

**205HR
HIGH-STRENGTH WALL-MOUNTED
HEIGHT ROD**



USER INSTRUCTIONS

**ISO13485:2003
CERTIFIED**



Thank you for your purchase of this Health o meter® Professional product. Please read this manual carefully, and keep it for easy reference or training.

TABLE OF CONTENTS

CAUTIONS AND WARNINGS.....	3
SPECIFICATIONS	3
CERTIFICATIONS / DISPOSAL / SERVICE	4
WALL MOUNT INSTRUCTIONS.....	5
HEIGHT MEASUREMENT INSTRUCTIONS.....	10
MAINTENANCE	11
WARRANTY.....	12

Please register your product for warranty coverage at:

www.homscales.com

For User Instructions updates and revisions please go to:

www.homscales.com

CAUTIONS AND WARNINGS

To prevent injury and damage to your product, please follow these instructions very carefully.

- For accurate measurement, the 205HR must be affixed to a stable wall surface.
- For accurate measurement, verify proper operation according to the procedure described in this manual before each use.
- Do not use in the presence of flammable materials.
- When wall mounting the 205HR, ensure that the mounting location is free of electrical lines, gas pipes, and other safety hazards. Ensure that the wall is of construction that can support the 205HR.
- To prevent patient injury, the patient must be attended throughout the entire measuring event.

SPECIFICATIONS

GENERAL

The 205HR High-Strength Wall-Mounted Height Rod has a large headpiece and features an indicator that allows for accurate measurement of a patient's height. Each 205HR is designed to determine the height of a stationary patient. Height is displayed in centimeters only on one side of the tape or centimeters and feet/inches on the reverse side.

205HR SPECIFICATIONS

Height Range	Height rod measurement range: 55.5" (141 cm) Measuring tape range: 0" - 90" / 0 cm - 230 cm
Environmental	Operating temperatures: 5°C to 40°C (41°F to 104°F) Storage temperatures: 0°C to 50°C (32°F to 122°F)
Graduation	1 mm (1/16")
Physical Dimensions	Width: 2.625" / 6.7 cm Depth: 3/4" / 1.9 cm Height: 60" / 152.4 cm Headpiece Depth: 8" / 20 cm

CERTIFICATIONS / DISPOSAL / SERVICE

CERTIFICATION DESCRIPTIONS

**ISO13485:2003
CERTIFIED**

Pelstar, LLC has been officially certified as a manufacturer of Health o meter® Professional medical devices to be in compliance with stringent ISO requirements. The Pelstar, LLC quality assurance system covers the development, production, sales and service of medical scales and measuring systems.

205HR DISPOSAL



This Health o meter® Professional product must be disposed of properly. Follow the national, regional or local regulations which apply to you for disposal of domestic waste.

SERVICE INFORMATION

The 205HR High-Strength Wall-Mounted Height Rod is shipped disassembled in one box. Carefully inspect the carton for shipping damage before unpacking. If damage is found, contact Customer Service immediately.

For further information or telephone support, please contact a Health o meter® Professional Customer Service representative at 1-800-815-6615.

205HR WALL MOUNT INSTRUCTIONS

To avoid damaging the 205HR when unpacking it, **do not use a box cutter, knife, scissors or any sharp object when opening the protective inner packaging.** If damage is found, contact your shipper or a Health o meter® Professional representative immediately. Claims must be filed with the shipper as soon as possible after receipt of the package. The following information details what you will find inside the carton as you unpack the parts for assembly. Set the carton aside for storage.

Parts List

- (1) User instructions
- (1) Height rod channel
- (1) Height rod headpiece
- (1) Height rod measuring tape [reversible, inches/cm or metric only (cm)]
- (1) Small clear bag containing:
 - (5) Drywall anchors
 - (5) 1 1/4" Screws
 - (5) Cement wall anchors, orange (optional, for use when mounting to cement wall)
- Small clear bag containing:
 - (2) Measuring tape retaining clips



Tools Required (not included)

Drill, 5mm (3/16") Drill bit, 1.5mm (1/16") drill bit, Phillips head screwdriver, Level

205HR WALL MOUNT INSTRUCTIONS (CONT.)

Caution: When mounting the 205HR, ensure that the mounting location is free of electrical lines, gas pipes, and other safety hazards. Ensure that wall can support the 205HR.

Note: Do not mount the 205HR on a door.

Determining the Mounting Location:

The height rod channel can be mounted at any height on the wall based on intended usage. Mount the height rod channel lower on the wall for pediatric use or mount higher on the wall for use with adults. The measuring tape can then slide along the channel to select the desired height rod measurement range.

The following table provides a guideline for determining the mounting location of the height rod channel.

Desired Maximum Height Measurement	Mounting Location (Distance from floor to bottom of height rod channel)
90" / 230 cm (maximum height available on measuring tape)	33.8" / 85.9 cm (distance from floor)
56.75" / 144 cm (maximum height available when mounted at floor – pediatric use only)	Bottom of height rod channel flush with floor
<p>X = variable, representing the desired maximum height measurement</p> <p>(For example, if the desired max height measurement is 77", X = 77". A sample calculation to determine the mounting location is shown to the right)</p>	<p>$X - 56.75" = \text{distance from floor}$</p> <p>Example: $77" - 56.75" = 20.25"$ (mount the height rod channel 20.25" from the floor)</p>

Wall Mounting Instructions:

<p>1. Determine the location on the wall where the height rod will be mounted. While holding the height rod channel at the determined location, use a pencil or screw, mark the wall in the center of the top screw hole.</p> <p>Note: The height rod should be mounted with the screw holes on the left side of the height rod channel.</p>	
<p>2. Once the hole is marked, set aside the height rod channel.</p> <ul style="list-style-type: none"> - If mounting to drywall or plasterboard, use a 5mm (3/16") drill bit to drill a lead hole into the marked location. - If mounting to wood, wood studs or metal, use a 1.5mm (1/16") drill bit to drill a lead hole into the marked location. 	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>5mm (3/16") drill bit for mounting on drywall or plasterboard</p> </div> <div style="text-align: center;">  <p>1.5mm (1/16") drill bit for mounting on wood, wood studs or metal</p> </div> </div>

205HR WALL MOUNT INSTRUCTIONS (CONT.)

3. If mounting to drywall or plasterboard, use a Phillips head screwdriver to set a drywall anchor into the drilled hole in the wall.

Note: If mounting on wood, wood studs or metal, you do not need to install drywall anchors and can skip to the next step.



4. Obtain one of the 1 1/4" screws from the clear bag. Reposition the height rod channel against the wall, lining up the top hole with the inserted drywall anchor or drilled lead hole. Insert the screw through the front of the height rod channel into the drywall anchor or the drilled lead hole. Using a Phillips head screwdriver, tighten the screw until the height rod channel is held gently against the wall while still allowing it to swing freely from side to side.



5. Using a level, make sure the height rod channel is plumb/straight. Mark the remaining four holes.



6. Swing the height rod channel to the side to drill lead holes into the marked locations. If mounting to drywall or plasterboard, obtain the four remaining drywall anchors and using a Phillips head screwdriver, insert the anchors into the wall.



205HR WALL MOUNT INSTRUCTIONS (CONT.)

7. Swing the height rod channel back to its vertical position. Align the four screw holes with the inserted drywall anchors or drilled lead holes and insert the remaining four 1-1/4" screws. Tighten all screws, including the top screw, until height rod is held firmly against the wall.



8. Obtain the measuring tape from the carton. Determine which side of the tape you will use, inches/cm or metric only (cm). Slide the top of the tape into the grooves at the bottom of the height rod. Slide the tape all the way through the grooves to the top of the height rod.



9. To position the measuring tape at the correct height, place the zero of the measuring tape flush with the floor. Ensure that the zero is at the floor, not the end of the tape.

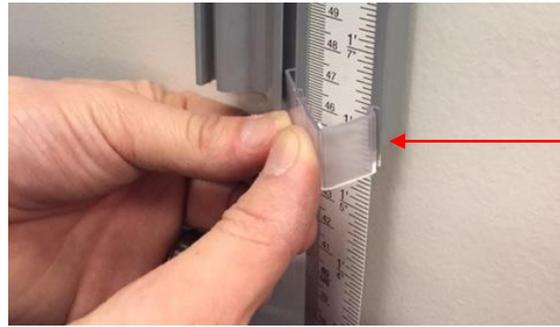


10. To verify that the measuring tape is at the accurate height in the height rod channel, place a tape measure flush against the floor and against the side of the height rod channel. Check that the height measurement on the height rod matches the height shown on the tape measure. To adjust, slide the height rod measuring tape until it matches the reference height shown on the tape measure.

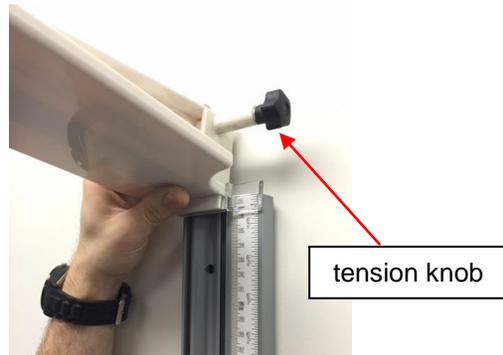


205HR WALL MOUNT INSTRUCTIONS (CONT.)

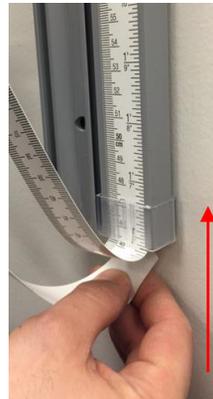
11. Once positioned at the correct height, obtain one of the measuring tape retaining clips from the bag. Secure the measuring tape to the height rod channel by attaching the clip at the bottom of the height rod channel.



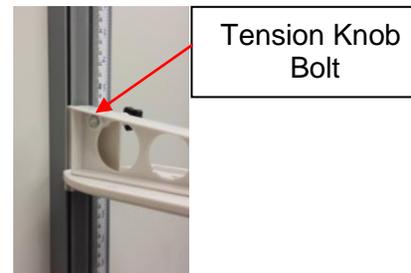
12. Obtain the headpiece from the carton. Align the grooves at the back of the headpiece with the grooves at the top of the height rod. Gently lower the headpiece onto the height rod. The tension knob may need to be loosened to allow the headpiece to slide onto the height rod channel.



13. Obtain the second measuring tape retaining clip from the bag and attach it to the top of the height rod. Tuck the top and bottom ends of the measuring tape into the hollow groove behind the height rod channel. The height rod is now ready for use.



14. If the headpiece is not moving smoothly along the height rod, loosen the black tension knob. If the headpiece moves too freely, tighten the tension knob. Warning: Ensure that the tension knob bolt on the side of the headpiece is properly engaged. If the bolt is too loose or over-tightened the headpiece will not function properly. Do NOT use tools to tighten the tension knob.



HEIGHT MEASUREMENT INSTRUCTIONS

1. Loosen the black knob located on the right side of the headpiece. Slide the headpiece above the estimated height of the patient.



2. Position the patient with their back against the height rod and their heels touching the wall. Ensure that the patient's posture is upright, and that the patient's head is straight and level. Slide the headpiece down until it rests gently on the patient's head and turn the black knob to tighten it.



3. Determine the patient's height by reading the value on the measuring tape nearest to the line on the clear indicator. The clear indicator is located on the right side of the headpiece.



height indicator line

MAINTENANCE

Maintenance

The following page provides instructions for maintenance and cleaning of the 205HR. Maintenance operations, other than those described in this manual, should be performed by qualified service personnel.

Caution: Before first use, or after long periods of non-use, check the product for proper operation and function, and for any obvious damage or wear and tear. If the 205HR does not operate correctly, refer to qualified service personnel.

Cleaning

Proper care and cleaning is essential to ensure a long life of accurate and effective operation.

1. Clean all external surfaces with a clean damp cloth. Mild antimicrobial or antibacterial soap and water solutions may be used. Dry with a clean soft cloth. Do not use abrasive cleaners.
2. Do not use Isopropyl Alcohol or other solutions to clean the surface.

Replacement Parts

Replacement parts are available if the height rod needs to be repaired. Contact Health o meter Professional Scales Customer Service at 1-800-815-6615 to inquire about the availability of these replacement parts.

Part #	Description
205HR-HW	Hardware Kit for mounting to the wall
205HR-CLIPTAPE	Measurement Tape & Clips
PORTRODHP	Headpiece

WARRANTY

Limited Warranty

What does the Warranty Cover?

This Health o meter[®] Professional product is warranted from date of purchase against defects of materials or in workmanship for a period of two (2) years. If product fails to function properly, return the product, freight prepaid and properly packed to Pelstar, LLC (see "To Get Warranty Service", below, for instructions). If the manufacturer determines that a defect of material or in workmanship exists, the customer's sole remedy will be replacement of the product at no charge. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. All replaced parts are covered only for the original warranty period.

Who is Covered?

The original purchaser of the product must have proof of purchase to receive warranty service. Please save your invoice or receipt. Pelstar dealers or retail stores selling Pelstar products do not have the right to alter, or modify or in any way change the terms and conditions of this warranty.

What is Excluded?

Your warranty does not cover normal wear of parts or damage resulting from any of the following:

negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, abuse including tampering, damage in transit, or unauthorized repair or alternations. Further, the warranty does not cover natural disasters, such as fire, flood, hurricanes and tornadoes. This warranty gives you specific legal rights, and you may also have other rights that vary from country to country, state to state, province to province or jurisdiction to jurisdiction.

To get Warranty Service make sure you keep your sales receipt or document showing proof of purchase. Call (+1) 800-638-3722 or (+1) 708-377-0600 to receive a return authorization (RA) number, which must be included on the return label. Attach your proof of purchase to your defective product along with your name, address, daytime telephone number and description of the problem. Carefully package the product and send with shipping and insurance prepaid to:

Pelstar, LLC

Attention R/A# _____

Return Department

9500 West 55th Street

McCook, IL 60525



PELSTAR, LLC

9500 West 55th Street • McCook, IL 60525 • USA

1-800-638-3722 or 1-708-377-0600

PLEASE REGISTER YOUR SCALE FOR WARRANTY COVERAGE AT:

www.homscales.com

Health o meter[®] is a registered trademark of Sunbeam Products, Inc. used under license.

Health o meter[®] Professional products are manufactured, designed, and owned by Pelstar, LLC.

We reserve the right to improve, enhance, or modify Health o meter[®] Professional product features or specifications without notice.

© Pelstar, LLC 2016

P/N UM205HR Rev20160913

