ask for help.
Never travel on an escalator, even if there are care givers available. We always recommend using two carers for this transfer. One who walks behind and holds on to the push handle and one who walks in front and holds on to the frame (or in the legrests if these are lockable).

With care giver, backwards:

- Be sure to turn the anti-tips back to the up position. Ensure that height adjustable push handles are securely tightened.
- Reverse the wheelchair up to the first step.
- Tilt the chair onto its rear wheels, using the tilter.
- Pull the wheelchair slowly upwards, one step at a time, keeping it balanced on its rear wheels at all times.
- When the last step has been cleared, continue backwards so that the castor wheels are over the ground before setting down the wheelchair on all four wheels.



Be sure to turn the anti-tips back to the down position after completed transfer.

(!) The care givers should remember to use the strength in their legs and to keep their backs as straight as possible while lifting.



### 11 Settings manoeuvring

### 11:6 Driving technique, stairs: down



Always ask for help.
Never travel on an escalator, even if there are care givers available.
We always recommend using two carers for this transfer. One who walks behind and holds on to the push handle and one who walks in front and holds on to the frame (or in the legrests if these are lockable).

With care giver, forwards:

- Be sure to turn the antitips back to the up position. Ensure that height adjustable push handles are securely tightened.
- Drive forward to the first step and tilt the wheelchair onto its rear wheels, using the tilter if necessary.

Descend carefully one step at a time, keeping the wheelchair balanced on its rear wheels at all times. After the last step, set down the wheelchair on all four wheels.



Be sure to turn the antitips back to the down position after completed transfer.

(!) The care givers should remember to use the strength in their legs and to keep their backs as straight as possible while lifting.



### 11:7 Driving technique, transferring into/out of the wheelchair

The technique for transferring a user should be practised with trained personnel. All that is provided here is some important advice to consider in conjunction with transferring a user into or out of the wheelchair.

With or without a care giver, sideways.

Before transferring:

- Increase the overall support base of the wheelchair by reversing for about 10 cm, thereby ensuring the castor wheels swing forwards. The wheelchair should be positioned as close to where the transfer is going to take place as possible.
- Apply the brakes, remove or swing armrest/side guard and legrest on the side where the transfer is to take place.

With or without a care giver, from the front.

Before transferring:

- Increase the overall support base of the wheelchair by reversing for about 10 cm, thereby ensuring the castor wheels swing forwards. The wheelchair should be positioned close to where the transfer is to take place.
- Apply the brakes, remove the armrest/side guard and swing the legrest in under the seat one the side you intend to move across.



Never stand on the footrests as you may tip the chair.

(!) The care givers should remember to use the strength in their legs and to keep their backs as straight as possible while lifting.





### 11 Settings manoeuvring

### 11:8 Adjusting the centre of balance

The centre of balance can be adjusted by changing the position of the rear wheels.

 Move the axle shaft/rear wheels forwards or backwards according to point 6:8



The brakes must also be adjusted, see point 7:4



Tools: 24 mm socket span-

(10 mm spanner)

When the position of the rear wheels is moved forwards, the wheelchair becomes much more manoeuvrable, but the tendency to tip backwards increases.

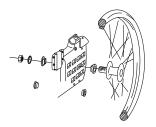
(!) The centre of balance is also altered when the seat and/ or backrest angle is adjusted.



We recommend the use of anti-tips.



Check carefully that rear wheels with quick release hubs are mounted securely.



#### 11:9 Handrims

The way in which the user is able to grip the handrims is influenced by the handrim's material and its distance from the wheel. Plastic coated handrims are available as an option.



Cellular rubber/plastic coated handrims increases the friction.



Violent braking can cause mild friction burns (e.g. blisters).

Be aware that when passing through narrow spaces there is a risk of getting your fingers caught. There is also a risk of fingers getting caught in the spokes.

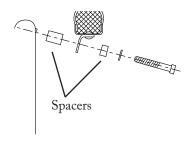
If there is a risk of the user's fingers getting caught in the spokes we recommend the use of spoke guards.

### 11:10 Adjusting the distance of the handrim

Aluminium, stainless and plastic-coated handrims for 24" and 22" rear wheel: The distance between the wheel and the handrim can be adjusted by adding or removing spacers.



Tools: 4 mm Allen key.



### 12 Assembly instructions accessories

Assembly instructions are always provided with all accessories when they are supplied by Etac.

Instructions are also available on our website.

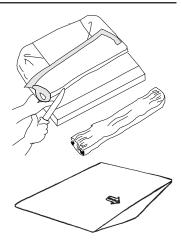
### 12:1 Seat cushion and comfort wedge

The cushion is cut to the required depth at the front or back edge. When measuring the length, ensure that the cushion is properly positioned between the back tubes with the rounded corners to the rear.



The cushion is a standard model and is not suitable for users with sitting sores.

A comfort wedge is a useful accessory for the seat cushion. It evens out the front edge of the seat, giving even greater seat comfort. Place the comfort wedge in the cushion-cover's inside pocket under the cushion. The arrow on the comfort wedge should be on the top-side pointing forwards.



### 12:2 Armrest, detachable, height adjustment

The detachable armrest comes in two versions, with short or long armrest guard. The armrest attachment can be fitted in 2 different heights. In position 1 the height of the armrest is settable between 19 and 26 cm, and in position 2 (standard) between 24 and 31 cm, with 1 cm intervals.



Tools: 10 mm spanner, 5 mm Allen key.

The lock lug is used both to set the height of the armrest and secure the side guard:

 Loosen the screw that fastens the lock lug.

- Slide the side guard up or down to the desired height.
- Refasten the lug on the side guard.

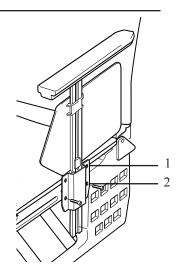
If necessary the right armrest can be fitted on the left side and viceversa.





Never use the armrests to lift the wheelchair.

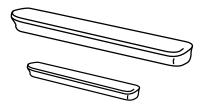
(!) With 24" low pressure or solid tyres in pos. C1, the armrest's sideguard does not cover the front edge of the rear wheel.



#### 12:3 Padded cover, armrest

The detachable armrests can be supplemented with a padded or gel cover. The covers are manufactured in dark grey plush, or alternatively black Dartex, and they are washable.

(!) The padded cover makes the armrest 1.5 -2 cm higher.



### 12 Assembly instructions accessories

### 12:4 Armrest, flip-up, height adjustment

The flip-up armrest comes in two varieties, height adjustable and fixed. It is mounted onto the wheelchair's frame and can be flipped upwards/backwards by pressing the red lever (A) inwards. Mount the armrest according to the assembly instructions supplied.

The armrest height is settable between

22 and 30 cm with 1 cm intervals.

- Push the red lever to one side and loosen the screws that fix the armrest bracket to the frame.
- Slide the armrest up or down to the desired height.
- Tighten the screws again.

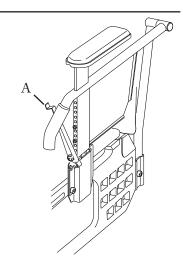


Tools: 3 mm Allen key.



Never use the armrests to lift the wheelchair.

(!) These armrests cannot be combined with a cane holder or with 24" or 22" rear wheel in position C.



### 12:6 Positioning belt

The positioning belt is in two parts, is adjustable in length and has a snap-lock. It can be mounted either on the backrest joint (A) or in the hole just in front of the backrest joint (B), above the wheel mounts. Assembly

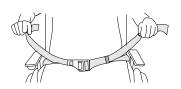
instructions are supplied with the belt.

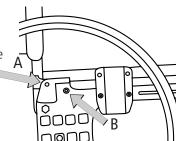
(!) Ensure that the user does not slide forwards in the seat as this can lead to the belt impairing the supply of blood to the hip/waist area.



The belt is to be used solely for positioning in the wheelchair. It must not be used as a substitute for a safety belt in a car.

We recommend the front position (B). It counteracts sliding forward more effectively.





# 12 Assembly instructions accessories

### 12:7 Anti-tip, mounting

The anti-tip consists of two parts:

- The anti-tip bar is mounted under the wheel-mount (see illus.)
- The anti-tip bar is mounted at the desired height (see illus).

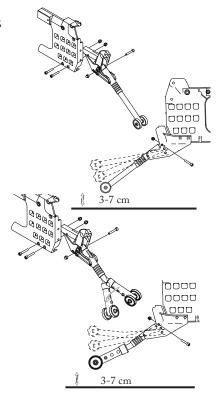


After adjusting the seat height, centre of balance or backrest angle, always ensure that you check the function of the antitip.

Telescopic anti-tips can be adjusted in length and angle by pressing in the snap-lock pin.

To allow you to negotiate thresholds and the edges of thick carpets, a distance of 3-7 cm from the floor to the stabiliser wheel is recommended.





### 13 Care and maintenance

### Upholstery

The upholstery is made of two-ply polyester. The seat upholstery is fastened lengthways to the seat frame. The upholstery can easily be removed from the frame by unscrewing the end caps. The backrest upholstery is removed by loosening the screws of the push handle attachments and then pulling the upholstery upwards. Wash seat and backrest upholstery according to the washing instructions on the product.

#### Rear wheel/castor, front fork attachment

**Tyre/inner tube:** Check the tyre pressure (see side of tyre) at least once a month, also check the

tread.

**Spokes:** Loose spokes can lead to wheel wobble. Consult a cycle dealer or your Technical

Aids Centre if it is necessary to adjust the spokes.

**Wheel axles:** Clean the wheel axles from hair and dirt as necessary.

**Ball bearings:** Require no maintenance.

**Handrims:** If a handrim should be damaged in such a way that it could lead to injury, it should

be replaced.

Front fork attachment: To achieve the best operating conditions, the attachments should be installed at

90°. Check also that the front forks are tightened according to instructions, see

point 8:5.

#### Brakes

The braking effect is dependent on the air pressure in the tyres. Encrusted dirt can have a negative effect on the brake mechanism. Check the functioning of the brakes once a month. In the event of adjustments, see point 8:9.

#### Washing the frame

It is important to keep the wheelchair clean, both for your own comfort and the longevity of the chair. It is equipped with drainage holes which ensures that it is easy to wash and dry.

Clean the frame with a non-abrasive cleaning agent with a pH level between 5 and 9, or with a 70% disinfectant solution. Rinse and dry.

### Touch-up paint

Touch-up paint is available for minor scratches and chips in all the frame colours available for Cross wheel chairs.

#### Miscellaneous

If there is a fault in your wheelchair you should contact your dealer or Technical Aids Centre. Defective wheelchairs should not be used. If your chair needs reconditioning or repair, only original parts from Etac or components with equal quality, as specified in Cross diagrams, should be used. Etac will not be held responsible for damage or injury caused by use of non-original parts.

(!) When necessary, lubricate moving parts/joints with bicycle oil or similar.

### 13 Care and maintenance

### **Fault-finding chart**

Problem\*

### Solution

The wheelchair pulls to the side	<ul> <li>Inflate the tyres</li> <li>Adjust the front fork attachment's angular setting</li> <li>Check that the front fork attachments are mounted at the same height</li> <li>Rear wheel mountings are incorrectly fitted</li> <li>The user is distributing weight unevenly</li> </ul>
The wheelchair feels "heavy" to propel	<ul> <li>Inflate the tyres</li> <li>Rear wheel mountings are incorrectly fitted</li> <li>Clean the castor axles from hair and dirt</li> <li>Too much weight over the castors. Adjust the centre of balance</li> </ul>
The wheelchair feels "heavy" to turn	<ul> <li>Inflate the tyres</li> <li>Check that the front forks are not too tight</li> <li>Adjust the front fork attachment's angular setting</li> <li>Clean the castor axles from dirt</li> <li>Too much weight over the castors. Adjust the centre of balance</li> </ul>
Brakes not effective	- Inflate the tyres - Adjust the distance between brake and tyre
Rear wheels "loose"	- Ensure that the axle-shaft washer is in place - Adjust the length of the axle shaft
Rear wheels hard to remove/replace	- Clean and lubricate quick release with cycle oil or similar - Adjust the length of the axle shaft
The castors "wobble"	<ul> <li>The front forks are not tight enough</li> <li>Check that the front fork attachments are mounted at the same height</li> <li>Adjust the front fork attachment's angular setting</li> <li>Too much weight over the castors. Adjust the centre of balance</li> </ul>
The wheelchair is hard to fold/unfold	- The upholstery is too tight - Clean and lubricate the cross-brace under the seat
The wheelchair feels "awkward"	- Inflate the tyres - Check that screws, nuts and bolts are properly tightened

<sup>(!)</sup> When necessary, lubricate moving parts/joints with bicycle oil or similar.

\* The user may experience several of these problems if the wheelchair is incorrectly adjusted or is being incorrectly used.

### 14 Tests and guarantees

**Cross XL** is tested and approved for use indoors and outside and is CE marked.

Max. user weight is 155 kg.

The Swedish Institute of Assistive Technology

carries out both functional and technical tests. Testing methods conform to ISO standard 7176.

**CE marking:** The product has passed all tests and met all criteria set by

European standards for specific product groups.

A proof that the product meets national and EU MDD

(Medical Device Directive) requirements.

Gives customers the chance to choose the right product by

comparing test data.

**Guarantee:** 5 year guarantee against material and manufacturing defects.

For terms and conditions, see www.etac.com

**Special adaptations** comprise everything that falls outside the instructions and settings

in this Manual. Wheelchairs specially adapted by customers are not

eligible for Etac's CE marking.

Etac's guarantee no longer applies. If in doubt about adaptations,

consult Etac.

**Combining** Cross with another product, not manufactured by Etac:

In general neither of the products will retain their CE marking.

Etac has agreements with a number of firms whose products are approved in combination with Cross, including seat systems and motors. These can be combined and still retain their CE marking from the manufacturers.

Please contact Etac for up-to-date information.

# 15 Alternative seat heights/angles

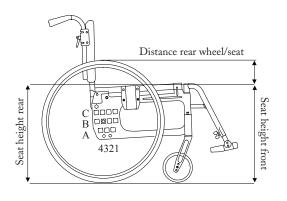
**Rear seat height table** (measurements given can vary  $\pm$  2% depending on tyre type and seat angle)

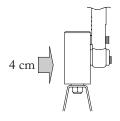
### Cross XL

	Rear wheel pos	Seat height rear seat angle 3°	Distance rear wheel-seat	
	A 1-3	50 cm	10 cm	
24"	B- 1-4	45 cm	14.5 cm	
	C- 1-4	41 cm	19 cm	

### Cross XL

Rear wheel pos		Seat height rear seat angle 3°	Distance rear wheel-seat	
	A 1-3	49 cm	7.5 cm	
22"	B- 1-4	44 cm	12 cm	
	C- 1-4	40 cm	16.5 cm	





Front fork attachment is infinitely settable 4 cm in height.

### Front seat height table

		Castor wheel		
Fork	Position	6"	61/2"	
	S 1	-	-	
	S 2	40-44 cm	41-45 cm	
3 —————————————————————————————————————	S 3	41-45 cm	42-46 cm	
	M 1	43-47 cm	44-48 cm	
1 ////	M 2	44-48 cm	45-49 cm	
3	M 3	46-50 cm	47-51 cm	

For correct installation of front fork attachment: Max. backward inclination 6 cm (9°), max. forward inclination 2 cm (3°).

# 16 Weights and dimensions, standard models

Cross XL with drum brake								
Type of chair	Art. no.	Seat depth from back tubes**	Seat height front	Seat height rear	Backrest height***	Total width	Transport width	Weight with rear wheels
		1-A	<del>L</del>				ř	KG
47.5 short	13122013	36-42 cm	40-51 cm	40-50 cm	32-45 cm	69.5 cm	*22/32 cm	18,4 kg
47.5 long	13122014	42-48	40-51	40-50	32-45	69.5	*22/32	18,6
50 short	13122011	36-42	40-51	40-50	32-45	72.0	*22/32	18,5
50 long	13122012	42-48	40-51	40-50	32-45	72.0	*22/32	18,7
52.5 short	13122015	36-42	40-51	40-50	32-45	74.5	*22/32	18,8
52.5 long	13122016	42-48	40-51	40-50	32-45	74.5	*22/32	19,0
55 short	13122017	36-42	40-51	40-50	32-45	77.0	*22/32	18,9
55 long	13122018	42-48	40-51	40-50	32-45	77.0	*22/32	19,1
57.5 short	13122019	36-42	40-51	40-50	32-45	79.5	*22/32	19,0
57.5 long	13122020	42-48	40-51	40-50	32-45	79.5	*22/32	19,2
60 short	13122021	36-42	40-51	40-50	32-45	82.0	*22/32	19,1
60 long	13122022	42-48	40-51	40-50	32-45	82.0	*22/32	19,3

**Choice of frame colours:** 01 = black, 02 = red, 22 = grey texture, 30 = blue texture, 31 = steel blue, 32 = olive-green, 33 = sea green texture, 34 = plum texture, 53 = grey blaster.

Cross XL: Weights and dimensions given are for a chair with 24" rear wheels with quick-release hubs, aluminium handrims, cross brace back, legrests, footrests, heel strap, brakes, armrest attachment, 6 1/2" castor wheels with medium forks. Measurements given can vary  $\pm 2\%$  cm.

<sup>\*</sup> Without rear wheels

<sup>\*\*</sup> Cross backrest 3A Triangular 36-48 (short frame) and 42-56 cm (long frame)

<sup>\*\*\*</sup> Applies to Cross backrest 3A (For Cross backrest mod. 2 applies 30-45 cm)

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