

## 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.

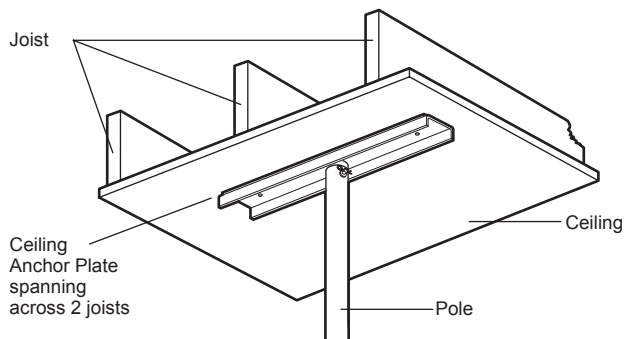
## SAFETY CONSIDERATIONS

**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.

### SUPERPOLE™ INSTALLATION / MAINTENANCE

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 lbs. 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.

**CAUTION:** The SuperPole™ System can loosen due to settling of the floor or ceiling, particularly in the first hours and days following installation and sometimes with a change of season. 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.



### CEILING ANCHOR PLATE

It is recommended that the ceiling anchor plate be installed to span across two joists in a ceiling as shown above. 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.

**IMPORTANT:** 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.

## WARNING - PATIENT ENTRAPMENT!

The potential risk of entrapment (limb, neck, head, torso) between the pole and adjacent item (i.e. bed) can be reduced or avoided by the following strategies:

1. Situate the pole at a distance that is considerably smaller or larger than that which could result in entrapment.
2. Consider situations that could change with time or usage such as mattress compression, patient movement, bed position changes due to electrically powered beds, etc.
3. Realize that this product is not intended as a physical constraint or barrier to exiting the bed.

## GETTING STARTED

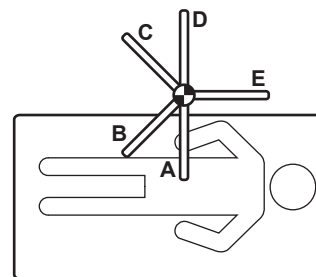
We strongly recommend that you give thought as to the optimal location of your SuperPole™ System before installation. The following questions may help you to decide upon a location:

- 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?

## SUPERPOLE™ PLACEMENT

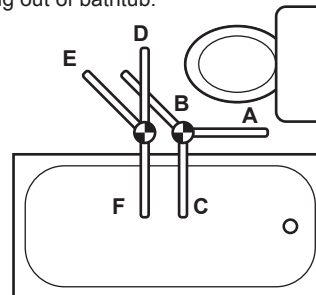
### BEDROOM

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.



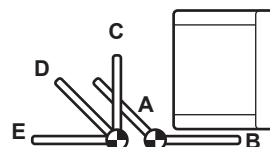
### TOILET and / or BATHTUB

**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.





**SUPERBAR™  
INSTRUCTIONS  
BEGIN ON  
PAGE 4**



**SUPERTRAPEZE™  
INSTRUCTIONS  
BEGIN ON  
PAGE 6**

**FOR SUPERPOLE™ INSTALLATION, CONTINUE BELOW...**

Prior to installing the SuperPole™, we strongly recommend that you first read through these instructions.

**SUPERPOLE™ PREPARATION**

**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 paint on the pole). Remove the clevis pin (3) from the pole receptacle in the center of the ceiling anchor plate.

**A2.** Slide the top end of the pole (2) onto the receptacle of the ceiling anchor plate (1) as shown in **Figure 1**. Align the locking pin holes of the pole and the receptacle. Insert the clevis pin (3) removed in step A1, and secure with nylon washer (4) and hitch pin (5).

**A3.** Raising the Pole. Place the circular base (7) on the floor at the intended location of the SuperPole™ as shown in **Figure 2**. The SuperPole™ is most easily raised by holding the pole up at an angle, inserting the stem on the bottom of the extension screw (8) into the hole on the circular base (7), and then pivoting the pole up above the base plate as shown in **Figure 3**.

**HINT** - to prepare, set the extension screw (8) 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 (9) downward to allow the extension screw to rotate.

**A4.** 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 ceiling anchor plate as shown in **Figure 3**. If the ceiling anchor plate hits the ceiling prior to reaching vertical you will need to shorten the length of the extension screw.

**SUPERPOLE™ INSTALLATION**

**A5.** While the cover sleeve (6) is held up, insert a bar such as the shaft of a screwdriver, through the drive hole at the bottom of the extension screw. Turn the extension screw (clockwise) as shown in step 1 of **Figure 4** to make the ceiling anchor plate contact the ceiling.

**IMPORTANT** - The ceiling 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 A6.

**TESTING INSTALLATION**

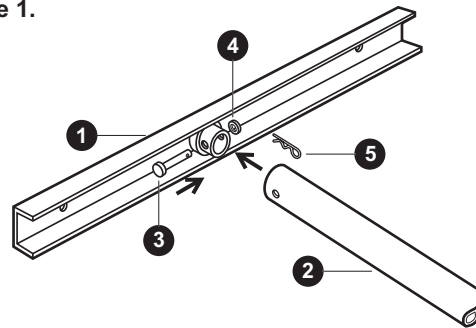
**A6.** Test the SuperPole™ by firmly holding onto the pole at mid-height and rigorously attempting to force the pole from side to side. Use considerable body weight momentum to conduct an aggressive test. If either the base, or the ceiling anchor plate appear to slide or shift, tighten the extension screw one more turn and repeat the test until the pole will not move during this test.

**EXTENSION SCREW**

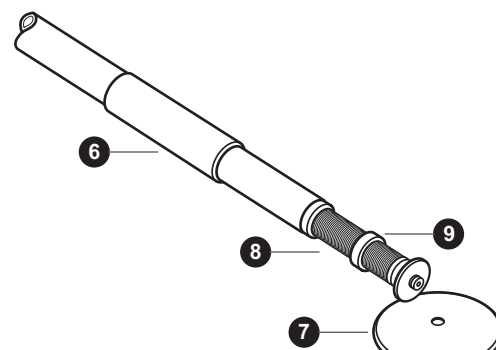
**A7. IMPORTANT** - Lock extension screw after installing pole by turning jam nut (9) up until touching the bottom of the pole, then, simultaneously turning jam nut (9) and extension screw (8) backwards until jammed tight as shown in steps 2 & 3 of **Figure 4**. When finally tight, remove the turning rod, slide the cover sleeve down to cover the extension screw.

Your SuperPole™ is now installed.

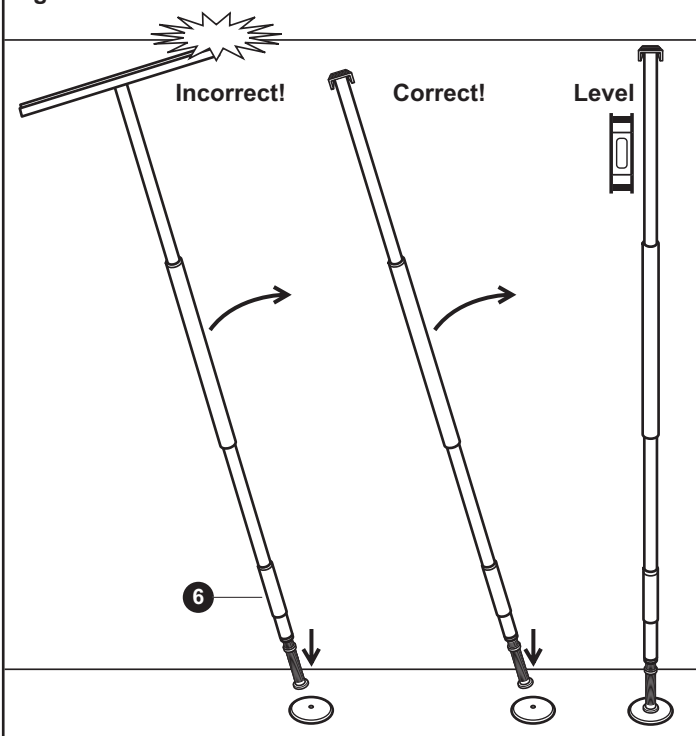
**Figure 1.**



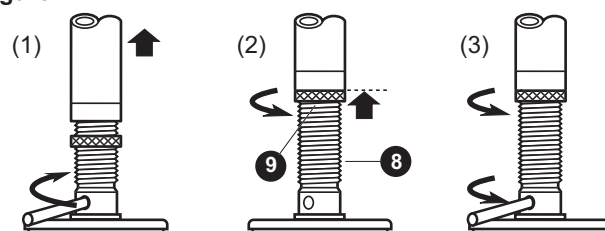
**Figure 2.**



**Figure 3.**

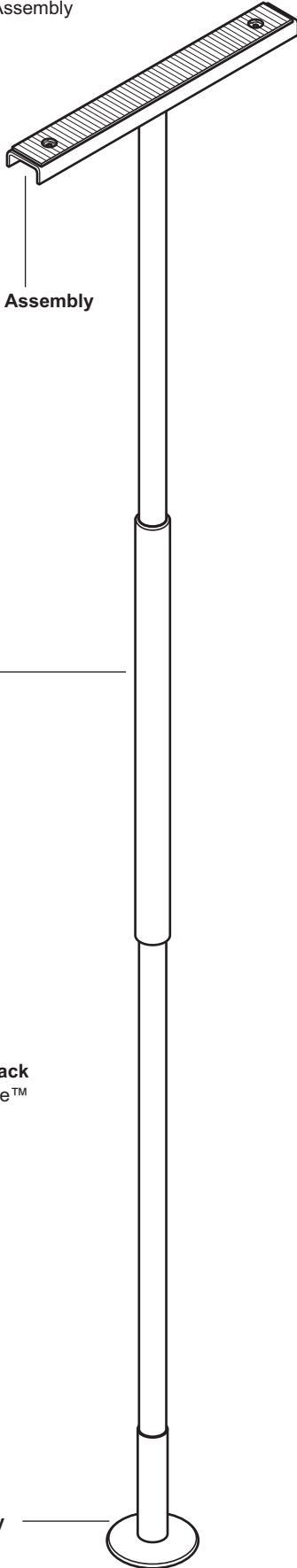


**Figure 4.**



**PARTS DIAGRAM: SUPERPOLE™**

- SP-P Pole Assembly
- SP 402 Base Plate Assembly
- SP 403 Ceiling Anchor Plate Assembly
- SP 500 SuperPole Parts Pack



**SP 403 Ceiling Anchor Plate Assembly**

- SP 115 Top Plate
- SP 117 Top Rubber
- HW 302 Clevis Pin
- HW 318 Nylon Washer
- HW 323 Hitch Pin

**SP-P Pole Assembly**

- SP 113P Pole
- GR 101 Grip, 20" long
- SP 114 Plastic, Cover Sleeve
- SP 107E Extension Screw
- SP 105E Collar
- SP 172E Jam Nut
- SP 145 Plastic Washer

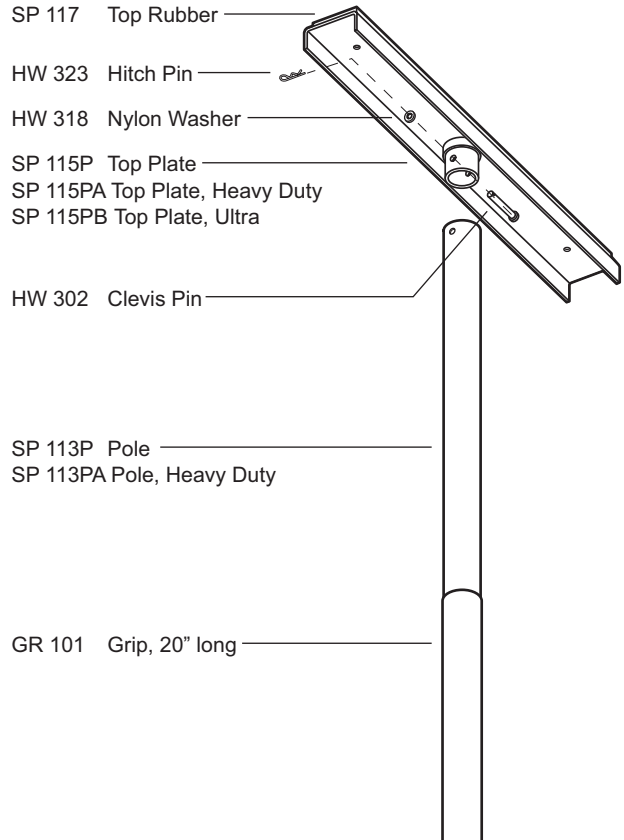
**SP 500 SuperPole™ Parts Pack**

- DC 100 Instructions, SuperPole™

**SP 402 Base Plate Assembly**

- SP 112P Base Plate
- SP 118 Base Plate Rubber

**PARTS DIAGRAM: POLE / CEILING ANCHOR PLATE ASSEMBLY**

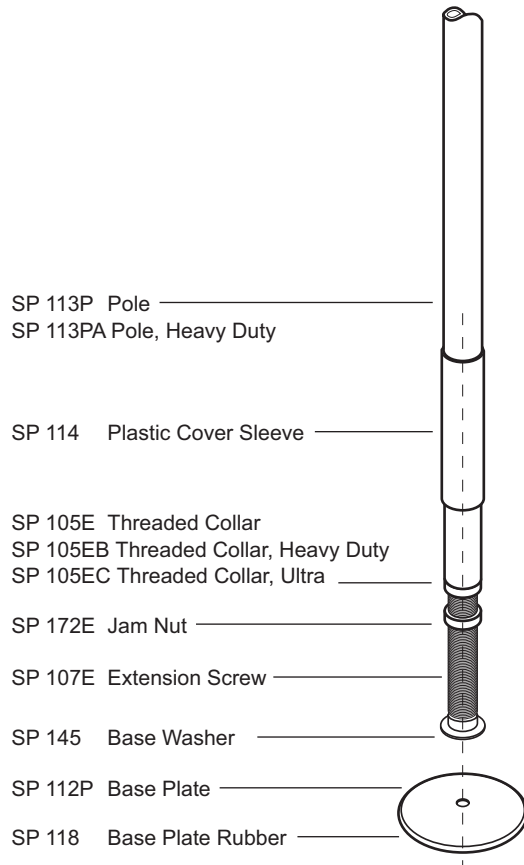


- SP 117 Top Rubber
- HW 323 Hitch Pin
- HW 318 Nylon Washer
- SP 115P Top Plate
- SP 115PA Top Plate, Heavy Duty
- SP 115PB Top Plate, Ultra

- HW 302 Clevis Pin
- SP 113P Pole
- SP 113PA Pole, Heavy Duty

- GR 101 Grip, 20" long

**PARTS DIAGRAM: POLE / EXTENSION SCREW / BASE PLATE ASSEMBLY**



- SP 113P Pole
- SP 113PA Pole, Heavy Duty

- SP 114 Plastic Cover Sleeve

- SP 105E Threaded Collar
- SP 105EB Threaded Collar, Heavy Duty
- SP 105EC Threaded Collar, Ultra

- SP 172E Jam Nut

- SP 107E Extension Screw

- SP 145 Base Washer

- SP 112P Base Plate

- SP 118 Base Plate Rubber



## SUPERBAR™ INSTRUCTIONS

Prior to installing the SuperPole™ with SuperBar™, we recommend that you first read through these instructions.

### SUPERPOLE™ PREPARATION

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

### SUPERBAR™ PREPARATION

**B2.** Unpack the SuperBar™ hand rail unit (10). Using the small hex key wrench (11) and countersunk screw (12), attach one white plastic pivot bushing (13) to top side of the SuperBar™ hand rail unit as shown in **Figure 5**. Set aside the other plastic pivot bushing and screw. Remove the cover sleeve (6) from the pole assembly (2).

**B3.** Slide the SuperBar™ hand rail unit (10) onto the pole assembly (2) as shown in **Figure 6** (side with attached pivot bushing to go on first). Slide it on as straight as possible to avoid scratching the pole.

**B4.** Unpack and slide the grooved collar (14) onto the pole (2) as shown in **Figure 6**. Gently slide the collar up the pole to avoid scratching the pole. Next slide the other white plastic pivot bushing (13) and the cover sleeve (6) (removed in step B2) up the pole (2).

**IMPORTANT-** The next step is to fix the grooved collar (14) to the pole (2). The position of the grooved collar determines the height of the bar and the rotational locking position of the bar.

**1. Height of Hand Rail** - The height at which you fix the grooved collar determines the height of the SuperBar™ hand rail unit (10). Consider the optimal height of the bar from sitting and standing positions. The height of the bar will change as the pole is installed (dependant on the difference in height between the ceiling and the pole - see **Figure 7**).

**2. Rotational Locking Position** - Each of the grooves correspond to a rotational locking position of the hand rail unit (refer to **Figure 8**). 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").

### Alternate Installation Option

Steps **B5** and **B6** can be completed after the pole has been raised in place (steps **A3** to **A7** on page 2) 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™.

**BE CERTAIN THAT THE GROOVED COLLAR IS AT THE CORRECT HEIGHT AND ORIENTATION BEFORE PROCEEDING.**

### SUPERBAR™ INSTALLATION

**B5.** 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 hex 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 the back end of the screw is flush with the collar** or injury may result. By tightening these set screws, the cone points will penetrate the pole for positive engagement, thereby leaving permanent indentations in the pole (refer to **Figure 8**).

**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.

**B6.** Next, slide the spring collar (17) downward on the grooved collar (14) as shown in **Figure 8** to retain set screws (15) while in service. Inspect frequently to ensure screws and collar are tight.

**B7.** Install the remaining white plastic pivot bushing (13) and secure it with the countersunk screw (12) using the small hex key wrench (11).

**B8.** See steps **A3** to **A7** on page 2. Complete these instructions to finish the installation of your SuperPole™ with SuperBar™.

Your SuperPole™ with SuperBar™ is now installed.

Figure 5.

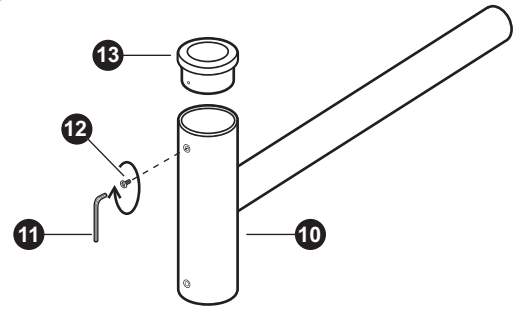


Figure 6.

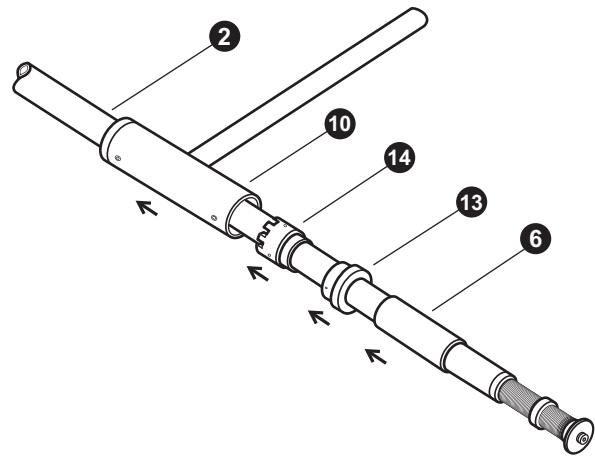


Figure 7.

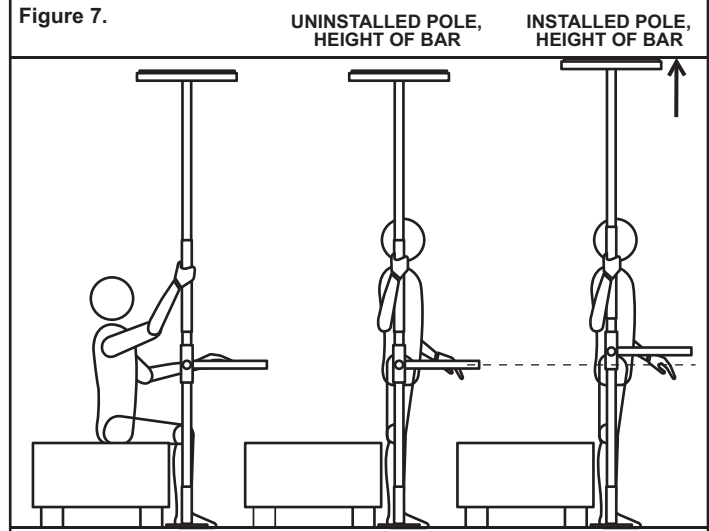
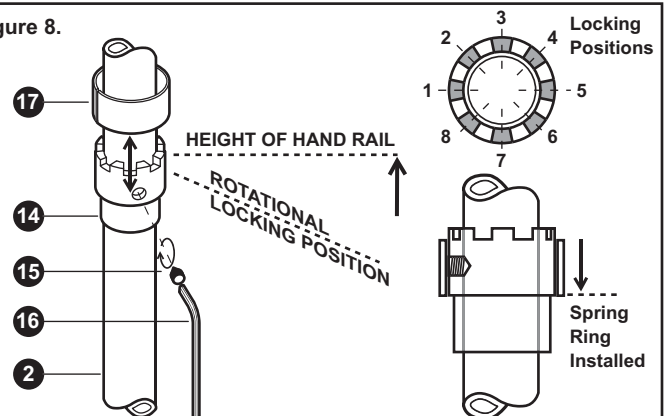
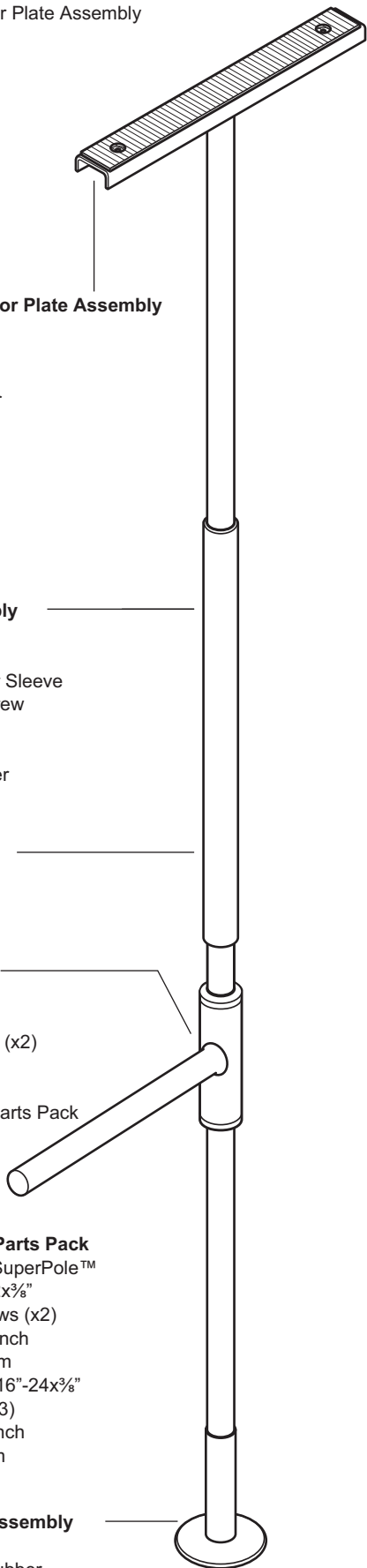


Figure 8.



**PARTS DIAGRAM: SUPERPOLE™ with SUPERBAR™**

- SP-P Pole Assembly
- SP 402 Base Plate Assembly
- SP 403 Ceiling Anchor Plate Assembly
- SPB SuperBar™



**SP 403 Ceiling Anchor Plate Assembly**

- SP 115 Top Plate
- SP 117 Top Rubber
- HW 302 Clevis Pin
- HW 318 Nylon Washer
- HW 323 Hitch Pin

**SP-P Pole Assembly**

- SP 113P Pole
- GR 101 Grip, 20" long
- SP 114 Plastic, Cover Sleeve
- SP 107E Extension Screw
- SP 105E Collar
- SP 172E Jam Nut
- SP 145 Plastic Washer

- GR 101 Grip, 20" long

**SPB SuperBar™**

- SP 116P T Bar
- GR100 Grip, 16" long
- SP 102 Pivot Bushing (x2)
- SP 106E Collar
- SP 170E Spring Ring
- SP 501 SuperBar™ Parts Pack

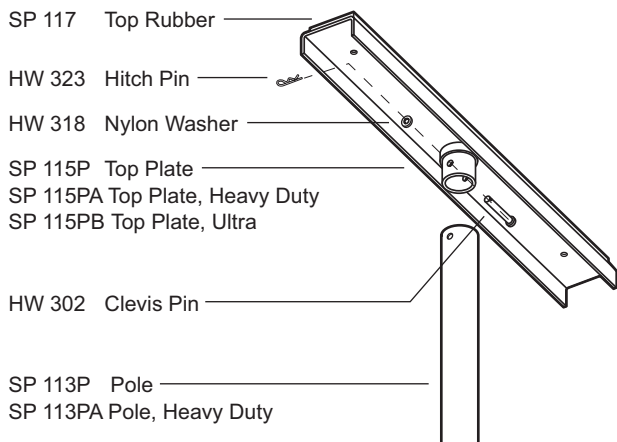
**SP 501 SuperBar™ Parts Pack**

- DC 100 Instructions, SuperPole™
- HW 100 FHSCS #8-32x<sup>3</sup>/<sub>8</sub>" 18-8 SS Screws (x2)
- HW 300 Hew Key Wrench 3/32" short arm
- HW 112 Set Screw, 5/16"-24x<sup>3</sup>/<sub>8</sub>" Cone Point (x3)
- HW 320 Hex Key Wrench 5/32" long arm

**SP 402 Base Plate Assembly**

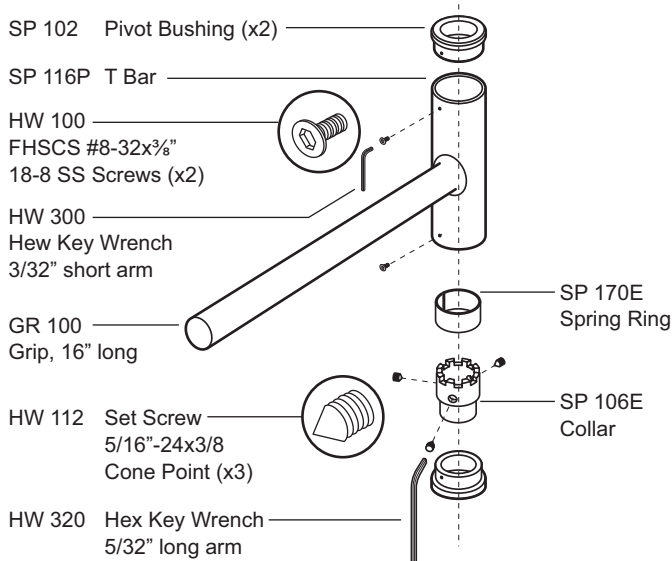
- SP 112P Base Plate
- SP 118 Base Plate Rubber

**PARTS DIAGRAM: POLE / CEILING ANCHOR PLATE ASSEMBLY**



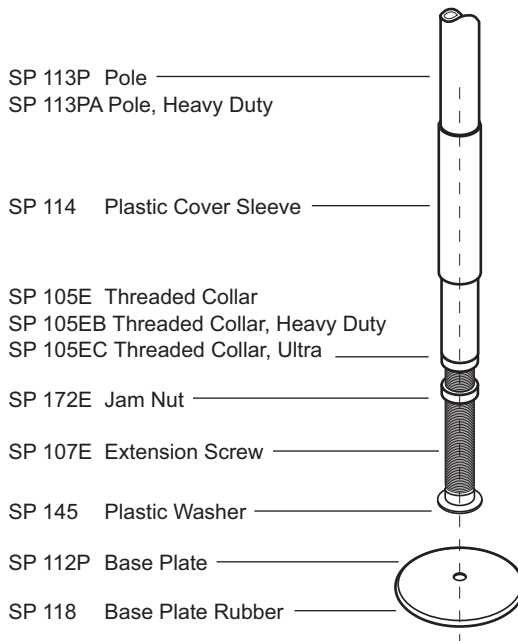
- SP 117 Top Rubber
- HW 323 Hitch Pin
- HW 318 Nylon Washer
- SP 115P Top Plate
- SP 115PA Top Plate, Heavy Duty
- SP 115PB Top Plate, Ultra
- HW 302 Clevis Pin
- SP 113P Pole
- SP 113PA Pole, Heavy Duty

**PARTS DIAGRAM: SUPERBAR™**



- SP 102 Pivot Bushing (x2)
- SP 116P T Bar
- HW 100 FHSCS #8-32x<sup>3</sup>/<sub>8</sub>" 18-8 SS Screws (x2)
- HW 300 Hew Key Wrench 3/32" short arm
- GR 100 Grip, 16" long
- SP 170E Spring Ring
- SP 106E Collar
- HW 112 Set Screw 5/16"-24x<sup>3</sup>/<sub>8</sub>" Cone Point (x3)
- HW 320 Hex Key Wrench 5/32" long arm

**PARTS DIAGRAM: POLE / EXTENSION SCREW / BASE PLATE ASSEMBLY**



- SP 113P Pole
- SP 113PA Pole, Heavy Duty
- SP 114 Plastic Cover Sleeve
- SP 105E Threaded Collar
- SP 105EB Threaded Collar, Heavy Duty
- SP 105EC Threaded Collar, Ultra
- SP 172E Jam Nut
- SP 107E Extension Screw
- SP 145 Plastic Washer
- SP 112P Base Plate
- SP 118 Base Plate Rubber



## SUPERTRAPEZE™ INSTRUCTIONS

Prior to installing the SuperPole™ with SuperTrapeze™, we recommend that you first read these instructions.

### SUPERPOLE™ PREPARATION

**C1.** See step A1 on page 2. Complete these instructions and then continue with step C2.

### SUPERTRAPEZE™ PREPARATION

**C2.** Unpack the support arm (20) from the rectangular box. Slide support arm (20) onto the top end of the pole (2) such that the strap hook is down as shown in **Figure 9**. Move it gently down the pole until it rests against the top of the grey grip (21).

**C3.** Determine Location of Pole (bedside use) - Refer to **Figure 10**. 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. 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.

### SUPERPOLE™ INSTALLATION

**C4.** See steps A2 through A7 on page 2. These steps will guide you to raise and secure the pole in the location as determined in steps C3. Complete these instructions and then continue with step C5.

### SUPERTRAPEZE™ INSTALLATION

**C5.** Once the pole has been installed beside the bed, hold the trapeze handle under the support arm, such that the upper rail of the handle is closest to the head of the bed as shown in **Figure 10**. 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 11**. Slide it past the grip and along the trapeze tube until it reaches the top bend of the trapeze as shown in **Figure 11**.

### SETTING HEIGHT OF SUPPORT ARM

**C6.** Using a tape measure, make a small pencil mark on the pole at a suggested height of 84" from the floor as shown in **Figure 10**. Have the actual user lie down in bed in their normal lying position with their hands placed palm down on their thighs. 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 "Y" in **Figure 10**. Next, swing the support arm so that the strap hangs directly over the palms of the user as shown by "X". Secure the support arm to the pole with one of the set screws (25) and allen wrench (24) as shown in **Figure 12**.

### SETTING HEIGHT OF TRAPEZE HANDLE

**C7.** 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 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 "Z" in **Figure 10**.

### TESTING THE LOCATION

**C8.** 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.

### SECURE SUPPORT ARM

**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 SuperPole™ with SuperTrapeze™ is now installed.

Figure 9.

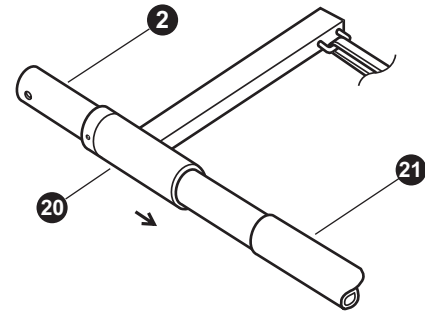


Figure 10.

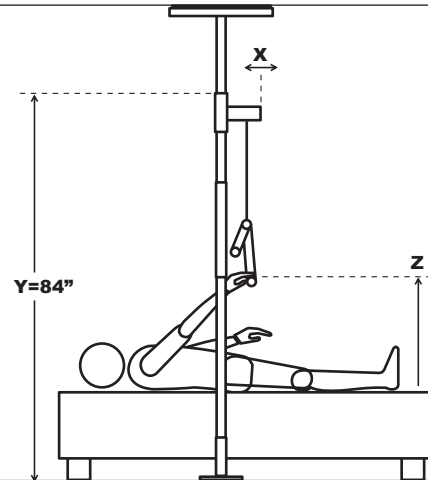


Figure 11.

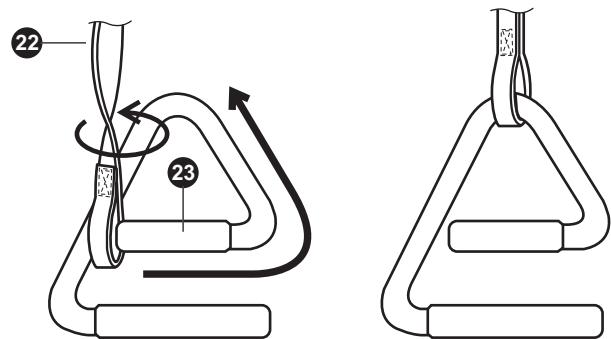
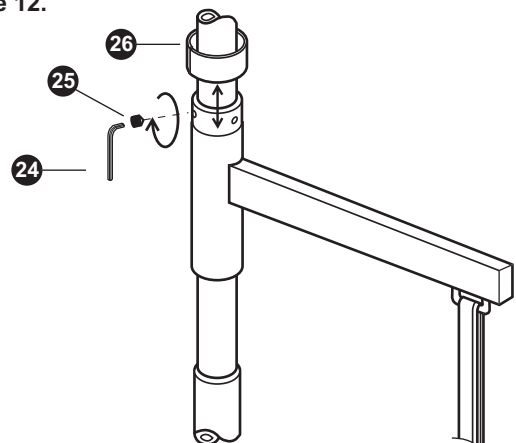


Figure 12.

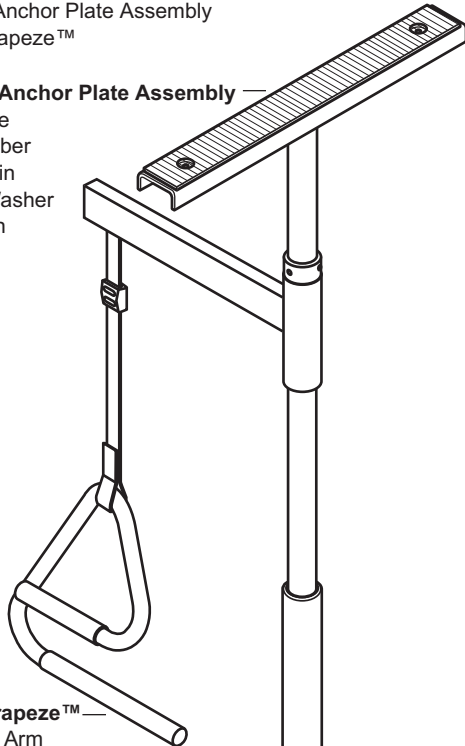


**PARTS DIAGRAM: SUPERPOLE™ with SUPERTRAPEZE™**

- SP-P Pole Assembly
- SP 402 Base Plate Assembly
- SP 403 Ceiling Anchor Plate Assembly
- STP SuperTrapeze™

**SP 403 Ceiling Anchor Plate Assembly**

- SP 115 Top Plate
- SP 117 Top Rubber
- HW 302 Clevis Pin
- HW 318 Nylon Washer
- HW 323 Hitch Pin



**STP SuperTrapeze™**

- SP 123P Trapeze Arm
- SP 170E Spring Ring
- HW 500 Plug
- SP 124P Trapeze handle
- GR 102 Grip, 6" long
- GR 103 Grip, 10" long
- SP 125 Strap
- HW 305 Buckle
- SP 501 SuperTrapeze™ Parts Pack

- GR 101 Grip, 20" long

- SP 113P Pole
- SP 113PA Pole, Heavy Duty

**SP-P Pole Assembly**

- SP 113P Pole
- GR 101 Grip, 20" long
- SP 114 Plastic, Cover Sleeve
- SP 107E Extension Screw
- SP 105E Collar
- SP 172E Jam Nut
- SP 145 Plastic Washer

**SP 501 SuperTrapeze™ Parts Pack**

- DC 100 Instructions, SuperPole™
- HW 112 Set Screw, 5/16"-24x3/8" Cone Point (x3)
- HW 320 Hex Key Wrench 5/32" long arm

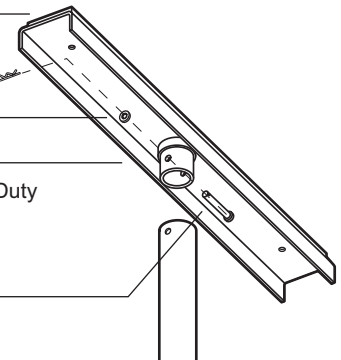
**SP 402 Base Plate Assembly**

- SP 112P Base Plate
- SP 118 Base Plate Rubber

**PARTS DIAGRAM: POLE / CEILING ANCHOR PLATE ASSEMBLY**

- SP 117 Top Rubber
- HW 323 Hitch Pin
- HW 318 Nylon Washer
- SP 115P Top Plate
- SP 115PA Top Plate, Heavy Duty
- SP 115PB Top Plate, Ultra

- HW 302 Clevis Pin



**PARTS DIAGRAM: SUPERTRAPEZE™**

- HW 500 Plug
- SP 123P Trapeze Arm
- SP 125A Strap
- HW 305 Buckle
- GR 102 Grip, 6" long
- GR 103 Grip, 10" long
- SP 170E Spring Ring
- HW 320 Hex Key Wrench 5/32" long arm
- HW 112 Set Screw, 5/16"-24x3/8" Cone Point (x3)
- SP 409 E-Handle

**PARTS DIAGRAM: POLE / EXTENSION SCREW / BASE PLATE ASSEMBLY**

- SP 113P Pole
- SP 113PA Pole, Heavy Duty

- SP 114 Plastic Cover Sleeve

- SP 105E Threaded Collar
- SP 105EB Threaded Collar, Heavy Duty
- SP 105EC Threaded Collar, Ultra

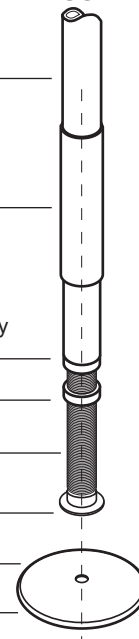
- SP 172E Jam Nut

- SP 107E Extension Screw

- SP 145 Plastic Washer

- SP 112P Base Plate

- SP 118 Base Plate Rubber

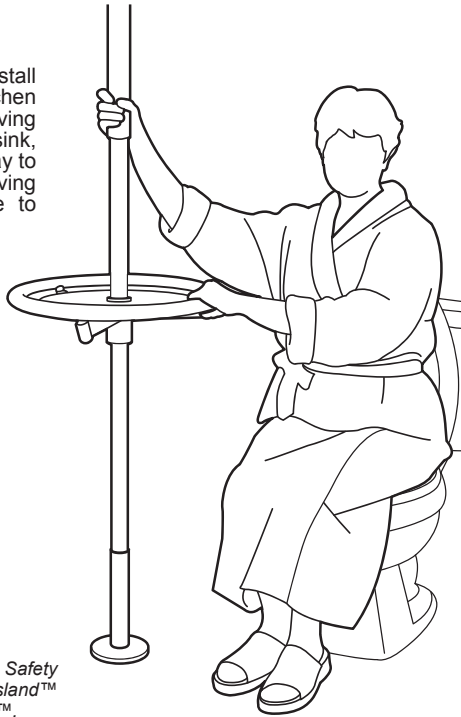
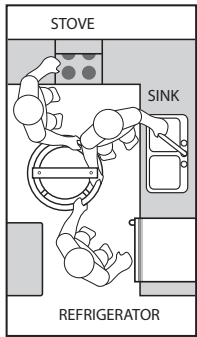




### Add a Safety Island™!

The Safety Island™ is a unique circular ring with a tray that mounts at any height to the SuperPole™.

Ideal For Kitchens. Install in the center of the kitchen for support when moving between chair, table, sink, or counter. Use the tray to place items while moving from cooking surface to kitchen table.



Sold as SuperPole™ with Safety Island™, or add Safety Island™ to an existing SuperPole™.



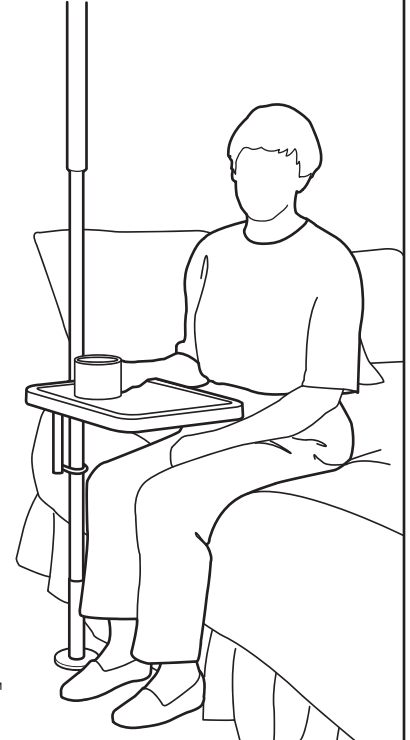
### Add a SuperTray™!

The SuperTray™ simply snaps to the SuperPole™ to provide the convenience of a bed-side or over bed table.

The SuperTray™ is easy to install, remove and adjust in height or position. It is a compact alternative to bulky floor based over bed tables.

The SuperTray™ can be removed from the metal frame and used to transfer meals from the kitchen.

**NOTE:** SuperTray™ not to be used as a weight bearing surface.

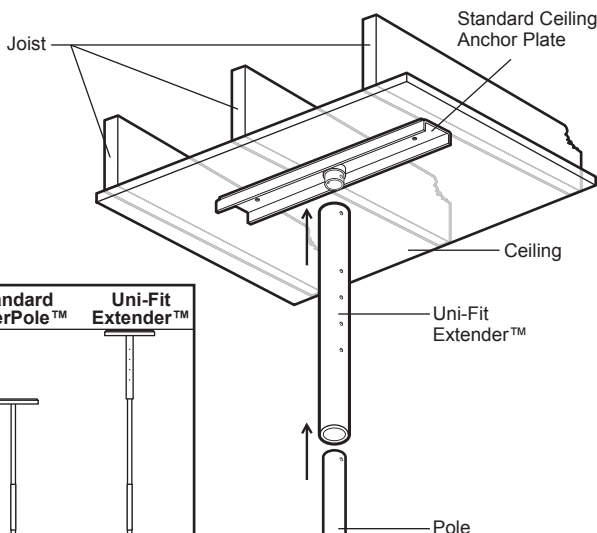


Sold as SuperPole™ with SuperTray™, or add SuperTray™ to an existing SuperPole™.

### Uni-Fit Extender™

The Uni-Fit Extender™ is added to the SuperPole™ to increase its height range from 93-99" to 100-120".

**NOTE:** Not to be used with the SuperTrapeze™.



### Ceiling Plate Extender™

The Ceiling Plate Extender™ is added to the standard SuperPole™ ceiling plate to increase its span from 20" to 30". It may be used in cases where the SuperPole™ is expected to be subjected to more aggressive use, or where ceiling structural beams have increased spacing (such as 24" between centers).

