

# USE AND MAINTENANCE MANUAL

## PARALLEL BARS 4 METRES



### PARALLEL BARS 4 MT MODELS

Description	Code
4 mt steel handrails	1311130

#### FISIOTECH SRL

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# Table of contents

<b>INTRODUCTION</b>	<b>p. 3</b>
<b>SAFETY – WARRANTY – UNPACKING – DISPOSAL</b>	<b>p. 4</b>
<b>PRODUCT LABEL AND SYMBOLS</b>	<b>p. 5</b>
<b>TECHNICAL SPECIFICATIONS AND MODELS</b>	<b>p. 6</b>
<b>HOW TO USE THE PARALLEL BARS</b>	<b>p. 7</b>
<b>ASSEMBLY INSTRUCTIONS</b>	<b>p. 8-16</b>
<b>FORBIDDEN ACTIONS</b>	<b>p. 17</b>
<b>WARNINGS – MAINTENANCE – CLEANING</b>	<b>p. 18</b>
<b>ACCESSORIES</b>	<b>p. 19</b>
<b>INSPECTION RECORD SHEET</b>	<b>p. 20</b>

## INTRODUCTION

The purpose of this manual is to provide users and operators with the necessary information to use the parallel bars properly, autonomously, and safely.

This manual contains information on the technical features, operation, maintenance, spare parts and security of the equipment.

This manual must always be carried with the equipment and stored with care so that the readability is not compromised.

In case of transfer of use to a third party, this manual must be transferred as well, along with the other documents, as provided by EU Regulation 2017/745.

### Intended use

The parallel bars allow performing exercises for gait rehabilitation safely. They are made of powder-coated steel. The handrails are made of steel and are adjustable in height and width. Optional accessories are useful instruments to create various types of rehabilitation courses.

### Manufacturer's details

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### Storing

In case of storing, the following environmental conditions must be ensured: relative humidity 10% ÷ 90 % - temperature -10°C ÷ +50°C – Clean place.



**WARNING! Thoroughly read the manual before use.**

**FISIOTECH SRL refuses any responsibility and is not liable in case any damage to people and/or goods caused by the improper use of the parallel bars, by negligent or not-qualified staff or by non compliance with these instructions occurs.**

## SAFETY



### **WARNING! Do not use the the parallel bars:**

- On unstable floors or near inclined floors, steps, etc.
- If they have been tampered with or modified.
- If you have not adjusted and tightened Knobs/ratchet handles of the handrails



### **WARNING!**

- Do not adjust the handrails when the patient is using the parallel bars.
- The sliding and moving mechanical parts may harm the user.
- Do not use the stabiliser if you have not installed the stoppers.
- The platform is made of wood covered in non-slipping material. It may catch fire is exposed to open flames
- Do not spill liquids, as the water accumulation may damage the platform.

## WARRANTY

The warranty of the parallel bars covers only the manufacturing defects for 24 months starting from the date of delivery. The warranty does not cover: consumables and items of normal wear, breakdowns caused by any impact and/or fall, wrong or improper use, use by non qualified personnel. The warranty is void if the device has been tempered with. Warranty repairs are carried out at our operational headquarters and prior authorization. The products to be repaired under warranty must be shipped to the manufacturer freight prepaid and with the original packaging. A copy of the invoice and of the transport document has to be sent along with a written request in order for the products to be repaired.

## UNPACKING

After placing the pallet containing the couch on a suitable surface cut the plastic straps securing the pallet to the parallel bars and closing the box.



**WARNING! Be careful not to cut your hands while handling cutters, scissors or other cutting items. The use of rounded edge scissors is advised to avoid harming your hands and the the equipment. Save packaging for a possible return to the manufacturer. Dispose of plastic straps, bubble wrap and cardboard as recyclable products.**

## DISPOSAL

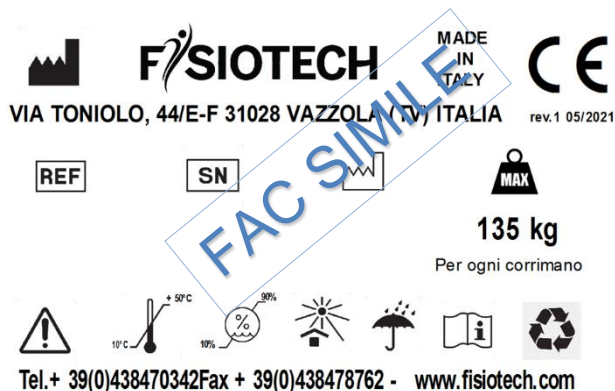














This symbol on a product means that it should not be thrown with regular waste, but disposed of following the laws on recycling/disposal in force in your country/region.



**WARNING!** The waste must be recycled. It should not be thrown with regular waste, but disposed of following the laws on recycling in force in your country/region.

## PRODUCT LABEL – SYMBOLS

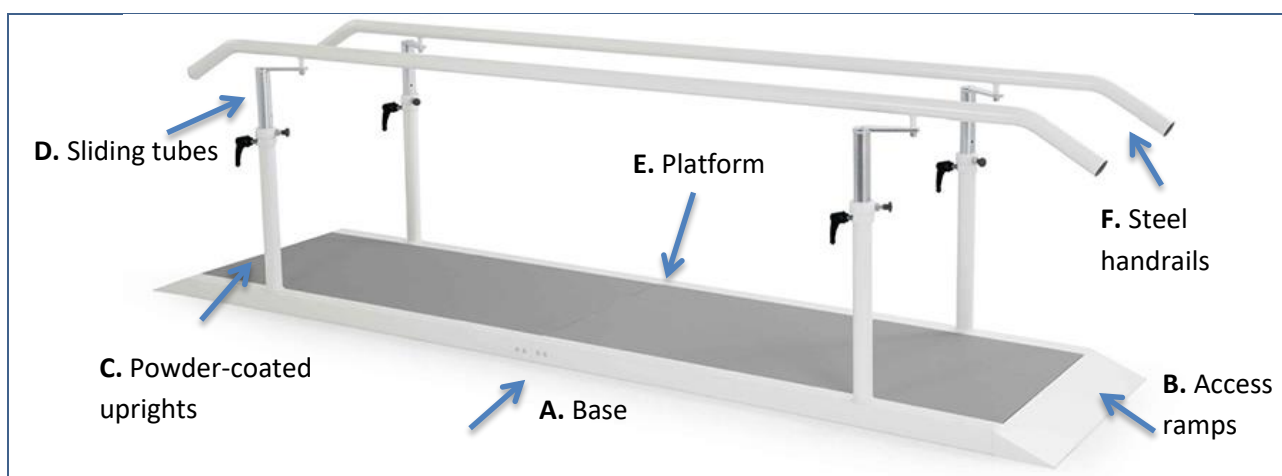


	Manufacturer
	Product Code
	Serial Number
	Date of manufacture
	Max working load
	Warning
	Temperature limit
	Humidity limitation
	Keep away from sunlight and heat sources
	Keep away from rain
	Read the instructions
	Differentiated collection

## PARALLEL BARS TECHNICAL SPECIFICATIONS

- A. The base (frame) of the parallel bars is made of textured RAL 9001 powder-coated steel.
- B. Textured RAL 9001 powder-coated steel access ramps.
- C. Textured RAL 9001 powder-coated steel tube diameter 48 mm uprights.
- D. Zinc-plated steel tube diameter 42 mm sliding tubes.
- E. Chipboard platform, width 59 cm. With nonslip covering.
- F. Anatomic handrails, dimensions 53x43. Wooden or steel handrails, depending on the model.

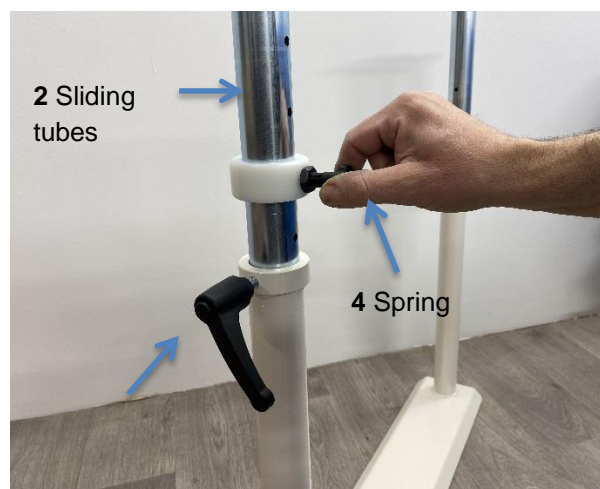
Product code	1311130
Length	400 cm
Handrails width	from 40 to 80 cm
Platform width	59 cm
Base width	70 cm
Handrails height	from 71,5 to 101,5 cm
Single handrail maximum load	135 kg



## HOW TO USE THE PARALLEL BARS

- In order to adjust the height of the handrails unscrew the knobs/adjustable handles (3), lift or lower the zinc-plated sliding bars (2) moving the spring (4). **Warning!** The handrails must have the same height. **Warning!** When the height has been adjusted, fasten the knobs/ratchet handles (3) before use.
- In order to adjust the width, simply turn the sliding tubes (2) until you reach the desired width. **Warning!** When the width has been adjusted, fasten the knobs/adjustable handles (3) before use

Height and width adjustment of the handrails



3 knobs/ratchet handles



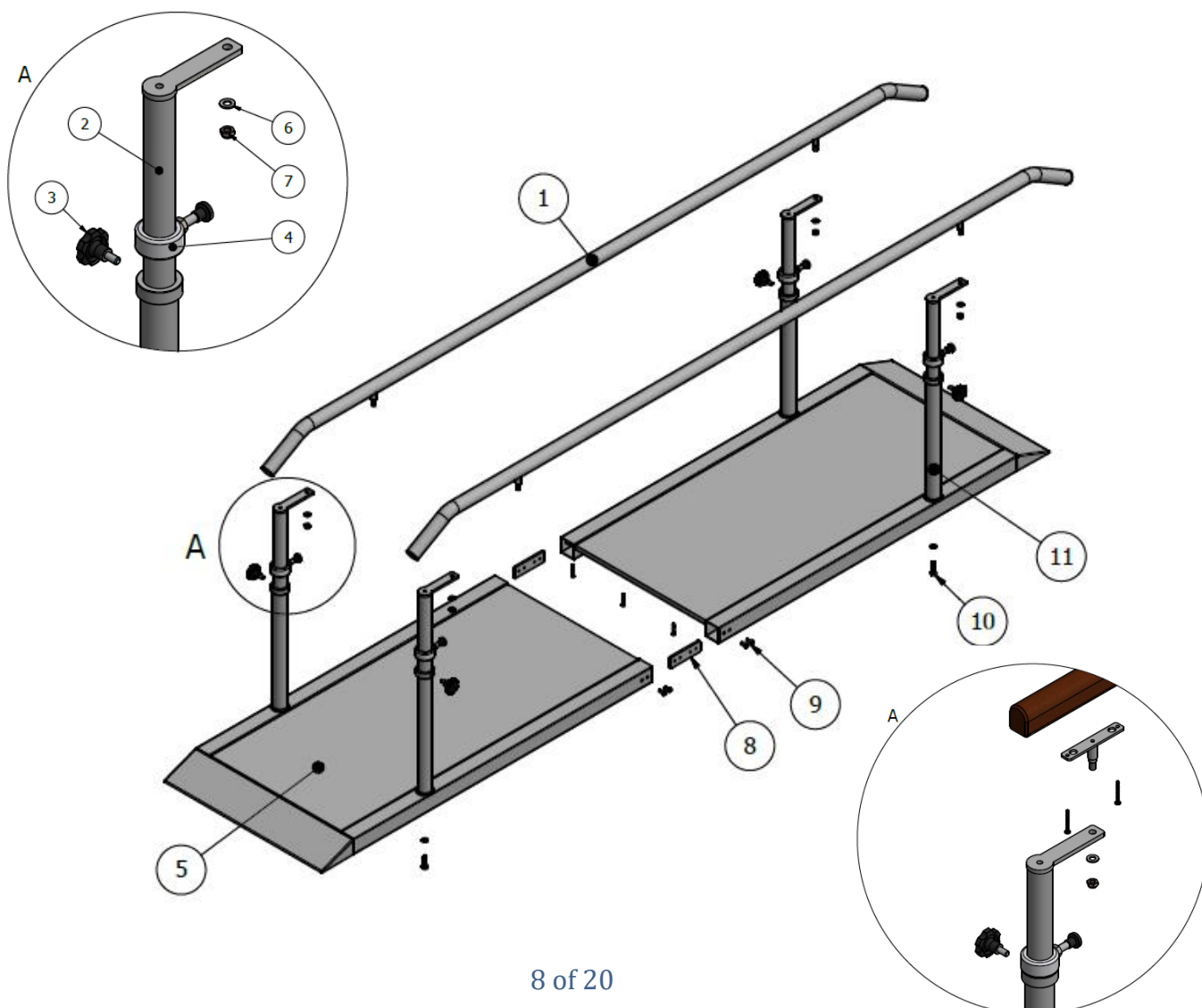
### WARNING

- Do not adjust the handrails when the patient is using the stairs.
- When the height and the width have been adjusted, fasten the knobs/ratchet handles (3) before use.

## ASSEMBLY INSTRUCTIONS

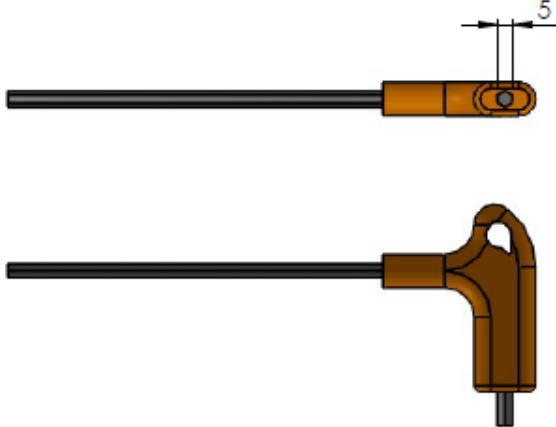
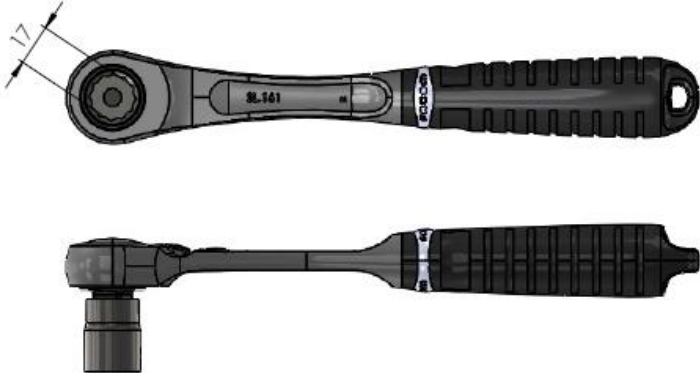

- A. Unpack all the parts of the parallel bar (see Unpacking page 4).
- B. Place the bases (5) on the floor as indicated in the image (the 3 m parallel bars have two bases).
- C. **Equip yourself with the tools listed on page 9.**
- D. Fix the ramp and the base together. **See page 10 STEP 1.**
- E. Fix the bases together using the plates (8) and the specific screws (9). Make sure that the bases are aligned. Make sure that you tighten the screws. **See pages 11 and 12 STEPS 2 and 3.**
- F. Mount the powder-coated uprights (11) to the bases (which are now a single base) with the specific screws (11), making sure that the knobs/ratchet handles (3) are on the outside (see image on **pages 13 and 14 STEPS 4 and 5**). Make sure that you tighten the screws.
- G. Insert the zinc-plated sliding tubes (2) in the powder-coated uprights (11). The sliding tubes have the position rings and the spring (4) on them. **Warning!** The handrails (1) must have the same height. **See page 15 STEP 6.**
- H. Assembly the handrails (1) on the sliding tubes (2) using the washers (6) and the nuts (7). Make sure the nuts are tightened. **See page 16 STEP 7.**
- I. **Warning** When you reach the desired height, tighten the knobs / adjustable handles. Now the parallel bar is ready for use.

*For more details on the assembly, see pages 9 to 16.*



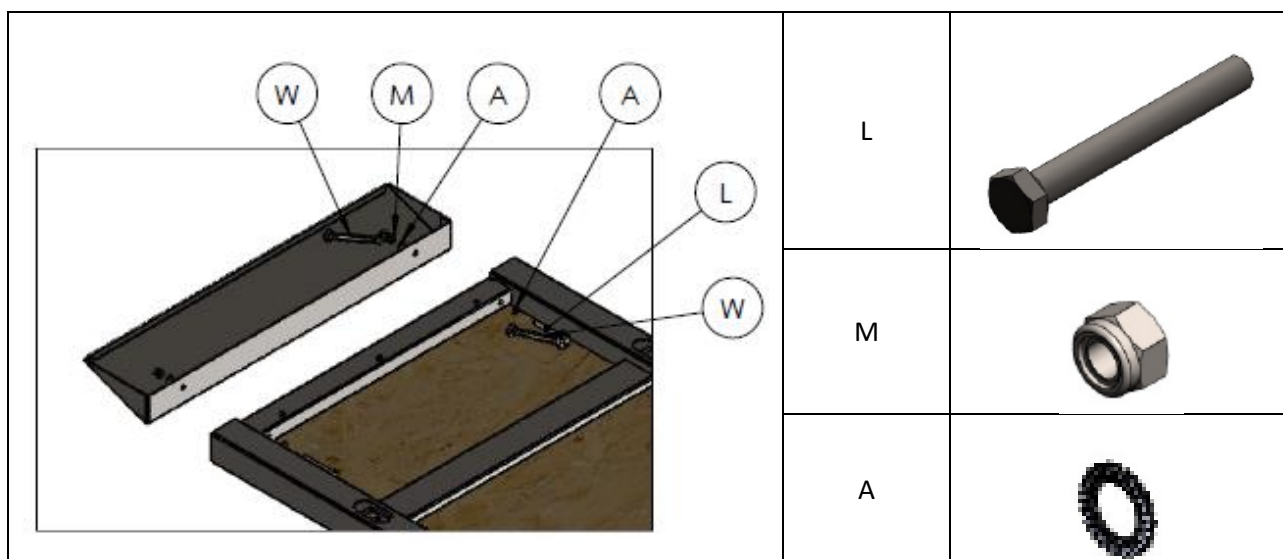


## REQUIRED TOOLS

Code USED	PICTURE
X	
Y	
Z	

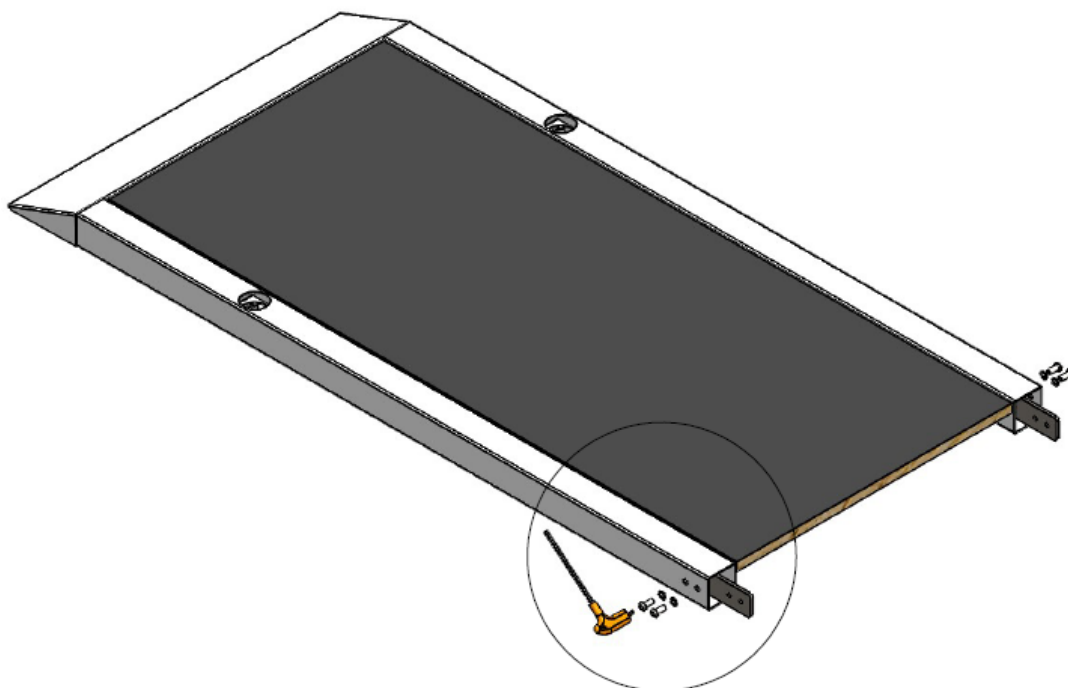
## STEP 1

Place the base on the floor as shown in the picture and fix the ramp with screws (L), washers (A), and nuts (M).



## STEP 2

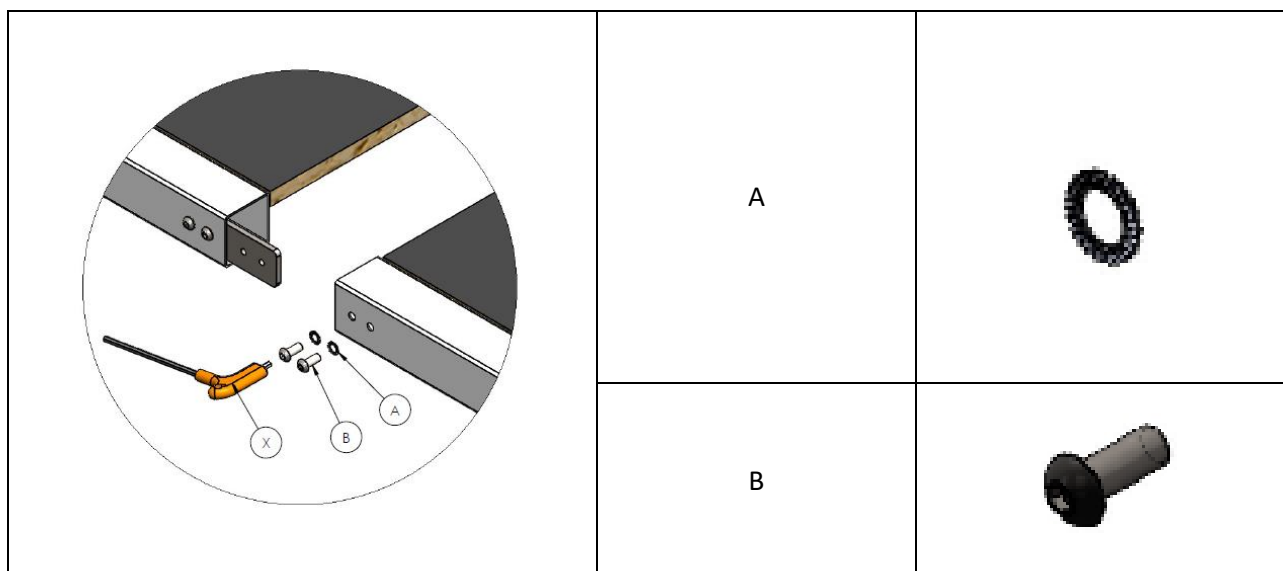
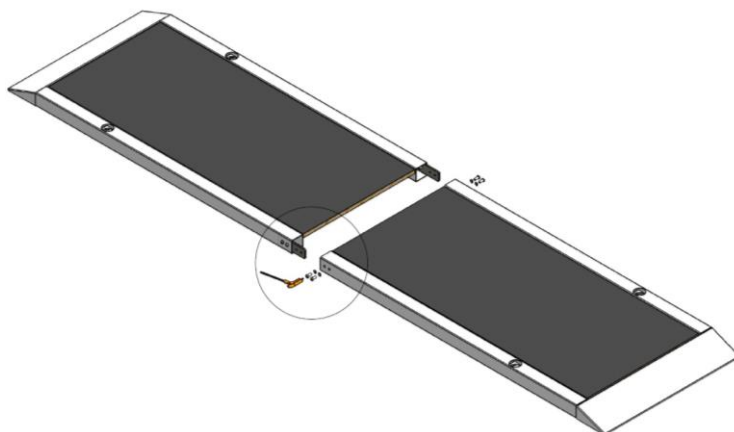
Insert the two plates (C) and fix them to the base with the washers (A) and the screws (B).



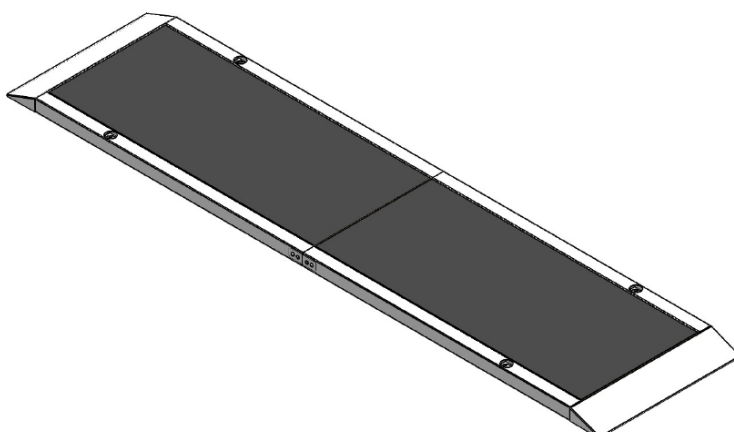
	A	
	B	
	C	

### STEP 3

Put the bases one near each other and fix them with washers (A) and screws (B).

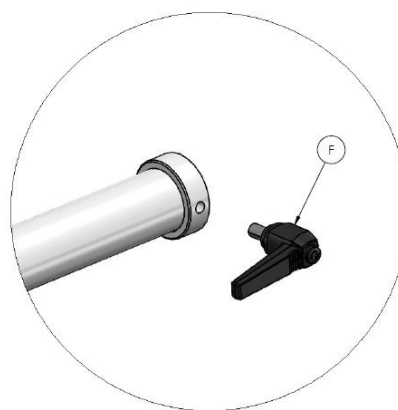
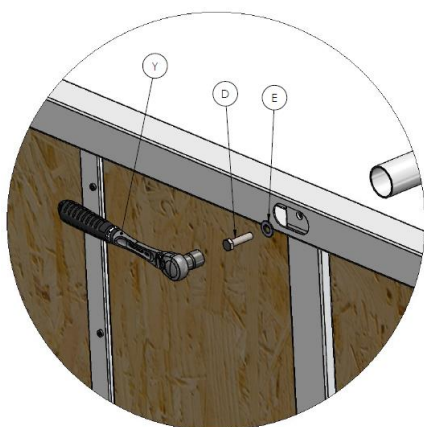
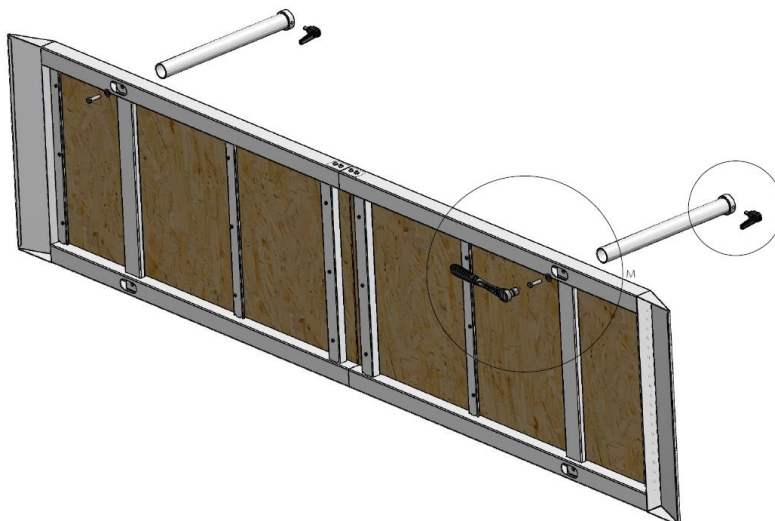


At the end of stage 2 the bases will be fixed together.



## STEP 4

Put the base on one side and insert two uprights in their position. Block them with washers (E) and screws (D). Pay attention to the position of the knobs/ratchet handles (F) as per image below.



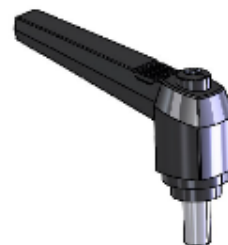
E



D

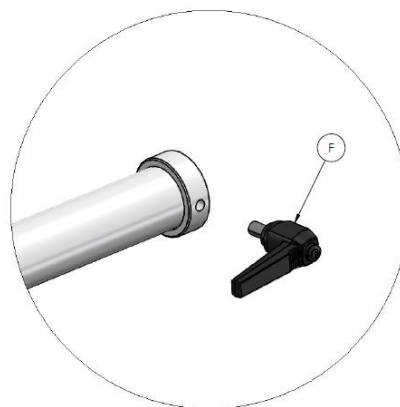
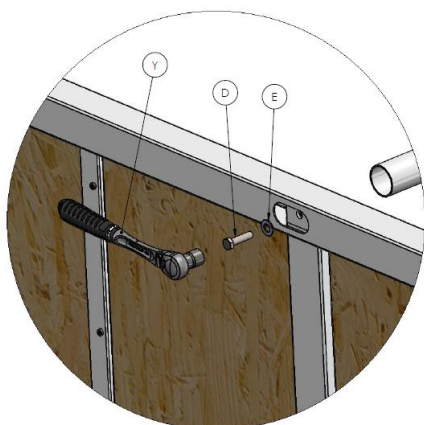
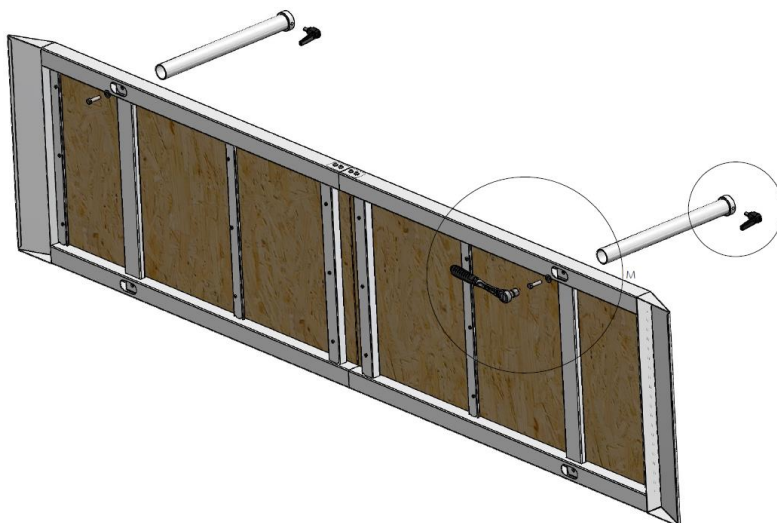


F



## STEP 5

Repeat step 3 with the other two uprights, fixing them with washers (E) and screws (D). Pay attention to the position of the knobs/ratchet handles (F) as per image below.



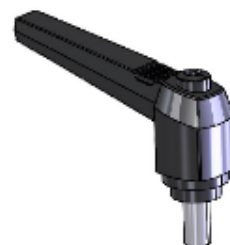
E



D

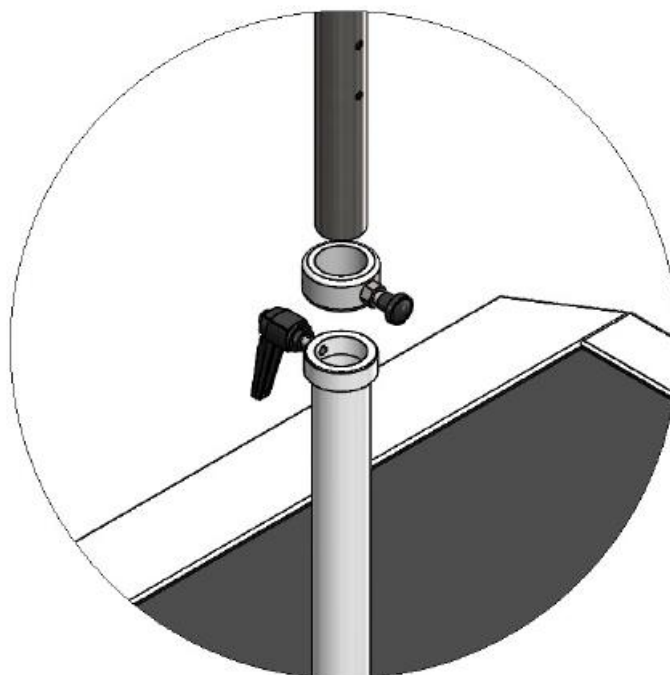
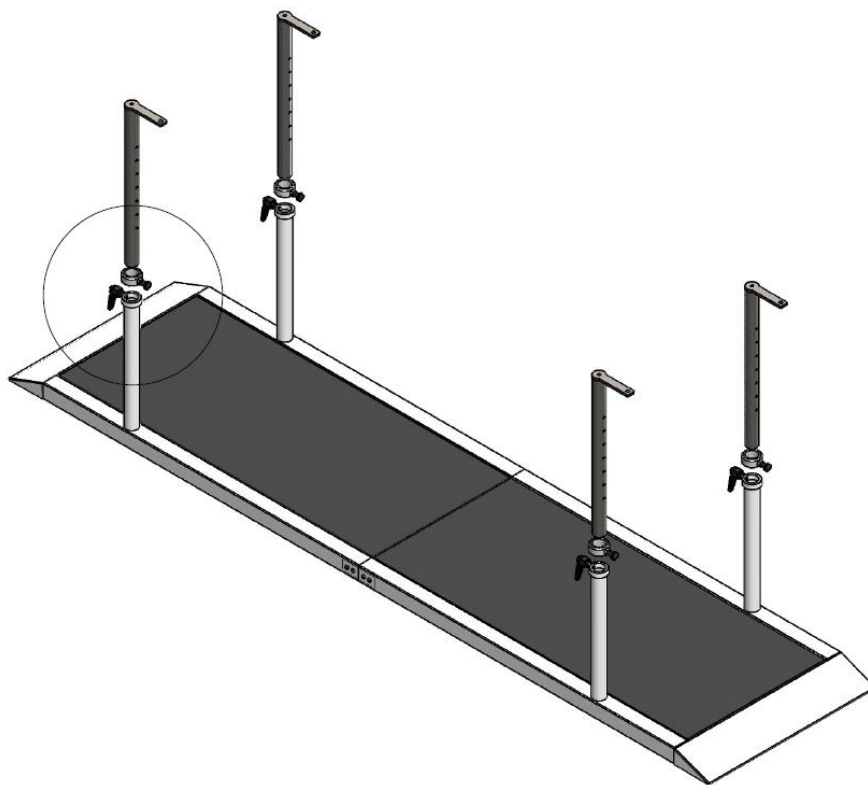


F



## STEP 6

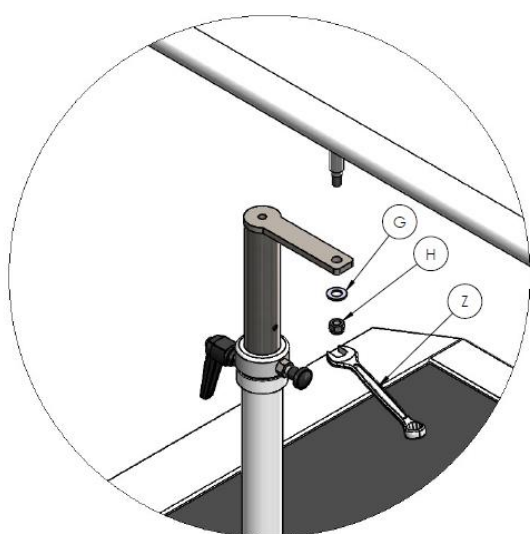
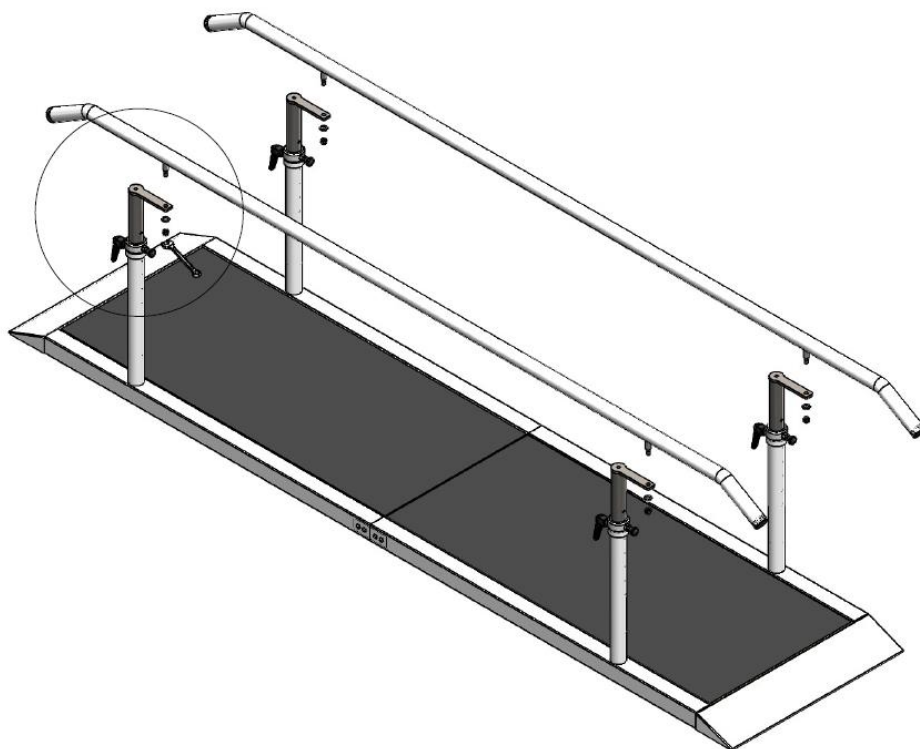
Turn the base and place the elements as per image.





## STEP 7

Fix the handrails with the washers (G) and nuts (H). **WARNING! DO NOT screw in completely, as the handrail translation will stops.**



G



H







## WARNING



**WARNING!** The professional should never leave the patient unattended to prevent falls. The manufacturer is not liable for any damage to people and/or goods caused by negligent and/or not-qualified personnel.

## MAINTENANCE

Maintenance must be carried out by a specialist, an electrician or someone who is familiar with the content of this manual.

Check the safety conditions of the device after any incident such as falls, violent impacts, spilling of liquids, etc. and any time you deem it necessary.



### WARNING!

- In case of safety hazard, the device must be unplugged and is not to be used until safety is restored.

MAINTENANCE	WHAT TO DO
The parallel bars do not need a particular maintenance. We recommend you follow these steps:	Check the tightening of screws and bolts, if the knobs are stripped, the absence of structural damages and deformations every 3 months or after heavy usage.

## CLEANING

**CLEANING THE PARALLEL BARS:** Dust with a dry or at most a lightly damp non-abrasive cloth and let dry. **Warning!** Water accumulation on flights and landing could damage the stairs.

**CLEANING THE HANDRAILS:** Dust with a dry or at most a lightly damp non-abrasive cloth and let dry.

## OPTIONAL ACCESSORIES

CODE	DESCRIPTION
<b>1311200</b>	Stabiliser
<b>1311221</b>	Obstacles/divider board set with magnets. Dimensions: 65x13x1,5 cm
<b>1311230</b>	Concave/convex platforms. Dimensions: 290x46x8,5 cm
<b>1311250</b>	Platform with dividers. Dimensions: 290x50x3 cm
<b>1311260</b>	Motor training sandbags. Dimensions: 38x20 cm
<b>1311270</b>	Motor training PVC bags. Dimensions: 38x20 cm
<b>1311280</b>	Wooden rollers. Dimensions: Ø 3 length 20 cm
<b>1311290</b>	Wooden sticks. Dimensions: Ø 1 length 20 cm

[illegible]