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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.

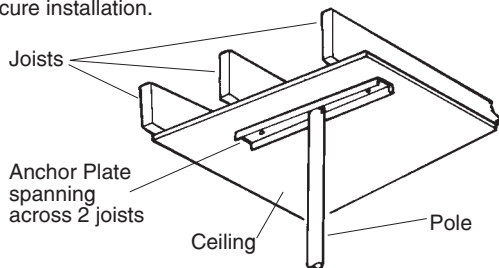
To fully enjoy your SuperPole System, please take a few moments to read these instructions. You should store these instructions in a safe place for future reference.

### 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:

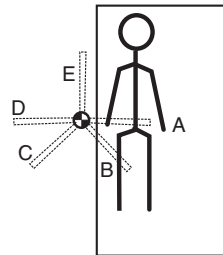
1. You expect to subject the pole to heavy usage such as when the pole is used for more than mild support for side to side stability.
2. You are not able to inspect, or have inspected (and tighten if necessary) the extension screw on a monthly basis.

### 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:

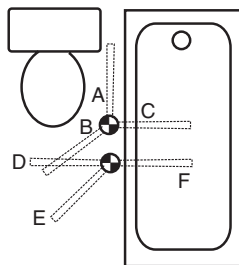
- a. What motions will you be going through? (pulling up to standing, lowering to sitting, transferring from chair to toilet, etc.)
- b. Where will you need the most support? (while walking, while lifting, etc.)
- c. What is your strongest side/hand?
- d. What is your complete transfer path? Will the 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



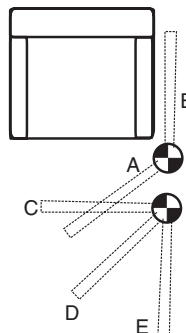
Locate pole adjacent to hip/belt line and as close to bed as possible while allowing clearance for bed coverings. If using SuperBar option, you will need to set the pivot locking positions of the bar. As a suggestion, positions A and E are good for moving in bed, B for pulling up to sitting, C for pulling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

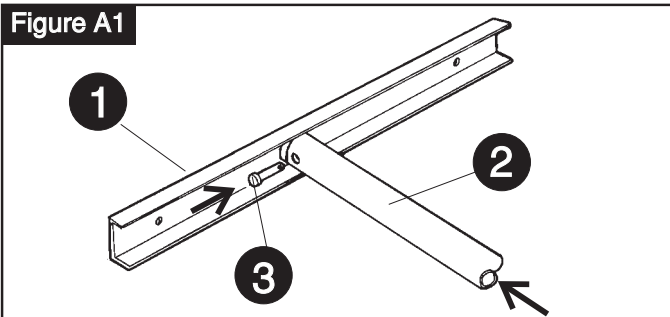


Prior to installing the SuperPole System, we strongly recommend that you first read through these instructions. We would also recommend that you set aside a space on the floor or a table to prepare the SuperPole System prior to raising the pole for final installation.

**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

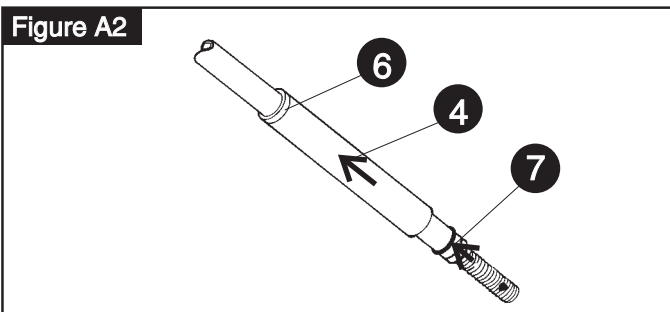
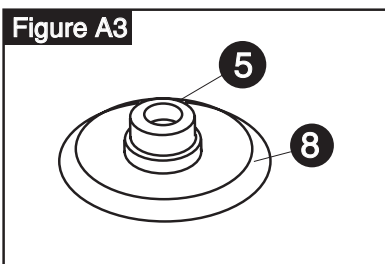


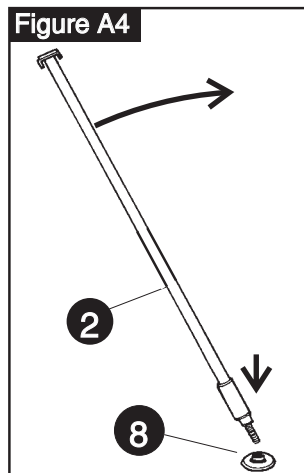
Figure A3



**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

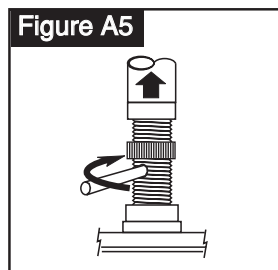


**A7.** Set the SuperPole to a true vertical position. This may be facilitated using a construction level, plumb bob, or by visually comparing the pole with other vertical line features in the room such as wall corners, etc.

**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.

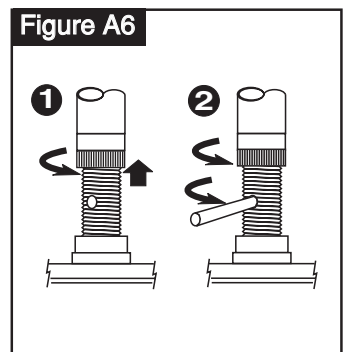
Figure A5

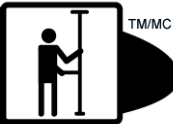


**A9.** Testing installation - test the SuperPole by firmly holding onto the pole at mid-height and rigorously attempting to force the pole from side to side. If either the base, or the anchor plate appear to slide or shift, tighten the extension screw one more turn and repeat the test until the pole 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



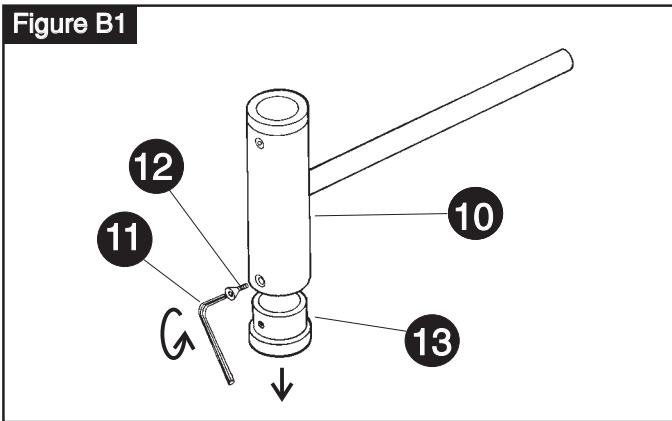


Prior to installing the SuperBar option, we strongly recommend that you first read through these instructions. We would also recommend that you set aside a space on the floor or a table to prepare the SuperPole System prior to raising the pole for final installation.

**B1.** See steps A1 and A2 on page 2. Complete these instructions and then continue with step B2.

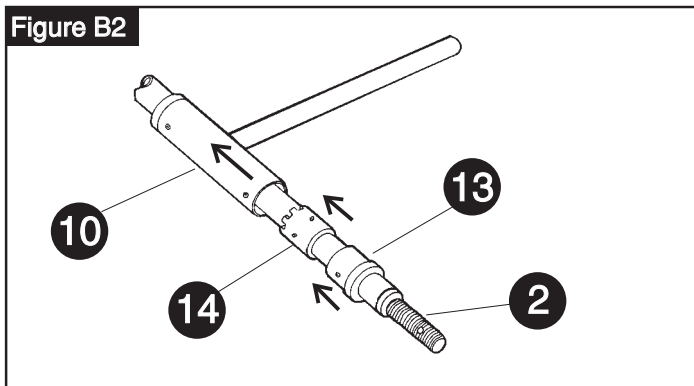
**B2.** Unpack the SuperBar hand rail unit (10). Locate the small Allen key wrench (11). Using this Allen key wrench, unscrew the bottom countersunk screw (12) as shown in figure B1. Pull out the white plastic pivot bushing (13) and set it and the screw aside.

**Figure B1**



**B3.** Slide the SuperBar hand rail unit (10) onto the pole assembly (2) as shown in figure B2. (side with remaining pivot bushing to go on first). Slide it on as straight as possible to avoid scratching the paint on the pole.

**Figure B2**

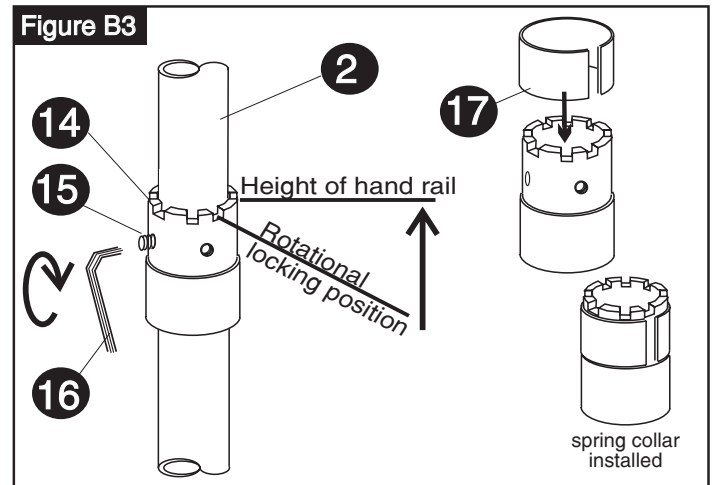


**B4.** Unpack and slide the grooved collar (14) onto the pole (2) as shown in figure B2. Gently slide the collar up the pole to avoid scratching the pole. Next slide the white plastic pivot bushing (13) (removed in step B2) up the pole (2) as shown in figure B2.

**B5.** See steps A3, A4, and A5 on page 2. Complete these instructions and then continue with step B6.

**IMPORTANT** - the next step is to fix the grooved collar (14) to the pole (2). The position of the grooved collar is important in two ways; first, the height at which you fix the grooved collar determines the height of the SuperBar hand rail unit (10), and secondly, each of the grooves correspond to a rotational locking position of the hand rail unit (refer to figure B3). You will want to fix the grooves to have the hand rail lock in the most advantageous positions for your assistance as discussed on page 1 ("Getting Started")

**Figure B3**



**B6.** Once the grooved collar (14) has been set to its desired location, fasten the grooved collar to the pole (2) by installing and tightening the three set screws (15) with the larger Allen key wrench (16). You will need to slide the spring collar (17) upward to gain access to the screw holes. **IMPORTANT** - These screws **MUST be tightened until they are flush with the collar** or injury may result. **NOTE** - by tightening these set screws, the cone points will penetrate the pole for positive engagement, thereby leaving permanent indentations in the pole. **BE CERTAIN THAT THE COLLAR IS AT THE CORRECT HEIGHT AND ORIENTATION BEFORE PROCEEDING.** Next, slide the spring collar (17) downward on the grooved collar (14) as shown to retain set screws (15) while in service. Inspect frequently to ensure screws and collar are tight.

**B7.** Re-install the white plastic pivot bushing (13) removed in step B2/figure B1 and secure it with the countersunk screw (12) using the small Allen wrench (11).

**B8.** See steps A6 through A9 on page 2. Complete these instructions to finish the installation of your SuperPole with SuperBar.

### Alternate Installation Option

Steps B6 and B7 can be completed **after** the pole has been raised in place (steps A6, A7, A8) to better determine optimal height and locking positions of the SuperBar. You may also install just one set screw to test a height/angle setting of the SuperBar.

**Note!** - Should you need to change the position of the height/angle setting, we recommend that you change the height by at least one inch. This will avoid set screw indentations from being too close to each other and thereby weakening the pole.

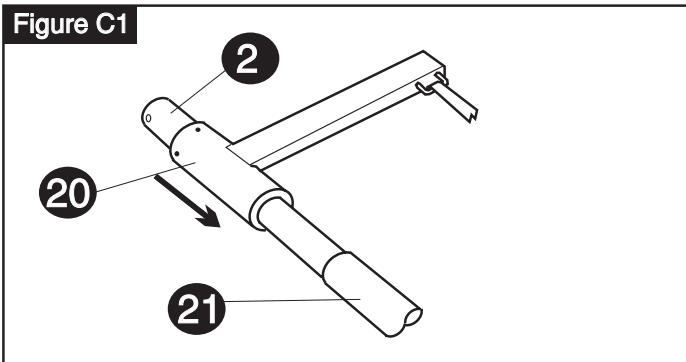


Prior to installing the SuperTrapeze Plus option, we strongly recommend that you first read through these instructions. We would also recommend that you set aside a space on the floor or a table to prepare the SuperTrapeze Plus prior to raising the pole for final installation.

**C1.** See step A1 on page 2. Complete this instruction and then continue with step C2.

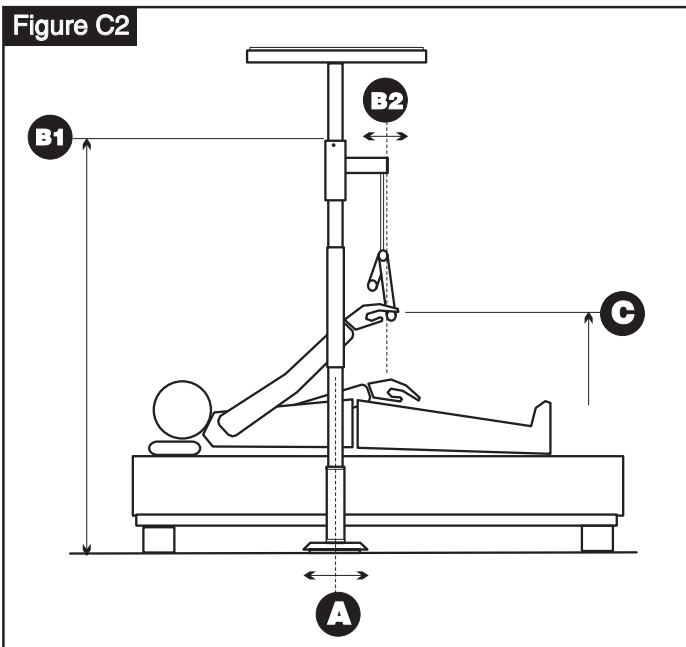
**C2.** Unpack the support arm (20). Slide it onto the top end of the pole (2) such that the strap hook is down as shown in figure C1. Move it gently down the pole until it rests against the top of the grey grip (21).

Figure C1



**C3. Determining Location of Pole** (bedside use) - Refer to figure C2. The actual user of the SuperTrapeze should lie down in bed in their normal resting position. The location of the pole alongside the bed is recommended to be directly beside the hip/belt line as shown by "A" in figure C2. Also, it is recommended to situate the pole as close to the side of the bed as possible while leaving enough clearance for the bed coverings.

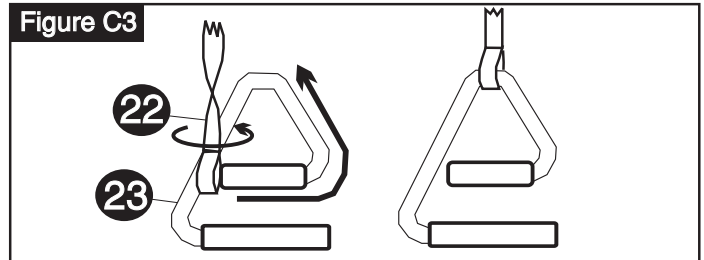
Figure C2



**C4.** See steps A2 through A9 on page 2. These steps will guide you to raise and secure the pole in the location as determined in step C3. Complete these instructions and then continue with step C5.

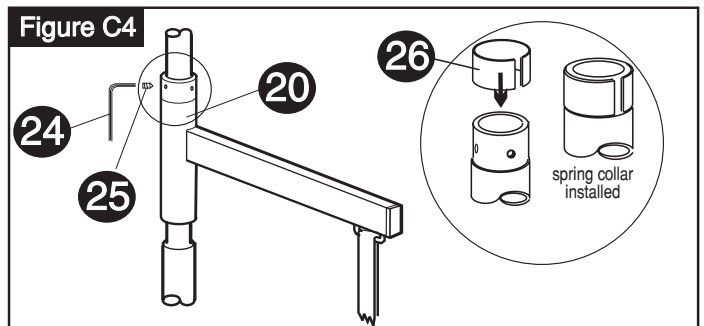
**C5.** Once the pole has been installed beside the bed, hold the trapeze handle under the strap, such that the upper rail of the handle is closest to the head of the bed as shown in figure C2. Next, open the loop on the end of the trapeze strap (22), rotate the strap 180 degrees, and slide it on to the upper rail of the trapeze handle (23) as shown in figure C3. Slide it past the grip and along the trapeze tube until it reaches the top bend of the trapeze as also shown in figure C3.

Figure C3



**C6. Setting Height and Angle of Support Arm** - Refer to figure C2. Using a tape measure, make a small pencil mark on the pole at a suggested height of 84" from the floor. Have the actual user lie down in bed in their normal lying position with their hands placed palm down on their thighs as shown in figure C2. Locate the cone point set screws (25) and allen wrench (24) and have them close at hand. Gently slide the support arm up the pole until the top of the barrel reaches the 84" mark as shown by "B1" in figure C2. Next, swing the support arm so that the strap hangs directly over the palms of the user as shown by "B2". Secure the support arm to the pole with one of the set screws (25) and allen wrench (24) as shown in figure C4.

Figure C4



**C7. Setting the trapeze handle height** - Set the trapeze at an appropriate height by adjusting the length of the strap. This is done by pulling some slack through the cross pieces of the strap buckle and pulling the buckle down to shorten the strap, or sliding it up to lengthen the strap. The trapeze handle is generally at an appropriate height when ones fingers can comfortably grasp around the bottom rail of the trapeze when lying down in bed as shown by "C" in figure C2.

**C8. Testing the location** - Have the user gently try the installed location of the trapeze handle and pole. Ensure that the trapeze handle is not too close to allow a comfortable sit up action. Should the trapeze support arm need to be moved, remove the set screw installed in step C6, and lift the support arm up by at least one inch and reinstall the screw with the arm at a new angle to avoid the set screw being too close to the previous indent created in the pole by step C6.

**C9.** Once the trapeze has been confirmed as the correct location, fully install all three set screws. **IMPORTANT** - The set screws should be installed such that the back end of the screw is flush with the outer surface of the support arm or injury may result. Slide the spring collar (26) down over the top of support arm as shown to retain the screws in service. Your SuperTrapeze Plus option is now installed.