How To Use



4 STEPS TO GET IN BED



Approach the step2bed mini, step onto the base and firmly grab both bars. Be sure that your feet are facing the bed to ensure maximum stability.



With both hands on the grab bar, turn sideways and ensure both feet are resting comfortably in a stable position on the step.



With your hands firmly on the grab bar, turn around with your backside facing the bed and sit down.



Begin to lay down to a resting position and lift legs in between the grab bar into bed.

5 STEPS TO GET OUT OF BED



Reach closest arm over to the grab bar.



Use each grab bar to propel yourself up from your lying position while placing both feet firmly on the step.



Take 15-30 seconds while sitting up to gain your composure.



(When ready) begin to lift yourself up by bending your knees to stand up. Be sure to have a firm grip on both grab bars the entire time.



While keeping one hand firmly gripped to one side of the grab bar slowly step off the step2bed mini and onto the floor.

1. Place all parts on a flat working surface. Remove all plastic wrap, corner step protectors and foam wrapping before assembly.



2. Slide the legs into the base of the step stool making sure the brass tension tabs lock into place.



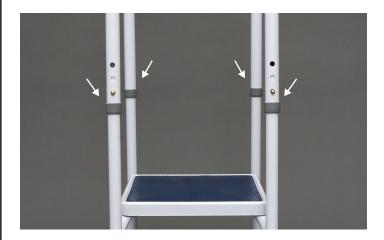
3. Repeat the process with all the four legs and set the step stool upright.





4. Insert the two handles into the legs making sure the handles are the same height by pushing in the brass tab adjustments.

Note: Make sure these are locked in place before using.



5. To adjust height, press in each brass tab on each leg to adjust the height of the leg making sure all four legs are the same height.

The legs are adjustable to three positions by 1" increments.



WARNING:

Never use the step2bed mini unless the brass tabs are securely locked in place to avoid serious injury.

Always check the brass tabs prior to using the step stool.

6. Customize height of the step stool in increments of 1" and the handle by 1/2".



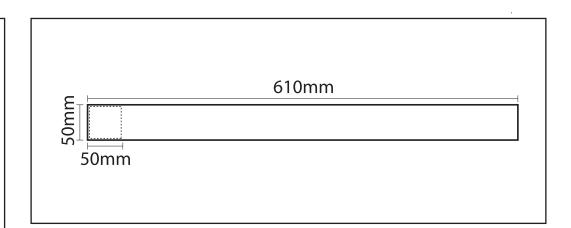
Thank you again for purchasing the step2bed mini! We hope it helps you and your loved ones like it has so many other families.

As a courtesy, we have also included velcro in this unit in order to make the step2bed mini even more stable.

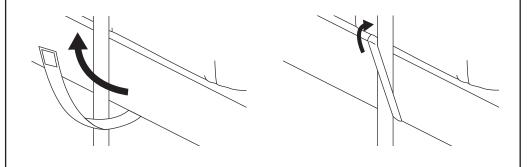
(1)	Velcro	

SAFETY FIRST!

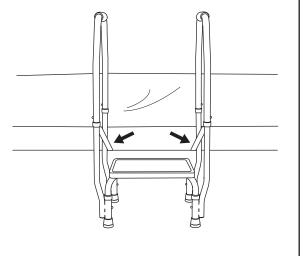
Please note that the velcro should not impede the use of the step2bed mini or cause any tripping hazard.



1. The velcro should be wrapped beneath the step-on and around the back legs closest to the bed.



2. Next, wrap the other end around the bed frame, securely fastening the velcro ensuring a firm grip.



step2 health[™]