

**SAFETY CONSIDERATIONS**



**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, or mobile homes. 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. 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.

**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.

**WARNING - PATIENT ENTRAPMENT!**

The potential risk of entrapment (limb, neck, head, torso) between the pole and adjacent item (i.e. bed, toilet, etc.) 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.

**Support Pole with Support Bar**  
Also known as SuperPole, APO-SPB-S

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**PRODUCT COMPATABILITY CHART**

FLOOR TO CEILING OPTIONS (EACH SOLD SEPARATELY)				ACCESSORIES (EACH SOLD SEPARATELY)							
MODEL NUMBER	DESCRIPTION	USER WEIGHT CAPACITY	FLOOR TO CEILING RANGE	SUPERBAR™	SAFETY ISLAND™	SUPERTRAPEZE™	SUPERTRAY™	UNI-FIT EXTENDER™	CEILING PLATE EXTENDER™	ANGLED CEILING PLATE	
SP-S	SuperPole™ Floor to ceiling support rail.	300lbs / 136kg	93-99" / 236-251cm	✓	✓	✓	✓	✓	✓		
SP-HD	SuperPole™ Bariatric SuperPole™ with increased weight capacity.	450lbs / 205kg	93-99" / 236-251cm	✓	✓	x	✓	x	✓	x	
SP-UF	Uni-Fit Extender™ Extension tube attaches to SuperPole™.	300lbs / 136kg	100-120" / 254-305cm	✓	✓	x	✓	-	✓	✓	
SP-ULTRA	SuperPole™ Ultra Longer version of the SuperPole™.	300lbs / 136kg	121-140" / 307-356cm	x	x	x	✓	x	✓	✓	
SP-QM	Quick Mount SuperPole™ A SuperPole™ for drop ceilings.	450lbs / 205kg	108-144" / 274-366cm	✓	✓	x	✓	x	x	x	
SP-CUSTOM	Custom Cut SuperPole™ Floor to ceiling measurements required.	300lbs / 136kg	Less than 93" / 236cm	✓	✓	✓	✓	x	✓	✓	
CEILING PLATE ACCESSORIES (EACH SOLD SEPARATELY)											
SP-CPE	Ceiling Plate Extender™ Longer plate (30"/76cm) spans wider ceiling joists (24"/61cm spacing).			✓	✓	✓	✓	✓	-	x	
SP-ACP	Angled Ceiling Plate Bolts to angled ceilings between 0-45°. Top plate diameter 18"/45cm.			✓	✓	x	✓	✓	x	-	

✓ = APPLICABLE X = CANNOT BE USED TOGETHER

## 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:

- What motions will you be going through? (pulling up to standing, lowering to sitting, transferring from chair to toilet, etc.)
- Where will you need the most support? (while walking, while lifting, etc.)
- What is your strongest side/hand?
- What is your complete transfer path? Will the location allow for full support over most of your path of motion?
- Will the pole be far enough away to allow you to stand comfortably?

## SUPERPOLE™ BARIATRIC (SP-HD)

For the SuperPole™ Bariatric, verify that both the pole and ceiling anchor plate are labelled with "Heavy Duty" stickers. Also note the following physical differences between the standard and bariatric models:

- Heavier gauge (thicker wall) pole
- Smaller diameter pole receptacle on top plate

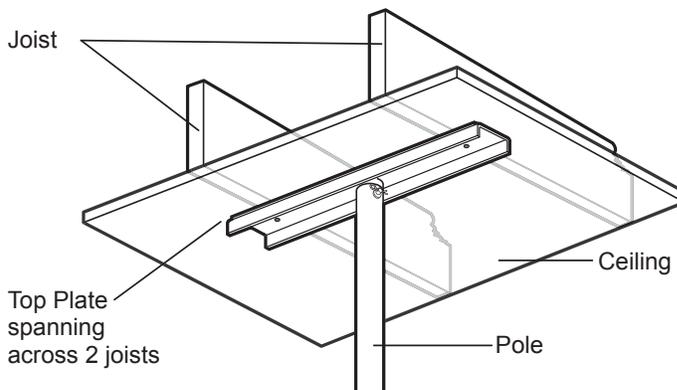
**IMPORTANT:** The top plate for the SuperPole™ Bariatric **MUST BE** secured to the ceiling using two fasteners which are appropriate to the ceiling material. At least one of the two fasteners should secure directly into a ceiling joist. These fasteners are intended to prevent the top plate from dislodging under heavy use.

## STANDARD SUPREPOLE™ TOP PLATE

It is recommended that the top plate be installed to span across two joists in a ceiling as shown below. 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 top plate has two holes that may be used to fix this plate directly to the ceiling or ceiling joists. It is strongly recommended to install screws to prevent slippage in the following situations:

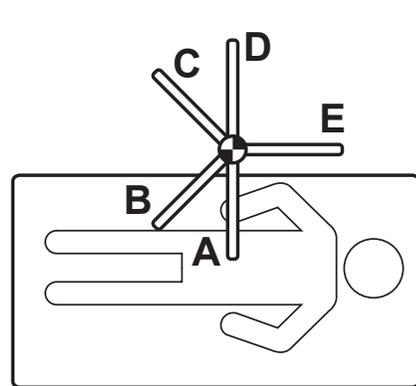
1. If you expect to subject the pole to heavy usage (i.e. pole is used for more than mild support for side to side stability).
2. If you are not able to inspect, or have inspected (and tighten if necessary) the extension screw on a monthly basis.



• Consider adding the optional Ceiling Plate Extender (SP-CPE) to the standard SuperPole™ ceiling plate to increase its span from 20" to 30". Ideal where ceiling joists have increased spacing (such as 24" between centers).

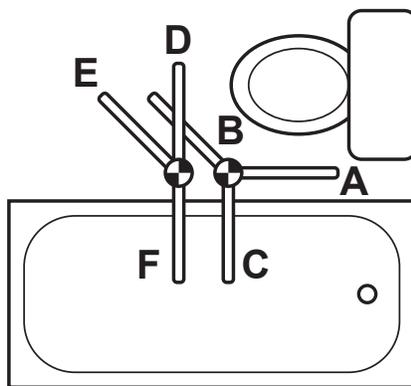
• Do not use on angled ceilings. Consider adding the Angled Ceiling Plate (see page 12) for this application.

## 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.



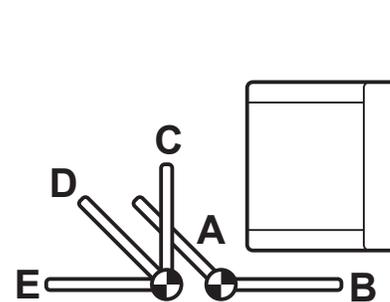
### BATHROOM

#### TOILET and / or BATHTUB

Locate pole 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 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.

## SUPERPOLE™ INSTALLATION INSTRUCTIONS

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

**A1.** Unpack the top 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).

**A2.** Remove the clevis pin (3) from the top plate (1).

**A3.** Align the locking pin holes of the pole and the top plate. Insert the clevis pin (3) removed in step A1, and secure with nylon washer (4) and cotter pin (5) as shown in **Figure 1**.

**A4.** To prepare, turn the extension screw (8) until the distance from the top plate (1) to the bottom of the extension screw is about two inches less than the actual floor to ceiling height as shown in **Figure 2a**. You may need to turn the jam nut (9) downward to allow the extension screw to rotate.

**A5.** Place the base plate (7) on the floor at the intended location of the pole. Move the pole into position as shown in **Figure 2b**. Insert the stem at the bottom of the extension screw (8) into the hole of the base plate (7) as shown in **Figure 2c**.

**HINT** - It is easier to swing the pole up from the side of the top plate as shown in **Figure 3**. If the top plate hits the ceiling prior to reaching vertical you will need to shorten the length of the extension screw.

**A6.** Set the pole to a true vertical position. This may be done 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.

**A7.** 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 - CW) as shown in step 1 of **Figure 4** to make the top plate contact the ceiling. Continue turning the extension screw approximately two to five turns until the pole is secure and ready for testing in step A8.

**NOTE:** The top plate must contact the ceiling squarely. This can be facilitated by having a second person hold the pole vertical while another turns the extension screw.

**A8.** Test the pole by firmly holding it at mid-height and vigorously 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 top plate appear to slide or shift, reset the pole to vertical, tighten the extension screw up to one more turn and repeat the test until the pole will not move during this test.

**A9.** Turn jam nut (9) counter clockwise (CCW) to make contact with the bottom of the pole as shown in step 2 of **Figure 4**.

**A10.** Lock the extension screw by simultaneously turning jam nut (9) and extension screw (8) counterclockwise until jammed tight (as shown in step 3 of **Figure 4**). When finally tight, remove the turning rod.

**A11.** Slide the cover sleeve (6) down to cover the extension screw.

Your SuperPole™ installation is now complete.

Figure 1.

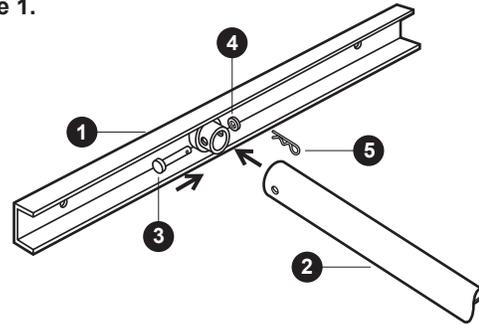


Figure 2a.

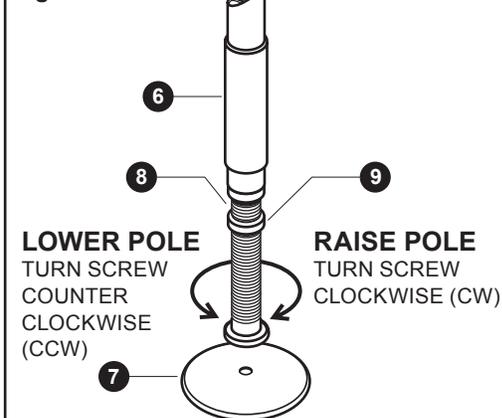


Figure 2b.

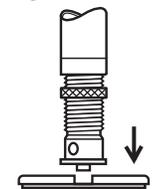


Figure 2c.

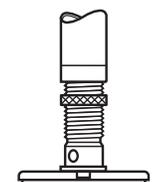


Figure 3.

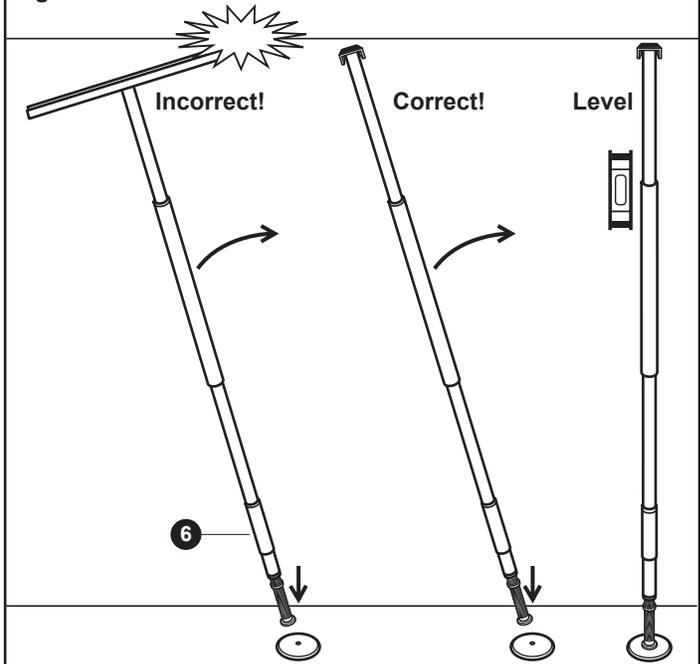
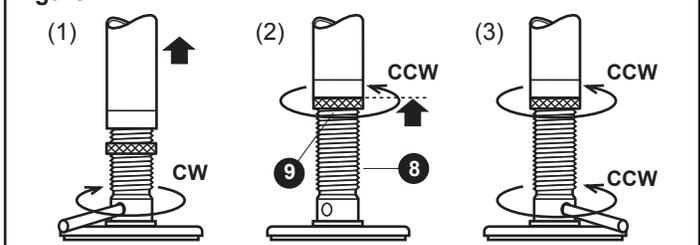


Figure 4.



**SP-P: SUPERPOLE™**

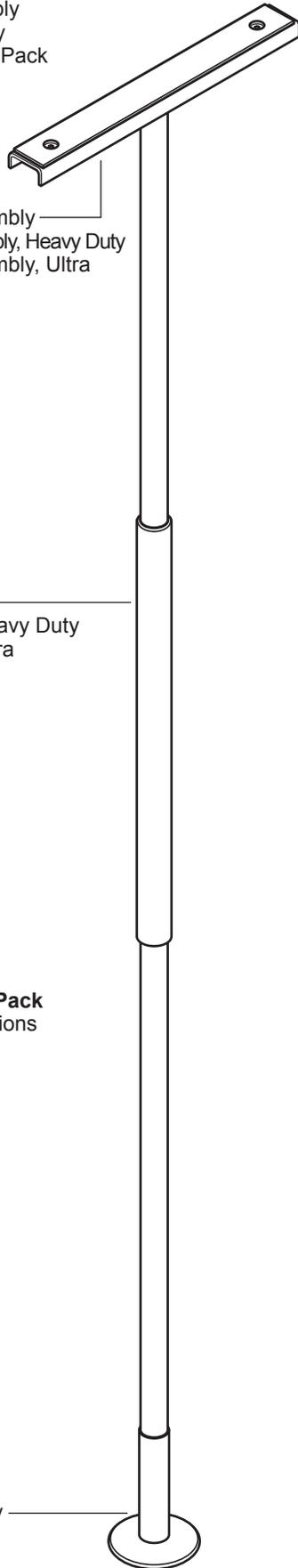
- SP-P Pole Assembly**
- SP-BX Pole Parts Box**
- SP402 Base Plate Assembly
- SP403 Top Plate Assembly
- SP500 SuperPole™ Parts Pack

- SP403 Top Plate Assembly
- SP403HD Top Plate Assembly, Heavy Duty
- SP403HDU Top Plate Assembly, Ultra

- SP-P Pole Assembly
- SP-PHD Pole Assembly, Heavy Duty
- SP-PU Pole Assembly, Ultra

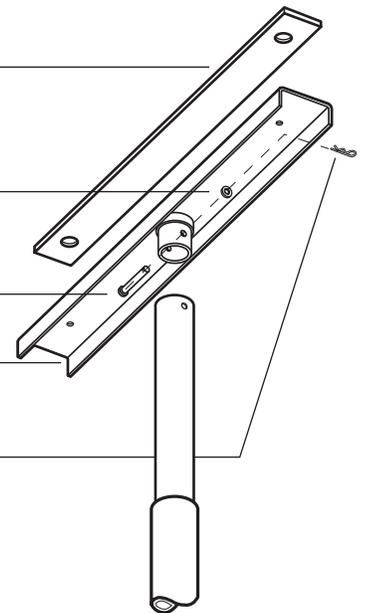
- SP500 SuperPole™ Parts Pack**
- DC100 SuperPole™ Instructions
- MK100 Brochure

- SP402 Base Plate Assembly



**SP403 / HD / HDU: TOP PLATE ASSEMBLY**

- SP117 Top Rubber
- HW318 Nylon Washer
- HW302 Clevis Pin
- SP115 / HD / HDU Top Plate / Heavy Duty / Ultra
- HW323 Cotter Pin



**SP-P / HD / HDU: POLE ASSEMBLY**

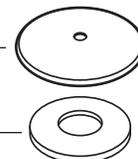
- SP400 Pole with Grip**
- SP113 / HD / HDU Pole / Heavy Duty / Ultra
- GR101 Grip, 20" Length

- SP114 Plastic Cover Sleeve
- SP105 Threaded Collar
- SP105HD Threaded Collar, Heavy Duty
- SP105HDU Threaded Collar, Ultra
- SP172 Jam Nut
- SP107 Extension Screw
- SP145 Plastic Washer



**SP402: BASE PLATE ASSEMBLY**

- SP112 Base Plate
- SP118 Base Plate Rubber



## SUPERBAR™ INSTALLATION INSTRUCTIONS

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

**B1.** Complete steps A1 to A3 on page 4, and then continue with step B2.

**B2.** Remove the cover sleeve (6) from the pole assembly (2).

**B3.** Unpack the contents of the SuperBar™ parts box.

**B4.** Using the small hex key wrench (11) and a countersunk screw (12), attach one white plastic pivot bushing (13) to the T-bar assembly as shown in **Figure 5**. Set aside the other plastic pivot bushing and screw.

**B5.** Slide the spring collar (17) upwards on the castellated collar (14) assembly to gain access to the set screws as shown in **Figure 8a**.

**B6.** Remove the three set screws (15) from the castellated collar (14) using the large hex key wrench (16) as shown in **Figure 8a**.

**B7.** Slide the items (in order below and as shown in **Figure 6**) onto the pole as straight as possible to avoid scratching the pole: pivot bushing (13) bolted inside T-bar assembly (10), spring collar (17) with castellated collar (14), pivot bushing (13) and cover sleeve (6) removed in step B2.

**B8.** The SuperPole™ installation must be completed before continuing with the SuperBar™ installation. Complete steps A4 to A10 on page 4, and then continue with step B9.

**B9.** Determine the desired height and locking positions of the SuperBar™ as shown in **Figure 7**.

**Height of T-bar:** The height at which the castellated collar is secured will determine the T-bar assembly height. Consider the optimal height (H) of the bar from sitting and standing positions.

**Rotational Locking Positions of T-bar:** Each groove on the castellated collar corresponds to a rotational locking position for the T-bar assembly. Fix the grooves to have the T-bar assembly lock where required as discussed on page 3 ("Getting Started").

We recommend a placement test (lightly installing only one set screw) to hold the castellated collar in place to verify the settings are suitable. With this one screw in place, lower the T-bar assembly onto the castellated collar, gently engage the lock and verify if the bar is in the correct location.

### ENSURE HEIGHT / ORIENTATION OF CASTELLATED COLLAR IS CORRECT BEFORE PROCEEDING.

**B10.** With the castellated collar (14) in the desired location, insert and tighten the three set screws (15) with the larger hex key wrench (16) as shown in **Figure 8a**. When tightening, the cone points of the set screws will penetrate the pole (leaving permanent indentations) as shown in **Figure 8b**. **The set screws MUST be tightened until the back end of the screw is flush with the collar** or injury may result.

- 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, thereby weakening the pole.

- For the SuperPole™ Bariatric, you may notice it requires a great deal of effort to screw in these fasteners. This is due to the thicker gauge of steel used to make the pole.

**B11.** Slide the spring collar (17) downward on the castellated collar (14) as shown in **Figure 8a** to retain set screws (15) while in service. Inspect frequently to ensure screws and collar are tight.

**B12.** Lower the T-bar assembly onto the castellated collar and install the remaining white plastic pivot bushing (13), securing it with the countersunk screw (12) using the small hex key wrench (11).

Your SuperPole™ with SuperBar™ installation is now complete.

Figure 5.

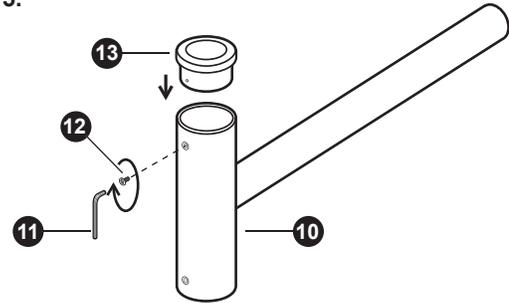


Figure 6.

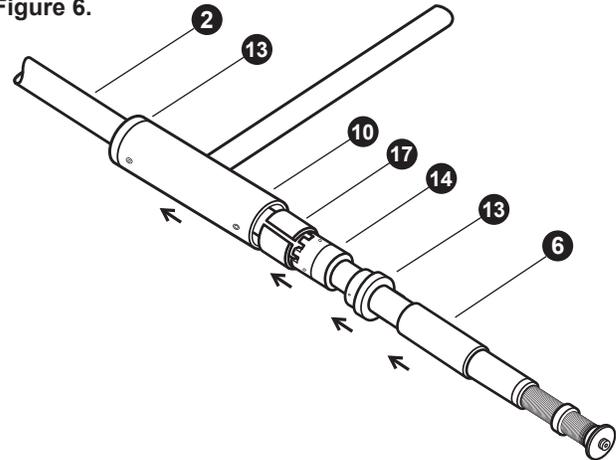


Figure 7.

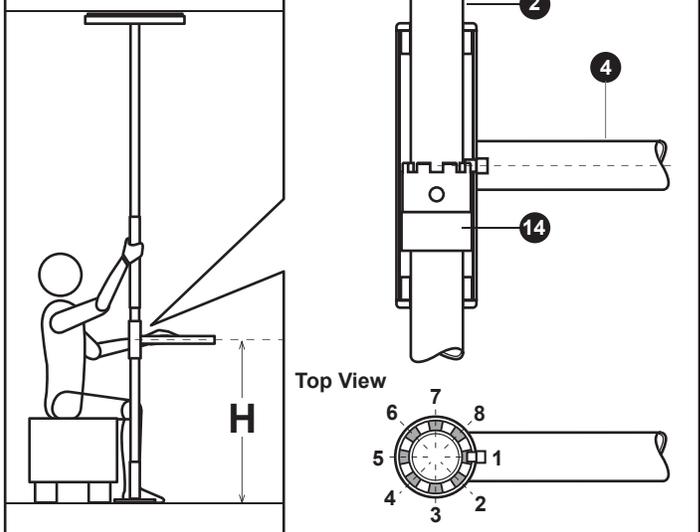


Figure 8a.

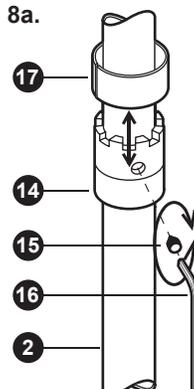
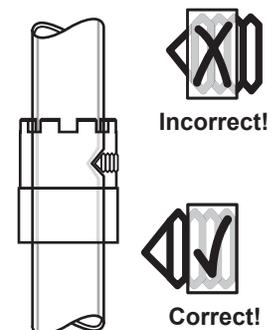


Figure 8b.



**SPB-S: SUPERPOLE™ WITH SUPERBAR™**

**SUPERBAR™**

- SP-P Pole Assembly**
- SPB-BX SuperBar™ Parts Box**
- SP402 Base Plate Assembly
- SP403 Top Plate Assembly
- SP404 SuperBar™ Assembly
- SP411 Castellated Collar Assembly
- SP501 SuperBar™ Parts Pack

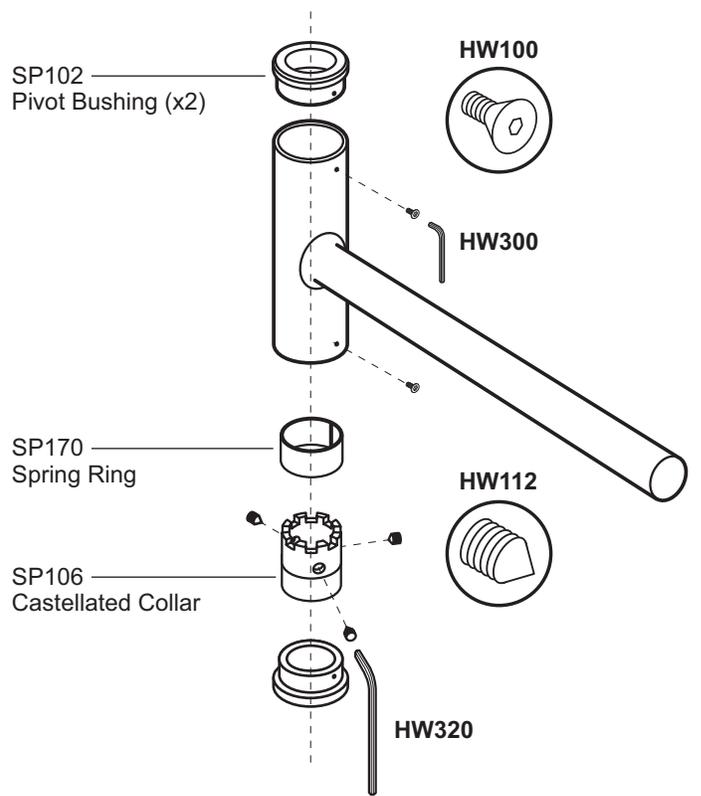
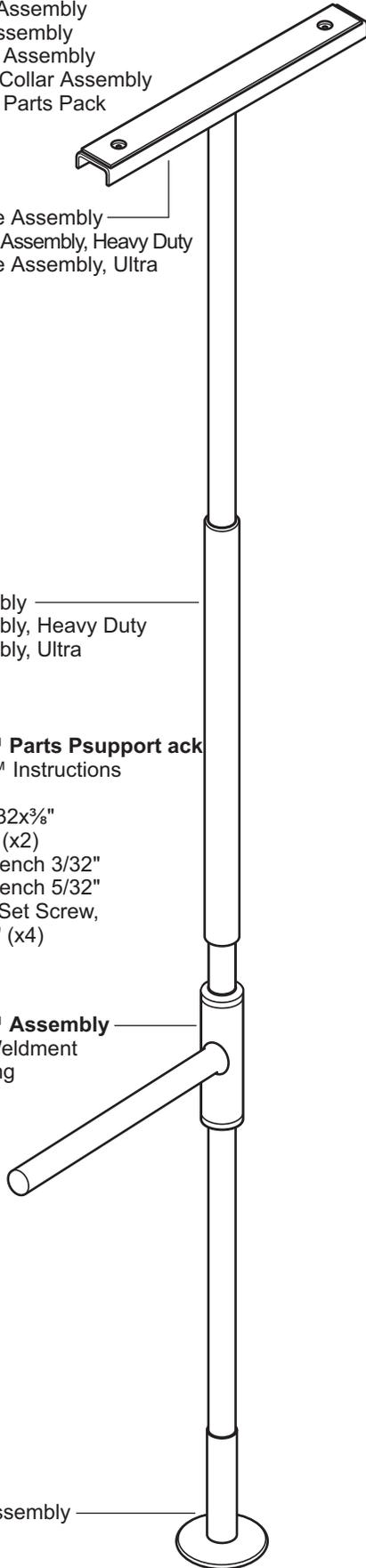
- SP403 Top Plate Assembly
- SP403HD Top Plate Assembly, Heavy Duty
- SP403HDU Top Plate Assembly, Ultra

- SP-P Pole Assembly
- SP-PHD Pole Assembly, Heavy Duty
- SP-PU Pole Assembly, Ultra

- SP501 SuperBar™ Parts Pack**
- DC100 SuperPole™ Instructions
- MK100 Brochure
- HW 100 FHSCS #8-32x3/8" S/S Screws (x2)
- HW 300 Hex Key Wrench 3/32"
- HW 320 Hex Key Wrench 5/32"
- HW 112 Cone Point Set Screw, 5/16"-24x3/8" (x4)

- SP404 SuperBar™ Assembly**
- SP116 SuperBar Weldment
- GR100 Grip, 16" long

- SP402 Base Plate Assembly



**HARDWARE**

**HW100**  
Set Screw, FHSCS, #8-32 x .375", S/S **x2**

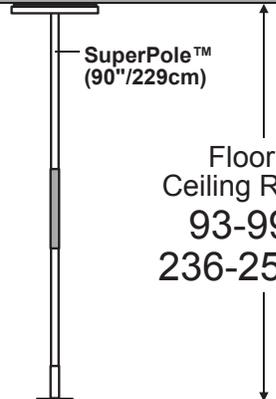
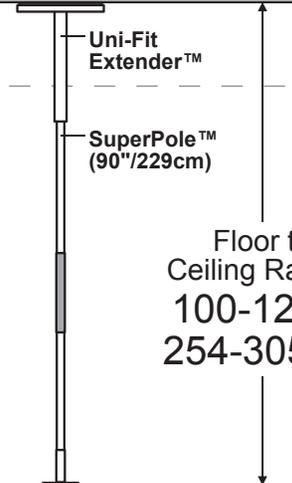
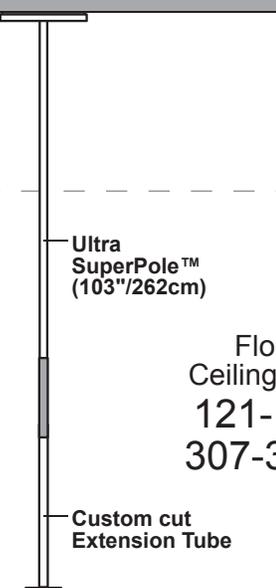
**HW112**  
Set Screw, Cone Point, 5/16"-24x3/8" **x3**

**HW300**  
Hex-Key, 3/32", Short Arm **x1**

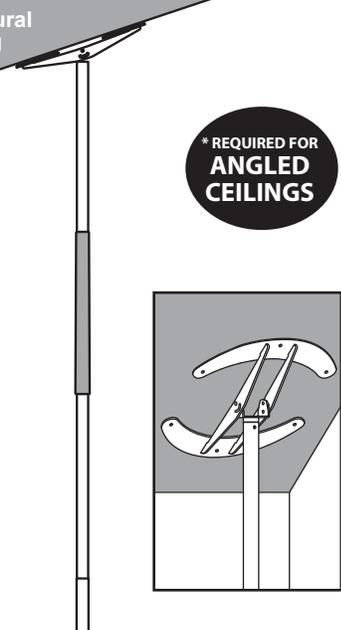
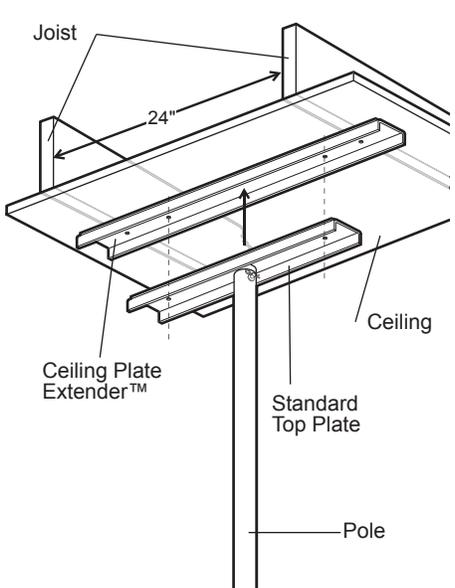
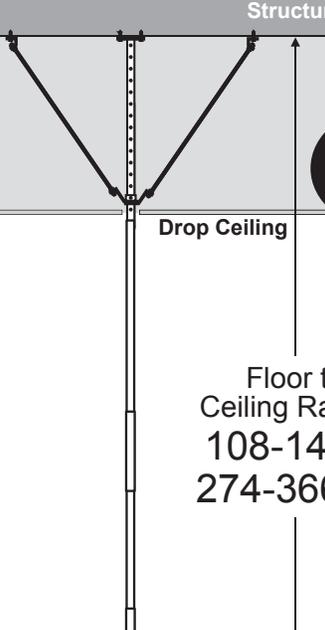
**HW320**  
Hex-Key, 5/32", Long Arm **x1**

\*not to scale

## Solutions for Ceiling Height Challenges

 <p>Structural Ceiling</p> <p>SuperPole™ (90"/229cm)</p> <p>Floor to Ceiling Range: 93-99" / 236-251cm</p>	 <p>Structural Ceiling</p> <p>Uni-Fit Extender™</p> <p>SuperPole™ (90"/229cm)</p> <p>Floor to Ceiling Range: 100-120" / 254-305cm</p>	 <p>Structural Ceiling</p> <p>Ultra SuperPole™ (103"/262cm)</p> <p>Custom cut Extension Tube</p> <p>Floor to Ceiling Range: 121-140" / 307-356cm</p>
<p><b>SuperPole™</b></p> <p>A floor to ceiling pole that expands between the floor and ceiling (up to 8 feet) to create unparalleled sturdiness and reliability.</p>	<p><b>Uni-Fit Extender™</b></p> <p>An extension tube that mounts to the top of the SuperPole™ to increase the floor to ceiling range up to 10 feet.</p>	<p><b>SuperPole™ Ultra</b></p> <p>A longer SuperPole™ used with a custom cut extension tube to increase the floor to ceiling range up to 11.5 feet.</p>

## Solutions for Ceiling Construction Challenges

 <p>Structural Ceiling</p> <p><b>* REQUIRED FOR ANGLED CEILINGS</b></p>	 <p>Joist</p> <p>24"</p> <p>Ceiling Plate Extender™</p> <p>Standard Top Plate</p> <p>Ceiling</p> <p>Pole</p>	 <p>Structural Ceiling</p> <p><b>* IDEAL FOR DROP CEILINGS</b></p> <p>Drop Ceiling</p> <p>Floor to Ceiling Range: 108-144" / 274-366cm</p>
<p><b>Angled Ceiling Plate</b></p> <p>A circular top plate that replaces the standard top plate to allow a SuperPole™ to be installed in rooms with angled ceilings. Adjustable from 0-45 degrees. Screws into the ceiling.</p>	<p><b>Ceiling Plate Extender™</b></p> <p>An extension plate that increases the span of the standard SuperPole™ top plate from 20" to 30". Ideal where ceiling joists have increased spacing (such as 24" between centers).</p>	<p><b>Quick Mount SuperPole™</b></p> <p>A permanent frame mounted to a structural ceiling which features a small docking station that extends below the drop ceiling and attaches to a SuperPole™ Bariatric.</p>