



Instruction Sheet Suspension & Height Adjustment Kit 5000

Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location: the Instruction Sheet must be read and familiar to anyone who is using OT4YOU Equipment. **IMPORTANT:** Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact OT4YOU immediately.

MATERIALS LIST Safety Snap 1 - Height Adjuster 1 - Therapy Rope w/ Eye Splice (2 - Safety snaps 1 - Instruction Sheet 1 - Maintenance Checklist. Working load of 200kg. Warnings and Precautions • Failure to properly install a forged steel eyebolt (1/2" or 5/8") may result in serious injury or death. If you have any questions about the installation of the forged steel eyebolt, please contact OT4YOU. Therapy Rope Height Adjuster Safety Snap Fig. 1 • With all OT4YOU Suspended Equipment a Safety Rotational Device must be used to prevent damage to your equipment. All warranties are void if the Safety Rotational is not used. • Regular Maintenance is imperative. Even the most well built equipment will wear. Nothing is more critical to the safety of a suspended therapeutic activity than inspecting the equipment and suspensions systems regularly. This instruction sheet contains maintenance instructions and inspection points for each component of the system. Following these instructions will help you maintain a safe environment, and will help to catch wear before it becomes dangerous. Failure to follow the maintenance routine can cause severe injury or death. • Check you ceiling eyebolt for wear and movement. An eyebolt that moves more than 1/4" in any direction is UNSAFE. • Make sure there is adequate room in all directions for your suspended activity. Southpaw recommends a 5 foot clearance in all directions. • Use proper personal protection when performing any suspended activity • Floor mats of proper thickness should be positioned properly under and around all suspended activity. Hanging and adjusting height . There is one safety snap which is attached to the eye-splice of the rope. Attach this snap to your ceiling eyebolt. You are now ready to use your system. • The following instructions explain how to adjust the height of the system, as well as how to re-attach the Height Adjuster if it is removed from the rope. 1. Push the safety trigger upward to open the cam gate to attach to the rope. 2. Your rope slips into the open safety snap, tighten when spliced eye is attached. 3. To move the Height Adjuster up, hold pressure on the rope below the body and push up on the Height Adjuster to the desired height. 4. To move the Height Adjuster down, release the lock on the cam by holding the rope below the Height Adjuster, and pushing up on the safety trigger while putting upward pressure on the Height Adjuster. This will unlock the cam and allow you to move the Height Adjuster to the desired height. Height Adjuster Detail Working Load: 200kgs. To Shorten Rope Fig. 5 • Wrap cutting point with masking tape.

(Step A). • Cut with a sharp knife in the middle of tape. (Step B). Take care not to pull rope sideways. • Sear new exposed end using a lighter or stove. (Step C). (When using a stove make sure it is turned on high. Lower temperature will allow melted rope to stick to the stove.)



