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Models SP-HD, SPB-HD

## SUPERPOLE HEAVY DUTY MODEL INSTRUCTION ADDENDUM

These instructions are an addendum to the SuperPole Installation instructions with consideration specifically relating to the specially labelled "Heavy Duty" SuperPole Models which include

- SP-HD SuperPole Basic Heavy Duty
- SPB-HD SuperPole with SuperBar Heavy Duty

**NOTE: The Heavy Duty models can only be used in applications with standard 8 foot high (93"-100") ceilings. The Unifit extender can not be used with the heavy duty models**

### USAGE

Standard SuperPole models are rated for use by individuals up to 250 lbs. The Heavy Duty Superpole Models extend this rating up to 450 lbs. However, special additional installation steps are required for safe operation at this weight rating.

### NOTE:

The Heavy Duty Model is physically different in the following ways

- Heavier Gauge (thicker wall) pole
- Smaller diameter pole receptacle on ceiling anchor plate

### INSTALLATION

**RISK OF INJURY** - Read and understand these instructions and the SuperPole installation instructions prior to installing or using product.

Unpack product and verify that both the pole assembly (pole with extension screw) and the ceiling interface plate are labelled with "Heavy Duty" stickers.

Install your SuperPole Basic / SuperPole with SuperBar using the standard SuperPole System Installation instructions while additionally following the following instructions:

1. The ceiling anchor plate (item 1) **must be** secured to the ceiling using two fasteners which are appropriate to the ceiling material. At least one of the two fasteners should secure directly into a ceiling structural member (joist). These fasteners are intended to prevent the ceiling plate from dislodging under heavy use.
2. It is also recommended where possible to use a fastener to secure the circular base (item 8) to the floor. The steel socket (item 5) has a small hole through which a flat headed fastener may be installed to secure the plate to the floor.
3. In the case of installing the SuperBar, there are three cone point set screws which must be installed in the threaded holes of the grooved collar (item 14) to engage into the wall of the pole. As the pole wall is thicker than our standard SuperPole model, you may notice it requires a great deal of effort to screw in these fasteners. These set screws must be fully threaded until the back of the set screw is flush with the outer surface of the grooved collar.



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# The SuperPole System

## Installation Instructions Models SPS, SPB, STP

### Thank You . . .

Thank you for purchasing the SuperPole System. We are confident that you will find the unique design and durable construction of this HealthCraft product to be of great assistance in your daily routine.

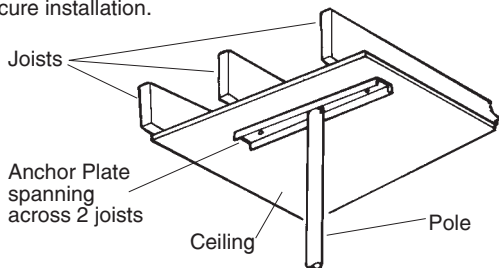
To fully enjoy your SuperPole System, please take a few moments to read these instructions. You should store these instructions in a safe place for future reference.

### Safety Considerations

**CAUTION:** It is your responsibility to see that your SuperPole System is properly assembled, installed, and cared for. Failure to follow instructions in this manual could result in serious injury.

**IMPORTANT:** The SuperPole System should only be used in locations where the floor and ceiling surfaces are structurally sound. It should not be installed on loose floor coverings, in rooms with radiant ceiling heating, in mobile homes or with suspended or angled ceilings. Recommended weight limit is 250 lb. Not more than 150 lbs should be exerted on trapeze handle (sitting up assistance only). If you are not equipped to undertake the outlined work, we would recommend that you have your SuperPole System installed by a qualified contractor. The extension screw feature of the SuperPole System can generate enough force to damage a ceiling. Exercise caution when tightening this screw.

**NOTE:** It is recommended that the ceiling anchor plate be installed to span across two joists in a ceiling as shown below. In cases where this may not be possible (i.e. one joist only), be sure to test the pole rigorously after installation to be certain of a secure installation.



**CAUTION:** The SuperPole System can loosen due to settling of the floor or ceiling, particularly in the first hours and days following installation. As a result, we recommend that you test that the pole is secure, and the extension screw tightened if needed during this time, and then on a monthly basis.

**IMPORTANT:** Use of screws in ceiling anchor plate - The ceiling anchor plate has two holes that may be used to accommodate screws to better anchor this plate directly to the ceiling or ceiling joists. It is strongly recommended to install screws to prevent slippage in the following situations:

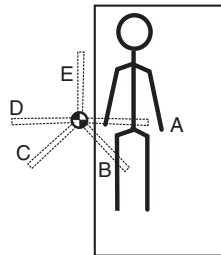
1. You expect to subject the pole to heavy usage such as when the pole is used for more than mild support for side to side stability.
2. You are not able to inspect, or have inspected (and tighten if necessary) the extension screw on a monthly basis.

### Getting Started . . .

We strongly recommend that you give thought as to the optimal location of your SuperPole System before installation. The following questions may help you to decide upon a location:

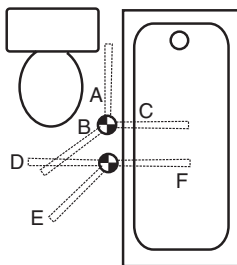
- a. What motions will you be going through? (pulling up to standing, lowering to sitting, transferring from chair to toilet, etc.)
- b. Where will you need the most support? (while walking, while lifting, etc.)
- c. What is your strongest side/hand?
- d. What is your complete transfer path? Will the location allow for full support over most of your path of motion?
- e. Will the pole be far enough away to allow you to stand comfortably?

#### Bed



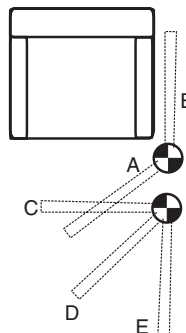
Locate pole adjacent to hip/belt line and as close to bed as possible while allowing clearance for bed coverings. If using SuperBar option, you will need to set the pivot locking positions of the bar. As a suggestion, positions A and E are good for moving in bed, B for pulling up to sitting, C for pulling up to standing and D for transferring out of bed.

#### Bathtub and/or Toilet



**Toilet** - locate pole between three to ten inches forward of the knees and two to six inches to side of knees when seated. **Bathtub only** - locate pole base against tub, approximately half way along its length. If using SuperBar option, you will need to set the pivot locking positions of the bar. As a suggestion, positions B or D are suitable for standing from toilet, C and F for transferring into bathtub, E and D for transferring out of bathtub.

#### Chair



Locate pole between three to ten inches forward of the knees and two to six inches to side of knees when seated. If using SuperBar option, you will need to set the pivot locking positions of the bar. As a suggestion, positions A or C are suitable for standing assistance, while D and E are suitable for completing a transfer to a nearby walker or wheelchair. Position B provides side support if this is preferred for standing.

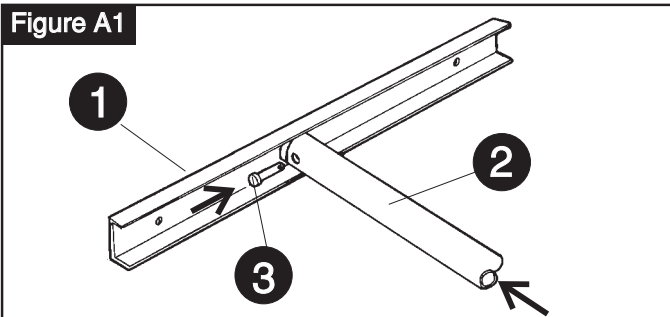


Prior to installing the SuperPole System, we strongly recommend that you first read through these instructions. We would also recommend that you set aside a space on the floor or a table to prepare the SuperPole System prior to raising the pole for final installation.

**A1.** Unpack the ceiling anchor plate (1) from the rectangular box, and the pole assembly (2) from the cardboard tube (remove staples to avoid scratching the pole). Remove the locking pin (3) from the pole receptacle in the center of the anchor plate.

**A2.** Slide the top end of the pole (2) onto the receptacle of the ceiling anchor plate (1) as shown in figure A1. Set the pole so that the locking pin holes of the pole and the receptacle align. At this point re-insert the locking pin (3) removed in step A1.

Figure A1



**A3.** Unpack the cover sleeve (4). The cover sleeve has two end pieces - remove the solid steel socket (5). Next slide the cover sleeve onto the bottom of the pole (2) as shown in figure A2, with the remaining grey plastic bushing (6) at the top.

**A4.** Remove the rubber O-ring (7) from its bag, and stretch it to fit onto the bottom of the pole (2), leaving it a few inches up from the bottom of the pole as shown in figure A2. The cover sleeve (4) can now slide down to rest on this O-ring while the pole is being raised.

Figure A2

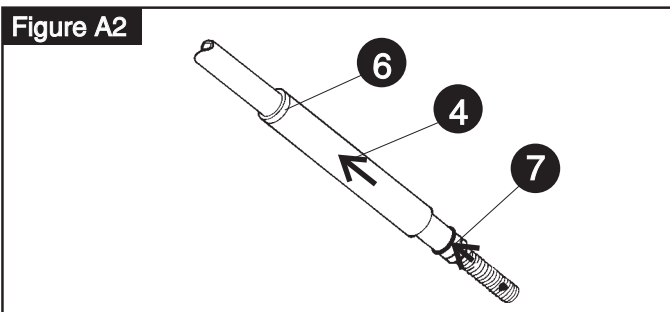
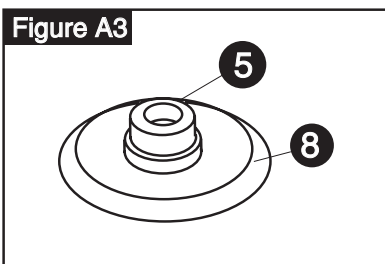


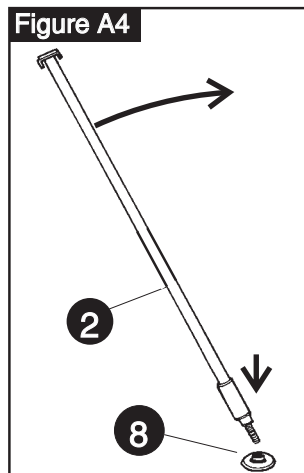
Figure A3



**A5.** Place the circular base (8) on the floor at the intended location of the SuperPole. Place the steel socket (5) on top of the base so that it seats into the central hole of the circular base. You are now ready to raise the SuperPole assembly.

**A6.** Raising the Pole - The SuperPole is most easily raised by holding the pole up at an angle, inserting the bottom of the extension screw into the metal socket (5) on the circular base (8), and then pivoting the pole up above the socket as shown in figure A4. **HINT** - to prepare, set the extension screw such that the distance from the top of the ceiling anchor plate (1) to the bottom of the extension screw is about two inches less than the actual floor to ceiling height. You may need to unscrew the jam nut downward to allow the extension screw to rotate.

Figure A4

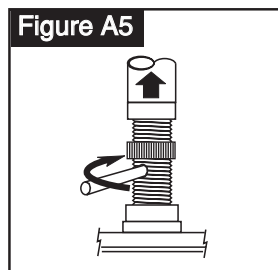


**A7.** Set the SuperPole to a true vertical position. This may be facilitated using a construction level, plumb bob, or by visually comparing the pole with other vertical line features in the room such as wall corners, etc.

**HINT** - It is easier to swing the pole up from one of the sides of the anchor plate as shown in figure A4. If the anchor plate hits the ceiling prior to reaching vertical you will need to shorten the length of the extension screw.

**A8.** Tightening the pole - while the cover sleeve is held up by the O-ring, insert a bar such as the shaft of a screwdriver, through the drive hole of the extension screw. Turn the extension screw (clockwise) as shown in figure A5 to make the anchor plate contact the ceiling. **IMPORTANT** - The anchor plate must be made to contact the ceiling squarely. This can be facilitated by having a second person hold the pole exactly vertical while turning the extension screw. Continue turning the extension screw until the anchor plate contacts the ceiling squarely. From this point continue to turn the extension screw approximately two to five turns until the SuperPole is secure and ready for testing in step A9.

Figure A5



**A9.** Testing installation - test the SuperPole by firmly holding onto the pole at mid-height and rigorously attempting to force the pole from side to side. If either the base, or the anchor plate appear to slide or shift, tighten the extension screw one more turn and repeat the test until the pole will not move during this test.

**A10. IMPORTANT** - Lock extension screw after installing pole by turning jam nut up until touching the bottom of the pole, then, simultaneously turning jam nut and extension screw backwards until jammed tight as shown in steps 1 & 2 of figure A6. When finally tight, remove the turning rod, slide down the O-ring (it stores on top of the metal socket), and move the cover sleeve down onto the metal socket. Your SuperPole is now installed.

Figure A6

