INSTRUCTIONS FOR USE

(PLEASE STUDY CAREFULLY)

DURA-STILTS®

PERSONAL FITTING

FOR COMFORT AND SAFETY YOUR DURA-STILTS® MUST BE SET TO SUIT *YOU...*

1 LOOSELY FIT THE LEG STRUT TUBES

TUBE CLAMP
UPPER TUBE
LOWER TUBE
LOWER TUBE FIXING BOLT

D MODEL

F MODEL

2 ENSURE THAT THE 'STILT' LEGS ARE AT MINIMUM EXTENSION

(D MODELS ONLY)

3 SET ALL SPRING ADJUSTERS TO MINIMUM COMPRESSION

4 POSITION THE HEEL PIECES

5 NOTE RECOMMENDED FOOTWEAR

HARD SHOE WITH 90° HEEL

NEVER

6 POSITION THE LEG STRUT UPPER TUBES SO THAT LEG STRAPS FASTEN JUST ABOVE THE CALF MUSCLES

7 EVENLY TIGHTEN THE TUBE CLAMPS

(DO NOT OVERTIGHTEN)

8 POSITION THE TUBE CLAMPS CENTRALLY IN THE SLOTS AND TIGHTEN

9 TIGHTEN THE LOWER TUBE FIXING BOLTS

10 NOW, SELECT A CLEAR AND LEVEL AREA AWAY FROM WINDOWS AND STAIRWELLS ETC. WITH THE HELP OF A COLLEAGUE, STRAP ON THE 'STILTS' AND STAND UPRIGHT

A

NOTE
ALWAYS FASTEN AND SECURE THE LEG STRAP FIRST (A)
ENSURE PROPER LOCATION OF THE SHOE HEEL BEFORE TIGHTENING FOOT STRAPS (B & F)   LEGS COMFORTABLY APART (D)
COLLECT YOUR BALANCE - AND RELAX (G)
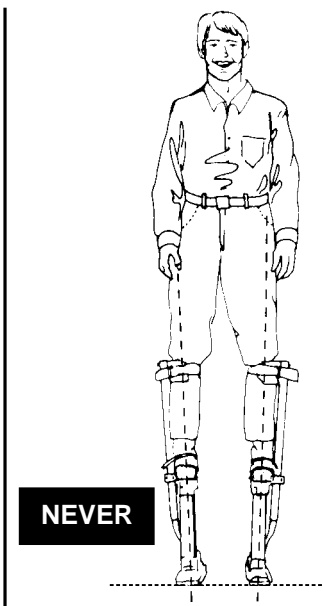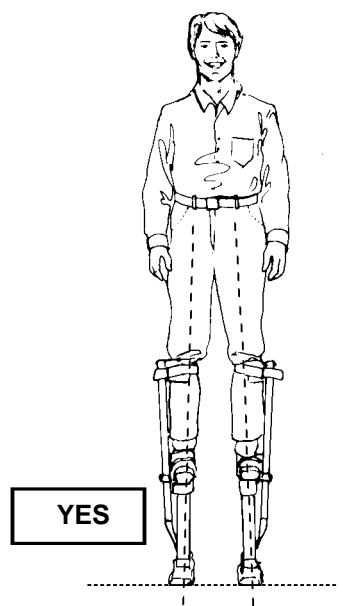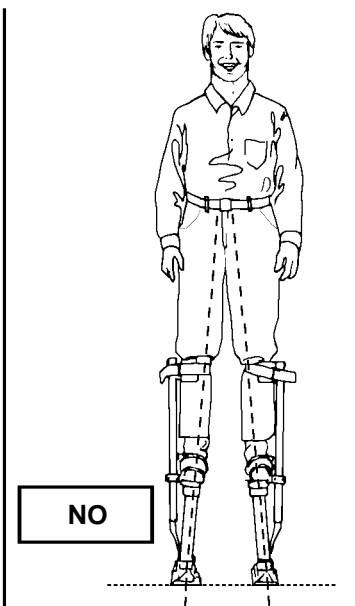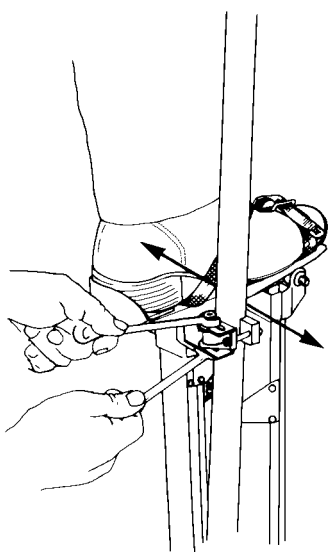
B   **C**   **D**   **E**   **F**   **G**

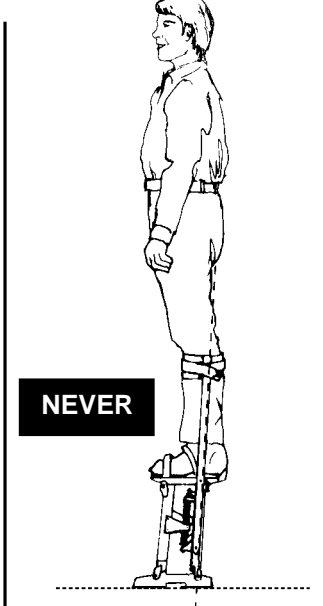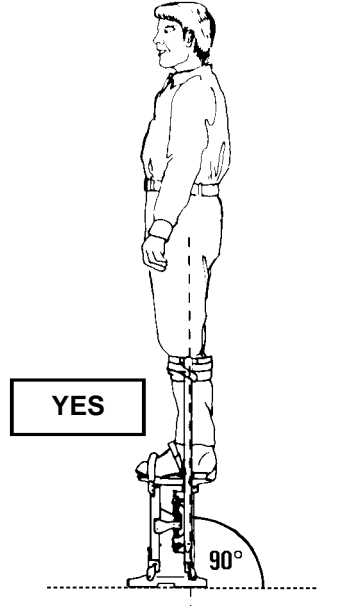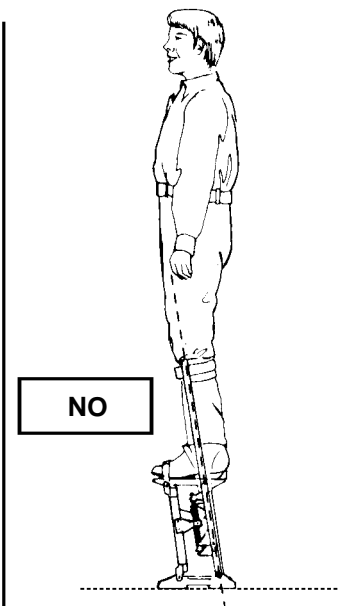**11** ADJUST THE 'STILTS' FOR SIDEWAYS BALANCE

NO

YES

NEVER

12 ADJUST THE 'STILTS' FOR FORWARD AND REARWARD BALANCE
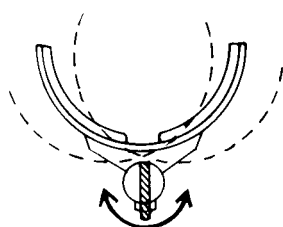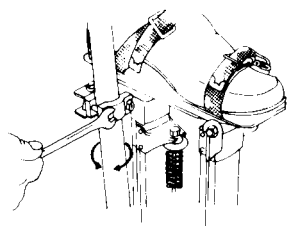
IF THE REQUIRED ADJUSTMENT
IS UNCOMFORTABLE THEN
REPOSITION THE HEEL PIECES

NO

YES

90°

NEVER

WALKING

WITH YOUR COLLEAGUE ALONGSIDE . . .

1 FIRST; EXERCISE THE 'STILT' ACTION BY FLEXING THE KNEES.

2 NOW WALK FORWARDS TAKING DELIBERATE STEPS AND ENSURING THAT THE 'STILT' HEELS CONTACT THE GROUND FIRST.   NEVER SHUFFLE OR DRAG THE FEET.

3 PRACTICE WALKING UNTIL YOU ARE CONFIDENT AND RELAXED.

4 CHECK AND, IF NECESSARY, RE-ADJUST THE BALANCE SETTINGS SO THAT YOU ARE COMPLETELY COMFORTABLE.

5 INCREASED SPRING COMPRESSION WILL STIFFEN THE 'STILT' ACTION.
IF NECESSARY, YOU SHOULD NOW ADJUST EITHER BOTH UPPER SPRINGS OR BOTH LOWER SPRINGS.
(NOTE THAT UPPER SPRINGS COUNTERACT FORWARD LEAN)
NEVER INCREASE SPRING COMPRESSION SO FAR THAT SPRINGS BECOME FULLY COMPRESSED WHILE WALKING.

SAFETY AND MAINTENANCE   PLEASE DO NOT COMPROMISE YOUR SAFETY

NEVER USE INCORRECTLY ADJUSTED 'STILTS'.

ALWAYS FASTEN AND SECURE LEG STRAP BEFORE FASTENING FOOT STRAPS.
(UNFASTEN IN REVERSE ORDER).

ALWAYS ENSURE THAT SHOE HEELS ARE CORRECTLY LOCATED IN HEEL PIECES.
TIGHTEN FOOT STRAPS SECURELY.

NEVER USE 'STILTS' NEAR UNGUARDED WINDOWS OR STAIRWELLS NOR IN ANY
OTHER POTENTIALLY HAZARDOUS SITUATION.

EXERCISE CARE WHEN WALKING NEAR OR UNDER OBSTACLES AT HEAD HEIGHT.

DO NOT WALK ON SLIPPERY, STEEPLY INCLINED OR OTHERWISE UNSUITABLE
SURFACES.

DO NOT STEP OVER MATERIALS, CABLES OR DEBRIS LEFT ON THE FLOOR SURFACE.

EXERCISE EXTREME CAUTION WHEN NEAR ELECTRIFIED CABLES.
ALUMINIUM IS A CONDUCTOR OF ELECTRICITY.

(D MODELS ONLY) REPLACE WING BOLTS SECURELY AFTER ADJUSTING LEG LENGTH.

REGULARLY INSPECT YOUR 'STILTS' FOR ANY POSSIBLE DAMAGE, EXCESSIVE WEAR
OR LOOSE FASTENINGS.

REPLACE ANY DEFECTIVE COMPONENT ONLY WITH GENUINE **DURA-STILTS**® PARTS.

NO LUBRICATION IS NECESSARY - ALL MOVING PARTS ARE PROTECTED BY NYLON
BEARINGS OR SLEEVES.

KEEPING YOUR 'STILTS' CLEAN WILL HELP TO PROLONG THEIR USEFUL SERVICE LIFE.

THIS LEAFLET IS PROVIDED FOR GUIDANCE ONLY AS ACTUAL CONDITIONS OF PRODUCT USE ARE BEYOND THE CONTROL OF THE MANUFACTURER OR ITS AGENTS.

CAROBYN
PRODUCTS LIMITED

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