



## 3P WALL MOUNT HEIGHT ROD INSTALLATION AND OPERATING GUIDE

### Installation

1. Remove the cardboard insert from the height rod.
2. Install the two (2) hex head screws\* from the hardware pack in the wall. The lower mounting screw should be 4 5/16 inches from the floor, and the upper mounting screw should be 24 1/2 inches above the lower screw or 28 5/8 inches from the floor. Leave about 1/4 inch gap between the head of the screw and the wall.
3. Place both height rod wall mount brackets over the two (2) pre-installed hex head screws and pull down.
4. Use the included wrench to tighten both hex head screws. Do not over tighten the screws.

\* **NOTE:** Use the two (2) longer (#10 x 1") screws for mounting the height rod to the wall. The two (2) shorter (#10 x 1/2") screws are for attaching the height rod to a scale column.

### Operation

1. Before the person steps up to the height rod to be measured, the spoon should be rotated to the horizontal position, and raised well above the person's apparent height.
2. The person may now step up to the height rod. The spoon should be held horizontal and above the person's head.
3. Carefully lower the spoon, while keeping it horizontal, until it rests gently upon the top of the person's head. If the person is shorter than 3' 4" (101.5cm), push the latch to the right, while simultaneously pushing down on the spoon, until the spoon rests horizontally upon the top of the person's head.
4. Read the height of the person as follows:  
*If the back of the spoon points to the outer height rod, then it points to the correct height.*  
*If the back of the spoon points to the inner height rod, then the correct height is read at the top of the outer height rod (see "Read" arrow on the outer height rod).*
5. While holding the spoon horizontally, raise the spoon above the person's head. The person may now step away from the height rod. Hold the spoon horizontal until the person is clear of the height rod.
6. Rotate the spoon back to the vertical position and adjust the height rod back to the rest position (i.e. the spoon should be locked in place within the inner height rod and the inner rod should be at its lowest position).

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