

OPERATION GUIDELINES Walking precautions

IMPORTANT

-Always take short, deliberate, distinct steps and walk with your stilts well apart. Large or over-extended steps can cause the action springs to bottom out and place excess stresses on the stilt components.

Excess stresses could drastically reduce the life of the stilts or result in component breakage.

Inspect before working

Develop a habit of inspecting your stilts before each days use. Make certain the entire stilts are free of any sign of damage or excessive wear, and that all nuts and bolts are tight. Special attention should be given to the entire strut tube assemblies and wing bolts in this respect.Keep all labels legible. Strap tightening sequence

Important

When mounting your stilts, always attach leg straps first before feet. When dismounting always unbuckle leg straps last, after unbuckling foot straps.Select a clear and level area away from doors, floor vents, stairwells, windows, etc. With the help of a colleague, strap on your stilts as noted above.

Stand with your legs comfortably apart, collect your balance...and relax.

If needed, re-adjust the strut tubes and clamps until your stilts and legs are straight and comfortable. Forward/rearward balance When standing erect, your stilts should be in a neutral and vertical position. If they have a tendency to lean forward or backward, make the following adjustments with the help of a colleague, or after removing your stilts.

If stilts lean forward, loosen the tube clamps and rotate the leg bands and strut tubes toward the rear, and tighten clamps. This adjustment is to insure proper forward and backward balance. If this adjustment requires that the leg bands be rotated to where it is uncomfortable, the mounted shoes should be relocated, or the heel brackets be adjusted in the same direction as the needed rotation. Note: Do not bend or "size" leg bands.

LEARNING TO WALK IMPORTANT

- Read the do's and don'ts for the use of your stiltsbefore you attempt to learn to walk on them. Remember, in order to develop safe work habits, it is very important that you observe the do's and don'ts as you learn to walk on and work with them.

Select a clear and level area (preferably near a wall) but away from doors, floor vents,

stairwells, windows, etc. With the help of a colleague, mount your stilts and take slow deliberate short steps while keeping your stilts well apart. Make certain that each step completely clears the floor, as you must never drag or shuffle your feet.

While assisted, walk slowly back and forth numerous times making a U-turn to reverse your direction. Repeat walking back and forth until you develop a "feel" for the stilts. Practice walking until you feel secure and are able to walk unassisted.

ADJUSTMENT FOR WALK

If you have a tendency to lean forward or backward while walking, you should adjust the action springs. Make the following adjustments after removing your stilts. To correct for leaning forward while walking, tighten the upper spring adjuster. To correct for leaning backward while walking, tighten the lower spring adjuster. Never tighten adjusters more than 1/5 of the way down, or approximately 15 turns, as it will limit the stilt action and impose excess stresses on the components.