

Health o meter[®]

Professional

PROPLUSROD

Height Rod Installation Instructions

Tools Included: 5/32", 6mm & 8mm Allen Wrenches

Parts List:



M10 X 1.5 X 45mm
BUTTON HEAD
SCREWS, 2 EACH



1/4"-20 X 5/16"
BUTTON HEAD
SCREWS, 4 EACH



Upper HR Mount
Bracket



Lower HR Mount
Bracket



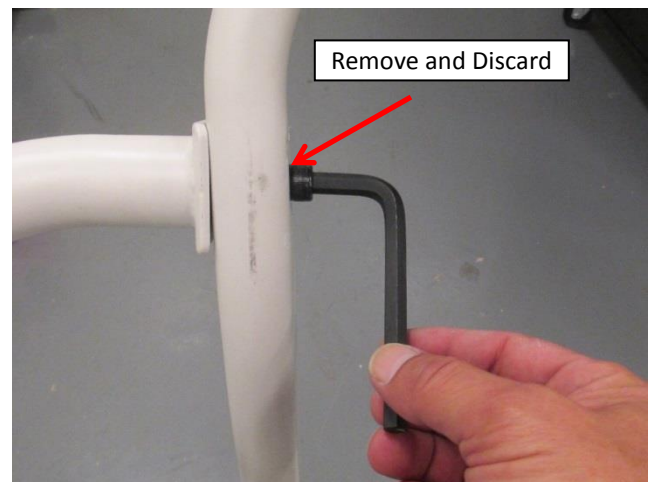
5/32", 6mm &
8mm Allen
Wrenches



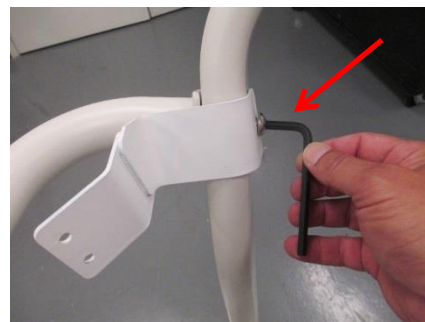
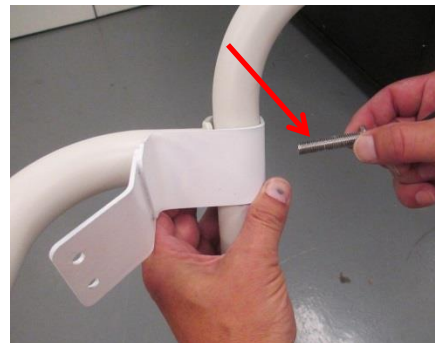
201HR HEIGHT ROD WITH
MOUNT BRACKET ATTACHED

Mounting the Height Rod

1. Using the provided 8mm Allen Wrench, remove and discard the M10 x 1.5 x 40mm Socket Head Screw from the top of the Left Handrail. Left and Right is determined when facing the scale, as if you are the patient about to step onto the platform.



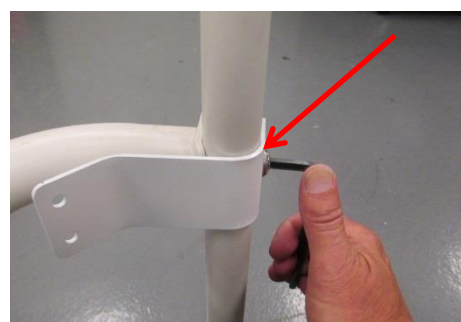
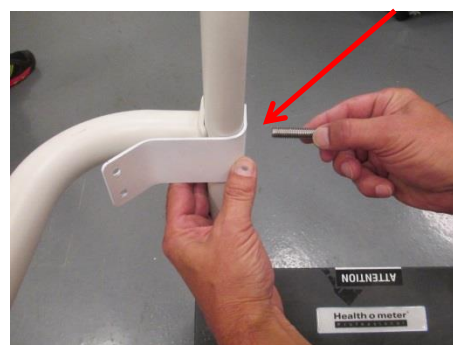
2. Using the provided 6mm Allen Wrench, mount the Upper HR Mount Bracket to the Left Handrail using the provided M10 x 1.5 x 45mm Button Head Screw. **Do not fully tighten the screw at this stage of assembly.**



3. Using the provided 8mm Allen Wrench, remove and discard the M10 x 1.5 x 40mm Socket Head Screw from the bottom of the Left Handrail.



4. Using the provided 6mm Allen Wrench, mount the Lower HR Mount Bracket to the Left Handrail using the provided M10 x 1.5 x 45mm Button Head Screw. **Do not fully tighten the screw at this stage of assembly.**



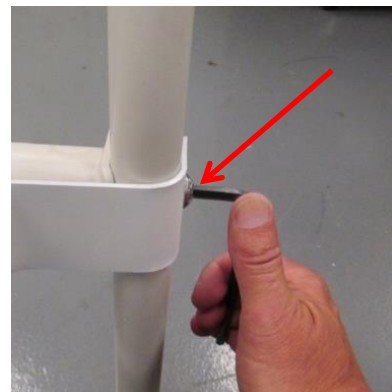
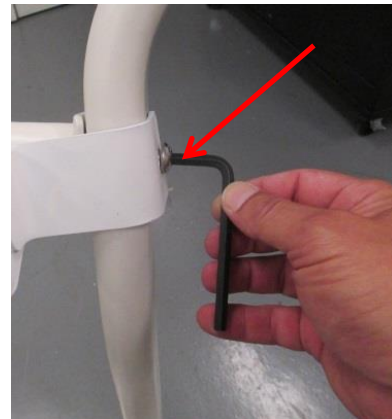
5. Position Height Rod in front of the Upper and Lower HR Mount Brackets so that the 2 holes in the Upper HR Mount Bracket are positioned over the 2 threaded holes on the back of the HR assembly. Thread 2 each ¼"-20 x 5/16" Button Head Screws into the threaded holes on the rear of the Height Rod Assembly. Tighten top and bottom Screws with 5/32" Wrench.



6. Position Height Rod in front of the Upper and Lower HR Mount Brackets so that the 2 holes in the Lower HR Mount Bracket are positioned over the 2 threaded holes on the back of the HR assembly. Thread 2 each ¼"-20 x 5/16" Button Head Screws into the threaded holes on the rear of the Height Rod Assembly. Tighten both Screws with 5/32" Wrench.



7. Using the 8mm Allen Wrench, fully tighten and secure the Upper and Lower HR Mount Brackets by tightening the M10 x 1.5 x 45mm Button Head Screws. Assembly is now complete.



Measuring Patient Height

1. With the headpiece in the folded down position, slide the headpiece up or down to the estimated height of the patient. For patients shorter than 53" / 134.5cm, press the black button at the top of the height rod to release the lock then slide the headpiece down. Then lift the headpiece into its horizontal position.	Slide with headpiece in down position.   For patients under 53" / 134.5, press black button to release, then slide height rod down.
2. Position the patient onto the platform with their head positioned under the headpiece. Ensure that the patient's posture is upright, and that the patient's head is straight and level. Push the headpiece down until it rests on the patient's head.	
3. Determine the patient's height by reading the value at the read-off mark. - For heights above 53" / 134.5cm, read height at the blue line in the center of the height rod. - For heights below 53" / 134.5cm, read height at the blue line at the bottom of the headpiece.	 Read here for heights greater than 134.5 cm  Read here for heights less than 134.5 cm



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