

DURA-STILTS®

INSTRUCTIONS FOR USE

PLEASE READ CAREFULLY BEFORE USE!



DURA-STILTS® have been designed to replicate the movement of the lower leg, allowing users to walk normally or stand still. This makes DURA-STILTS® the preferred option for working at ceiling height, where the user can walk unimpeded but retain full stability. The process of fitting and adjusting DURA-STILTS® is to follow the natural line of the users' legs as far as possible.

Since 1964 DURA-STILTS® have revolutionised working at height, improving safety for thousands of users in construction, horticulture, performing arts – the list is endless.

These instructions cover both the Classic DIII (foot strap) models and the latest DIV (foot harness) models. The two models share many features – only the strap system and clamp design differ. These instructions also apply to the F Model (fixed height design).

Please read and retain these instructions. Training programmes are also available on DVD and by personal tuition. Contact your supplier for more details.

IMPORTANT

DURA-STILTS® are a mechanical device – the user must ensure that all moving parts are checked regularly and any worn or damaged items are repaired or replaced with genuine spare parts before use. Particular attention should be paid to all adjustment wing bolts, strut tube connections and strap fixings. Failure to adhere to these instructions could invalidate the warranty and affect safety.

ENGLISH • SPANISH • FRENCH • GERMAN



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Personal Fitting

For comfort and safety your DURA-STILTS® must be set to suit **YOU**

1

CLASSIC III D MODEL

LOOSELY FIT THE LEG STRUT TUBES

TUBE CLAMP

UPPER TUBE

LOWER TUBE

LOWER TUBE FIXING BOLT

CLASSIC III F MODEL

MODEL D IV

2

ENSURE THAT THE 'STILT' LEGS ARE AT MINIMUM EXTENSION

(D MODELS ONLY)

3

SET ALL SPRING ADJUSTERS TO MINIMUM COMPRESSION

4

POSITION THE HEEL PIECES CLASSIC III

5

NOTE RECOMMENDED FOOTWEAR

HARD SHOE WITH 90° HEEL

NEVER

6

POSITION THE LEG STRUT UPPER TUBES SO THAT LEG STRAPS FASTEN JUST ABOVE THE CALF MUSCLES

MODEL D IV

Arch/Heel Harness Assembly

Using the No. 8 x 1/2 phillips fast thread screws attach the arch/heel harness assembly to the foot plate with the heel strap buckle to the outside (same side as the strut tube) of the stilt. Adjust the width of the harness plates (top right) to fit the approximate width of your shoe heel while keeping them centered on the foot plate.

Establish your center of balance by aligning your outside ankle bone directly over the rear gold finished pivot bolt (below the footplate) (centre right) adjust the arch strap (shorten or lengthen in the bar buckles) (bottom right) as necessary to insure that the location of your outside ankle bone is directly above the pivot bolt when the arch of your foot is pressed firmly against the leather arch strap.

7

EVENLY TIGHTEN THE TUBE CLAMPS

(DO NOT OVERTIGHTEN)

CLASSIC III

MODEL D IV

8

POSITION THE TUBE CLAMPS CENTRALLY IN THE SLOTS AND TIGHTEN

9

TIGHTEN THE LOWER TUBE FIXING BOLTS

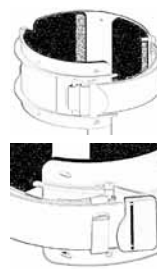
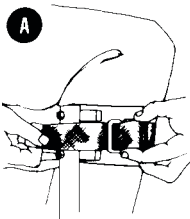
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NOW, SELECT A CLEAR AND LEVEL AREA AWAY FROM WINDOWS AND STAIRWELLS ETC. WITH THE HELP OF A COLLEAGUE, STRAP ON THE 'STILTS' AND STAND UPRIGHT

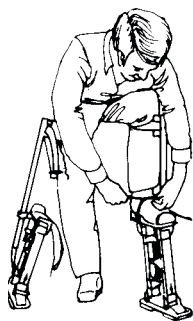
NOTE: ALWAYS FASTEN AND SECURE THE LEG STRAP FIRST (A). ENSURE PROPER LOCATION OF THE SHOE HEEL BEFORE TIGHTENING FOOT STRAPS (B & F), LEGS COMFORTABLY APART (D), COLLECT YOUR BALANCE - AND RELAX (G)

CLASSIC III

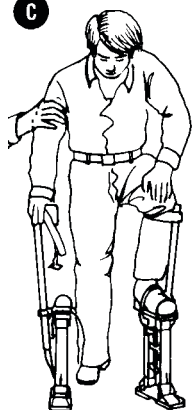
MODEL D IV



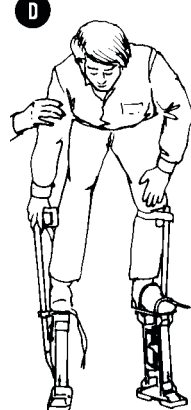
B



C



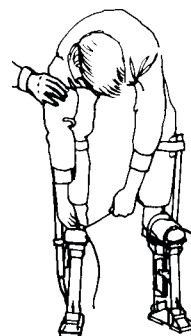
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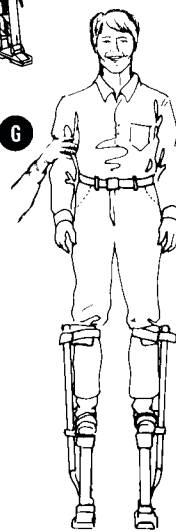
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F



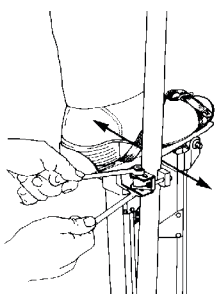
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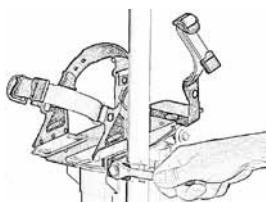
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ADJUST THE 'STILTS' FOR SIDEWAYS BALANCE

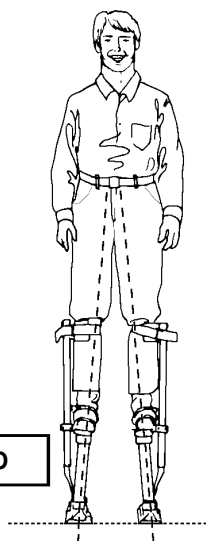
CLASSIC III



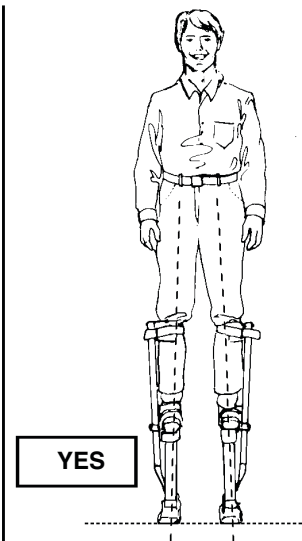
MODEL D IV



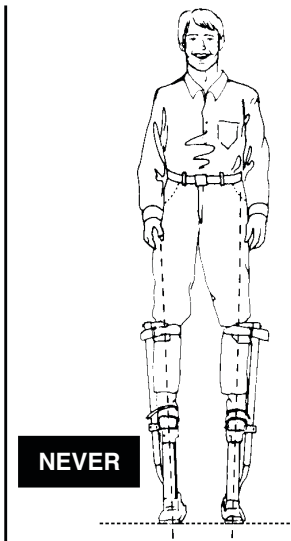
NO



YES

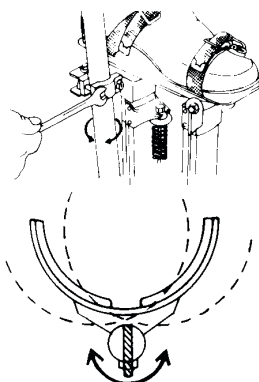


NEVER



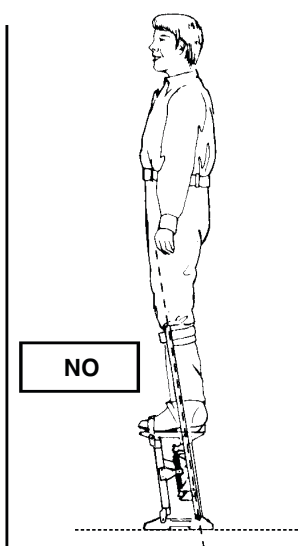
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ADJUST THE 'STILTS' FOR FORWARD AND REARWARD BALANCE

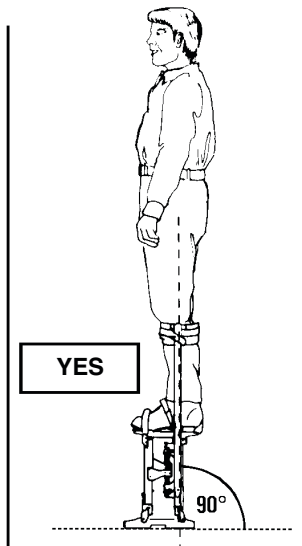


IF THE REQUIRED ADJUSTMENT IS UNCOMFORTABLE THEN REPOSITION THE HEEL PIECES

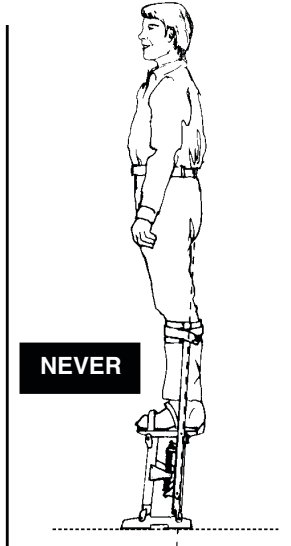
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YES



NEVER



Walking

With your colleague alongside

- ❶ First; exercise the 'stilt' action by flexing the knees.
- ❷ Now walk forwards taking deliberate steps and ensuring that the 'stilt' heels contact the ground
- ❸ Practice walking until you are confident and relaxed.
- ❹ Check and, if necessary, re-adjust the balance settings so that you are completely comfortable.
- ❺ Increased spring compression will stiffen the 'stilt' action. If necessary, you should now adjust either both upper springs or both lower springs. (Note that upper springs counteract forward lean). Never increase spring compression so far that springs become fully compressed while walking.

Safety and Maintenance

Please do not compromise your safety

- **Never** use incorrectly adjusted 'stilts'.
- Always fasten and secure leg strap before fastening foot straps. (Unfasten in reverse order).
- Always ensure that shoe heels are correctly located in heel pieces. Tighten foot straps securely.
- **Never** use 'stilts' near unguarded windows or stairwells nor in any other potentially hazardous situation.
- Exercise care when walking near or under obstacles at head height.
- Do not walk on slippery, steeply inclined or otherwise unsuitable Surfaces.
- Do not step over materials, cables or debris left on the floor surface.
- Exercise extreme caution when near electrified cables. **Aluminium is a conductor of electricity.**
- (D models only) replace wing bolts securely after adjusting leg length.
- Regularly inspect your 'stilts' for any possible damage, excessive wear or loose fastenings.
- Replace any defective component only with genuine **DURA-STILTS®** parts.
- No lubrication is necessary - all moving parts are protected by nylon bearings or sleeves.
- Keeping your 'stilts' clean will help to prolong their useful service life.

This leaflet is provided for guidance only as actual conditions of product use are beyond the control of the manufacturer or its agents



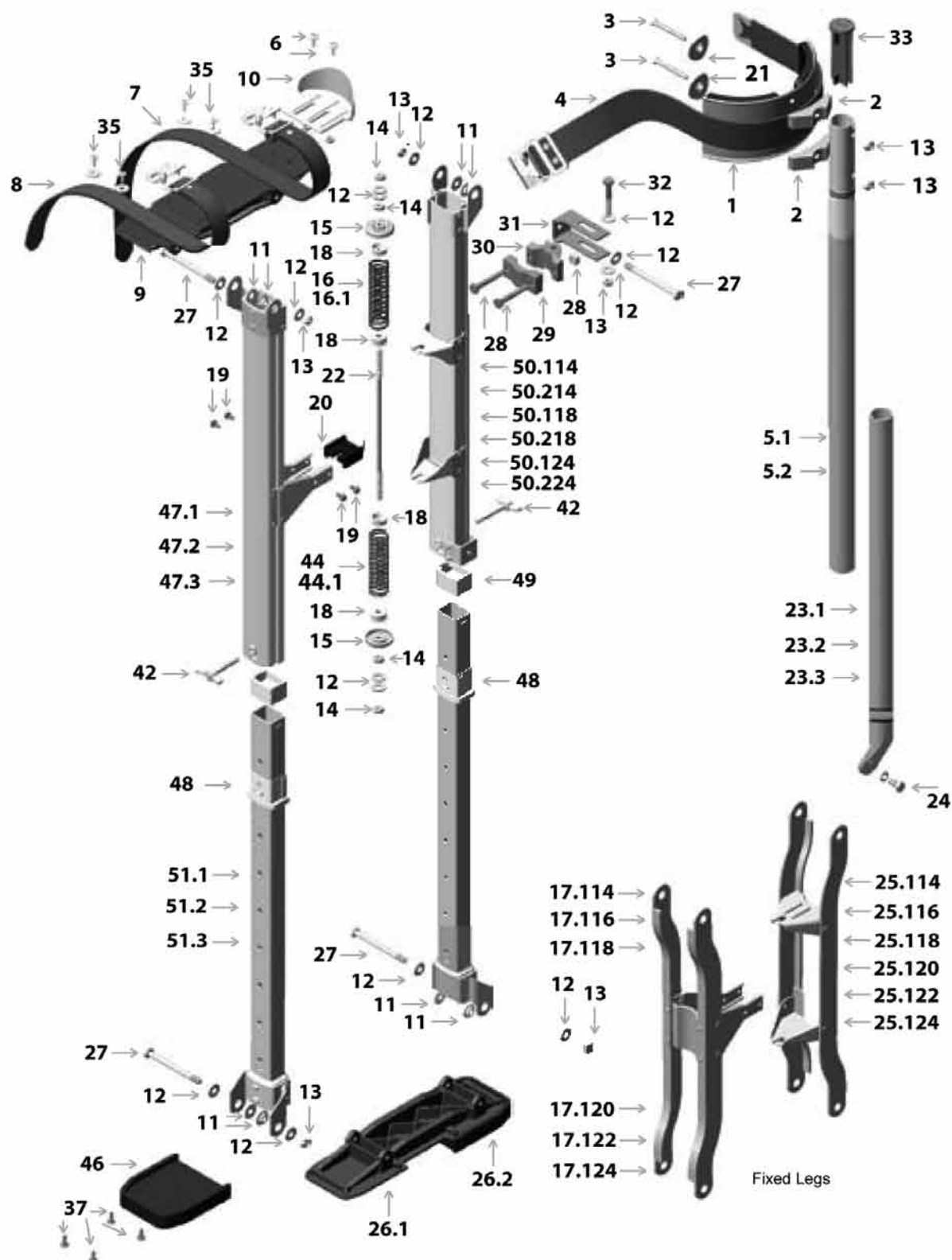
DURA-STILTS® Parts List

WARNING! Use genuine DURA-STILTS® replacement parts - make no modifications or substitutions.

Never use DURA-STILTS® parts on imitation brands or their parts on DURA-STILTS®

Code	Description	Code	Description
S01	Aluminium Leg Band with Pad	S36	Strap Fixing Washer
S02	Leg Band Spacer	S37	Sole Fixing Screw
S03	Leg Band Fixing Screw and Locknut	S42	Steel Wing Bolt
S04	Leg Strap Cotton with Buckle	S44	Lower Coil Spring (Light Brown)
S05A	Upper Strut Tube D14/22 & D18/30	S45	Complete Spring Assembly
S05B	Upper Strut Tube D24/40 only	S46	Rubber Half Sole with fixing screws
S06	Heel Piece Nut and Bolt	S47A	Forward Leg Assembly D14/22
S07	Arch Strap with Buckle	S47B	Forward Leg Assembly D18/30
S08	Toe Strap with Buckle	S47C	Forward Leg Assembly D24/40
S09	Foot Plate (Nylon)	S48	Large Nylon Leg Sleeve
S10	Aluminum Heel Piece	S49	Extension Tube Small Nylon End Sleeve
S11	Nylon Leg Bearing	S50/1a	Left Rear Leg Assembly D14/22
S12	Flat Washer	S50/1b	Left Rear Leg Assembly D18/30
S13	Locknut	S50/1c	Left Rear Leg Assembly D24/40
S14	Standard Nut	S50/2a	Right Rear Leg Assembly D14/22
S15	Pressed Aluminum Spring Adjuster	S50/2b	Right Rear Leg Assembly D18/30
S16	Upper Coil Spring (Dark Brown)	S50/2c	Right Rear Leg Assembly D24/40
S17a	Fixed Height Forward Leg Assembly F14	S51a	Extension Tube D14/22
S17b	Fixed Height Forward Leg Assembly F16	S51b	Extension Tube D18/30
S17c	Fixed Height Forward Leg Assembly F18	S51c	Extension Tube D24/40
S17d	Fixed Height Forward Leg Assembly F20	S54	Full Set Strap Mounting Screws
S17e	Fixed Height Forward Leg Assembly F22	S60a	Mk IV Inner Toe Strap Left
S17f	Fixed Height Forward Leg Assembly F24	S60b	Mk IV Outer Toe Strap Left
S18	Nylon Spring Bearing	S61a	Mk IV Inner Toe Strap Right
S19	Hex Head Spring Divider Bolt	S61b	Mk IV Outer Toe Strap Right
S20	Spring Divider	S62	Mk IV Arch Strap / Saddle
S21	Leg Band Shaped Support Washer	S63	Mk IV Arch Strap Buckle
S22	Spring Stud Bolt	S64a	Mk IV Heel Bracket with Strap Left
S23a	Lower Strut Tube D14/22	S64b	Mk IV Heel Bracket with Strap Right
S23b	Lower Strut Tube D18/30	S65	Mk IV Heel Strap Keeper
S23c	Lower Strut Tube D24/40	S66a	Mk IV Heel Bracket with Catch Left
S24	Lower Tube Fixing Bolt	S66b	Mk IV Heel Bracket with Catch Right
S25A	Rear Leg Assembly F14	S68	Mk IV Steel Clamp Bracket
S25B	Rear Leg Assembly F16	S69	Mk IV Clamp Bracket Fixing Bolt
S25C	Rear Leg Assembly F18	S70	Mk IV Precision Grip Aluminium Tube Clamp
S25D	Rear Leg Assembly F20	S71	Mk IV Strut Tube Adj. Bolt
S25E	Rear Leg Assembly F22	S72a	Mk IV Model D14/22 Upper Strut Tube
S25F	Rear Leg Assembly F24	S72b	Mk IV Model D18/30 Upper Strut Tube
S26A	Nylon Floor Plate	S72c	Mk IV Model D24/40 Upper Strut Tube
S26B	Nylon Floor Plate with Rubber Half Soles	S73	Mk IV Strut Tube Cap Plug
S27	Leg Bearing Bolt (gold finish)	S74	Mk IV Outer Flex Clamshell
S28	Tube Clamp Adjuster Nut and Bolt	S75	Mk IV Clamshell Mounting Bolt
S29	Tube Clamp Aluminium Front	S76	Mk IV Leg Strap Retaining Bolt
S30	Tube Clamp Aluminium Rear	S77	Mk IV Leg Strap Retainer
S31	Tube Clamp Steel Bracket	S78	Mk IV Nylon Leg Strap (Left or Right)
S32	Clamp Slot Steel Nut & Bolt	S79	Mk IV Clamshell Hinge Bolt
S33	Strut Tube Plug	S80	Mk IV Inner Flex Clamshell
S35	Strap Fixing Screw	S8182	Mk IV Lambswool Liner Kit

DURA-STILTS® Classic D III



DURA-STILTS® Model D IV