# SAFETY PRECAUTIONS AND INSTALLATION INSTRUCTIONS

Model : HBS 1000SH

## SAFETY

- The StandRite-Pro™ is **NOT** designed to support the entire weight of any individual and misuse may result in bodily harm or injury.
- The StandRite-Pro™ is **NOT** designed to be used as a step, seat, or any other purpose other than to provide balance and stability to a person who is firmly standing on their feet on a normal walking and working surface.
- **DO NOT** install the StandRite-Pro™ without adequate clearance from the floor to the bottom of the shin pad. Adequate space **MUST** be provided for foot movement under or away from this device to avoid tripping or obstruction.
- Failure to follow proper installation and operation instructions may result in bodily harm or injury. HBS Systems is not liable for any misuse and or improper installation resulting in injury and or damages. Please read the "Operation and Use" section thoroughly.
- All proper safety procedures and safety equipment use is recommended to prevent injury during installation including, but not limited to, safety glasses, proper hand protection, grounded power tool supply and adequate training on power tools.
- Insure that all components are assembled and secured before use. Maintain and check for tightness of device daily.
- Insure that persons using this product adhere to the governing safety program requirements as well as the requirements set forth in this manual.
- Before installation, insure placement area is free of debris, exposed or concealed electrical services, exposed or concealed mechanical services or any other devices or systems to avoid damage or injury. If you are unsure, consult the facility maintenance manager or responsible party for proper direction.
- ***Each standing task is unique and has its own set of specific movements and hazards. Proper placement of this device is essential to improving safety, health and productivity of any standing task. Initial layout and determination of the location with respect to the task and hazards must be performed to attain the proper distance, orientation and installation location that is clear of all handles, buttons, control panels and any other functions or hazards associated with performing the specific task.***
- Product Support is available by calling 586-663-2212 between 8AM and 4PM EST Monday-Friday.
- Product Training can be contracted by calling Product Support.

## Layout

1. Choose a suitable location for use and determine the proper model for that specific task and associated hazards.
2. The location of the StandRite-Pro™ should be centered to the task so that the normal standing position is accommodated and so that the product can properly provide balance and support to the person standing in that position.
3. Insure placement area is free of debris, exposed or concealed electrical services, exposed or concealed mechanical services or any other devices or systems to avoid damage or injury.
4. Chose a surface that is level, free of obstructions and suitable to insure proper anchoring and placement. If you are not capable of proper installation, please consult the appropriate professional trade person.
5. The StandRite-Pro™ is preassembled and can be placed in the pre-determined location to confirm that the location is suitable. It is recommended that two persons perform this operation. Once satisfied with the location, mark the anchor points through the anchor base plate.

**HBS 1000SH**

## Installation

1. Following completion of layout, use a concrete hammer drill and concrete drill bit, drill (2) 3/8" x 4" deep holes at the proposed location. Insert (1) "D" Wedge Anchor slightly in each hole (to ease install) leaving the treaded end up and outside of the hole. Gently place the StandRite-Pro™ over the anchors and place the anchor flat washer and nut on each anchor just far enough to expose the tip of the anchor (see figure 1). (Do not tighten down the nuts at this time). With anchors slightly in the holes and StandRite-Pro™ in place and washers and nuts loosely started on anchor per figure 1, drive anchors into the concrete holes with a hammer insuring you do not make contact with the nuts themselves (see figure 2). Once anchors have been driven down, use a suitable wrench to tighten the nuts. Note that the anchors will rise out of the holes slightly until the wedge collar on the anchor seats on its wedge (see figure 3).

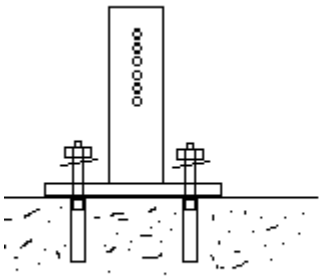


Figure 1

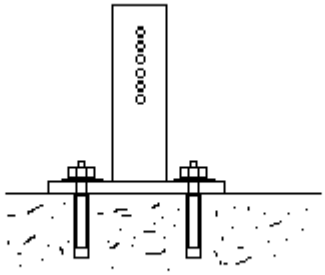


Figure 2

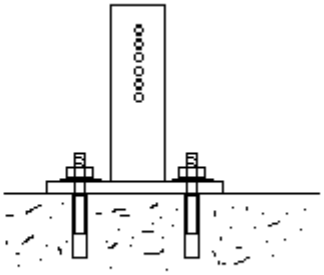


Figure 3

2. With the StandRite-Pro™ fully assembled and installed, return to each connection point and confirm that all connections are tightened. Using the vertical adjustment "A" Ball Handle Detent Pin, adjust the height of the pad to insure there is adequate clearance for ease of foot movement in or away from the product.
3. **DO NOT** raise the "H" Shin Pad to a height that allows contact with the knees. This adjustment is used for various heights of the users. This product is designed for contact between the "H" Shin Pad and the shins.
4. The "E" Adjustment Support is preset to the recommended 73 degree from vertical position for optimum results.
5. Insure the (1) "A" Ball Handle Detent Pin is in place, tighten the (1) "B" Star Knob.
6. The StandRite-Pro™ is now ready for use.

## Operation and Use

- ***The StandRite-Pro™ is developed to provide increased balance and stability while standing thereby reducing internal body sway. To target body sway, the approximate 73 degree angle of the pad allows the user to bend their knees to make contact between the shins and the pad to improve the center of gravity thus reducing strain to the muscles used to maintain a standing position. Initially, users may find that leaning against the pad is unusual at first. Through continued use the user will begin to feel the benefit of the balance and stability in their feet, ankles, legs, back and even their neck as the related muscles strengthen to the new stance. Eventually, the user may not lean into the pad but rather make contact by touching their shins to the pad. Users simply gain a more acute sense of awareness and stability through improved posture and improved balance.***
- ***Use extreme caution as users begin using this support. Initial safety discussions should be undertaken to insure the user becomes aware of the newly placed device in the workspace. Although the support is placed in a space not normally used for foot travel, the addition of this support pad to the workspace should be discussed, learned and understood before operating any equipment or performing any hazardous tasks. As this support is the first of its kind, it is critical to learn its placement and adapt to it in the workspace before performing tasks. As the user becomes familiar with the new support, awareness between the mind and legs is realized and the user learns the location.***
- ***DO NOT attempt to use the StandRite-Pro™ for an entire shift in the first weeks of use. Like any wellness product especially those meant to strengthen, a brief period of intermittent use will be required as the body adapts the changes in stance. It is recommended that initial use begin with 10% use, and increase usage over a period of weeks. The StandRite-Pro™ is designed to develop a dynamic stance at which time the user would use intermittently during the task. Periodic movement is encouraged for best results.***
- ***Never approach the support from the sides or back. Always approach the support from directly in front to avoid loss of balance by bumping the legs into the edges.***
- ***Do NOT over extend the support horizontally into the walking area of the workspace space or vertically to contact the knees.***
- The StandRite-Pro™ is **NOT** designed to be used for any other purpose such as seating, kneeling, stepping or supporting the entire weight of an individual. This product is a balance and stability aid for standing exclusively or intermittently and is meant to provide a contact point for the shins to control body sway.

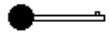
## Recommended Use

1. Adjust the StandRite-Pro™ to insure there is adequate clearance for movement of the feet in and away from the product to avoid creating an obstruction to the normal travel space.
2. Adjust the StandRite-Pro™ to insure there is contact with the shins only and that there is **NO** contact at the knees.
3. Approach the shin pad from the front and position the feet with a comfortable spread between them and under the shin pad. Although the ankles will now be in close proximity to the pad, they are not necessarily in contact with the pad.
4. Slightly bend at the knees and allow the shins to make contact with the shin pad. The user should feel a calming of the tensing muscles normally used to hold balance in a standing and working position. If this is not the case, return to step 1 above and make minor adjustments.
5. Ergonomic mats should not be discarded and are recommended as a continued cushion for the feet. HBS Systems can offer solutions in the form of the most innovative ergonomic mats on the market. Ergonomic pads should be maintained or replaced if worn or impregnated with any substance that degrades the user's traction. Insure ergonomic mats are maintained to insure they are clean and free of oil or other substances that may cause the user to slip while making contact with the pad.
6. If access to the equipment being served is required, remove the support for access to the equipment. DO NOT attempt to access the equipment with the support in place.
7. ***The user may experience minor discomfort in the feet under initial use as the feet adjust to the new angle in standing. This is normal and will be similar to adjusting to a new pair of shoes. If this occurs, simply step away from the support periodically and rotate the feet during the initial adjustment period. This feeling will subside within a few weeks of use. If the condition persists and user feels uncomfortable or at risk in using this device at any time, stop all operations and discontinue use.***

## Disclaimer

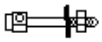
Human Balance and Stability Systems make no claim to cure any disease, illness or prevent such conditions from arising in any user. Our products have been developed to control body sway while standing to reduce tension in the fascia and muscles used to balance on two feet and to provide positive shin angle to allow for proper hip hinge movement.

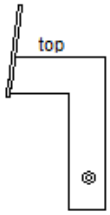
Part List

1 - "A" -  3/8" x 3" Ball Handle Detent Pin

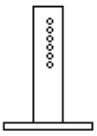
1 - "B" -  3/8" x 2 1/4" Star Knob

4 - "C" -  5/16" x 1" Hex Head Bolts

2 - "D" -  3/8" x 2 1/2" Wedge Anchor with nut & washer

1 - "E" - 

Adjustment Support

1 - "F" -  Vertical Support Anchor Base

1 - "G" - Not Used

1 - "H" - 

Shin Pad