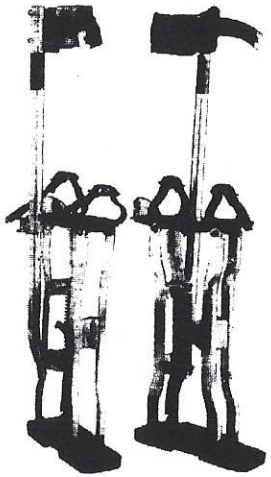
DURA-STILTS®



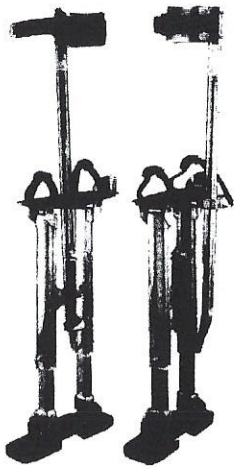
F MODEL
Fixed Length Legs
MODELS F14, F16, F18, F20, F22, F24

ENGLISH / SPANISH ASSEMBLY AND INSTRUCTION MANUAL

STOP

PLEASE READ CAREFULLY
BEFORE
ASSEMBLY OR USE

Great care with extensive design and development work has been undertaken to provide this quality tool for you. Proper assembly, care, inspection and maintenance combined with responsible use, is crucial to your product satisfaction and personal safety.



D MODEL
Variable Length Legs
MODELS D14-22, D18-30, D24-40

ATTENTION! READ THIS!

When using leg extension devices (stilts) you are elevated off the floor. If you fall, you could be seriously injured. It is absolutely imperative that you spend time learning to walk on and becoming proficient with your Dura-Stilts before trying to perform work on them. It is your responsibility to read and observe these instructions including the dos and don'ts. It is also your responsibility to use stilts that are well maintained, to insist on a clean, clear work area and to always exercise caution while using Dura-Stilts. Keep all bolts tight. Special attention should be given to the entire strut tube assemblies and wingbolts in this respect. Surveys have shown that there are fewer lost time accidents per million man hours worked on leg extension devices (stilts) than any other type of personal scaffolding. WE WANT TO KEEP IT THAT WAY! If you have any questions concerning this product please contact us before assembly or use.

We will not be responsible for any accident resulting from irresponsible use, improper use, or failure to inspect and maintain stilts adequately.

BINDING ARBITRATION

In consideration of the timely and cost effective resolution of controversies between the parties, all such controversies regarding the Agreement or the rights of parties hereto, shall be submitted to arbitration before the American Arbitration Association. The parties agree to waive their right to a jury trial, punitive damages, tort damages, attorneys fees, costs, or expenses as a result of this Agreemant or enforcement of the arbitration's award, the parties agree that venue lies in Oklahoma County, State of Oklahoma, and the parties waive their right to a jury trial for any claims or counter claims. This arbitration clause shall survive the termination or breach of the agreement. If any provision of the Arbitration Clause is held invalid, that invalidity shall not affect other provisions of this Arbitration Clause.

If you are unwilling to agree to and abide by this BINDING ARBITRATION AGREEMENT YOU MUST NOT USE THIS PRODUCT.

LOAD LIMIT 225 LBS. DO NOT EXCEED

I A M of Puerto Rico Inc.

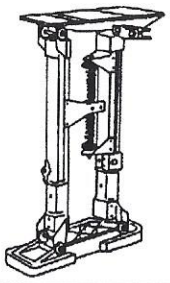
Printed January 2017, RV 11-14

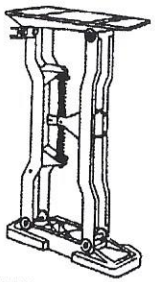
CE

STEP A CHECK COMPONENTS

1

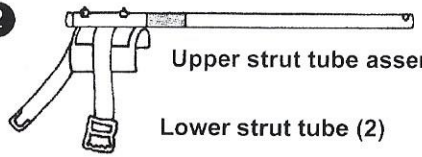
Dura III Adjustables
(2)
1 left and 1 right





Fixed Heights
(2)
1 left and 1 right

2



Upper strut tube assembly (2)

Lower strut tube (2)

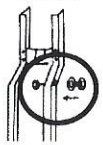
3 **Lower strut tube mounting fasteners**

1/4-20 X 9/16 hex machine bolt (2)

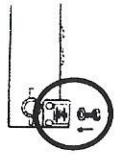
1/4-20 lock nut (2)

1/4 washer (2)

Fixed



Adjustables



Located on rear legs as shown

4 **Strap Adaptor Kit**

Arch strap (long) (2)

Toe strap (short) (2)

Heel bracket (2)

Strap Adaptor Fasteners (package)

#8 x 1/2 phillips fast thread screw (8)

#8 flat washer (8)

#10 x 1/2 machine screw (4)

#10 star washer (4)

#10 hex machine nut (4)

Suggested Tools for Assembly

1 phillips screwdriver
2 7/16 wrenches
1 7/16 nut driver

If mounting shoes, (optional) you will also need...
1 3/16 drill bit
1 hand drill

STEP B ASSEMBLY

1 **Strut Tubes**

Loosen tube clamps. Insert lower strut tubes up through the bottom of the tube clamps. Leave tube clamps loose for now. (Fig. 1)

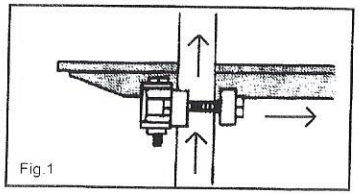


Fig.1

2

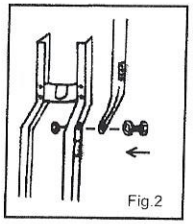


Fig.2

Attach lower strut tubes to the brackets or holes provided (identified by labels) with the attached 1/4 X 9/16 hex machine bolts and washers. Position washers on top of strut tubes under bolt heads. **Tighten well** when assembly is complete. **(Fig. 2)**

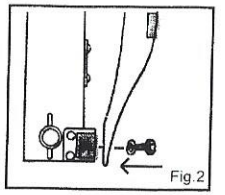


Fig.2

3

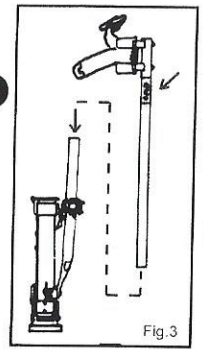


Fig.3

Read the yellow label on the upper strut tube. Keeping the strap buckles toward the toe of the stilt legs, slide the upper strut tubes down over the lower strut tubes and through the tube clamps. Position so the leg straps are just above the large portion of the leg calves. **Note: Do not bend or "size" the leg bands. (Fig. 3-4)**

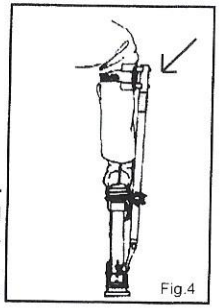


Fig.4

4 How to **properly tighten tube clamps IMPORTANT!** Tube clamps are to be tightened just enough to prevent the leg band from rotating on the users leg when stilts are used. Excessive clamping, may imprint and seize the tubes together, tubes must be replaced. Stilts legs may also be damaged if tubes are hammered on or twisted harshly. Evenly tighten the two tube clamp bolts until the tube clamp just starts to grip the upper strut tube, then tighten each bolt an additional 1/4 turn. If strut tubes are secure, Stop! If additional clamping is needed, carefully tighten bolts 1/8 turn at a time until strut tubes are secure.

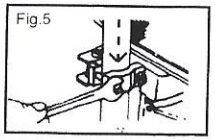


Fig.5

STRUT TUBES DAMAGED BY OVERTIGHTENING ARE NOT RETURNABLE AS DEFECTIVE AND WILL NOT BE WARRANTIED!

5 Position the tube clamps centrally in the clamp bracket slots, and tighten well. **(Fig. 6)**

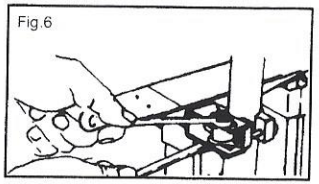


Fig.6

6 **Shoe Mounting (Optional)**

If you are mounting a pair of shoes to the Dura-Stilts, purchase an optional shoe mounting bolt package from your dealer.

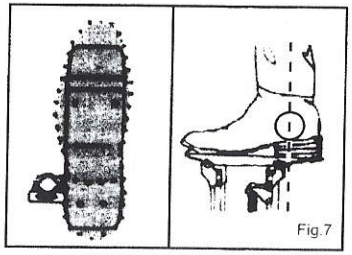


Fig.7

Place shoes in approximately the same position as shown. Your **outside** ankle bone should be directly over the rear pivot bolt. From the underside of the foot plate, mark hole locations on the shoe soles. Remove shoes and drill 3/16 holes Using the No. 10 flathead screws and nuts provided in the optional package, mount shoes and tighten until the screws heads are flush with the shoe intersoles. Longer screws may be needed for mounting work boots with thicker soles. Note: soft shoes (tennis, etc) are not suitable for mounting. **(Fig. 7)**

Read the "Attention User" notice engraved in the top of the foot plate before proceeding.

7 Strap Adaptor Kit

Attach the heel brackets to the footplates using the No. 10x1/2 phillips machine screws, star washers and nuts. Adjust the heel bracket so your **outside** ankle bone is directly over the rear pivot bolt and tighten well. **(Fig. 8)**

Position the toe (short) and arch (long) straps on the footplates with the buckles on the same side as the strut tubes. Secure the straps with the No. 8x1/2 phillips fast thread screws and washers. **Note:** The holes in the footplates are not pre-threaded so make certain the screws with washers are installed straight. **(Fig. 9)**

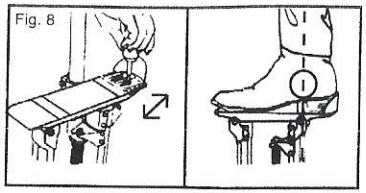


Fig. 8

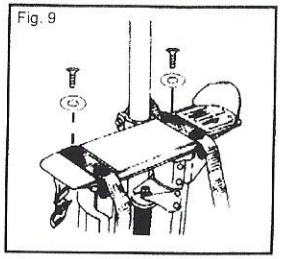
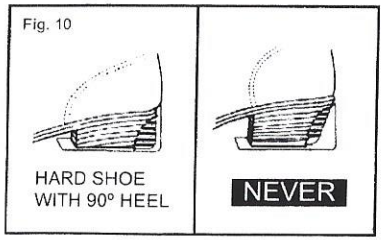


Fig. 9



Footwear should have 90° heels of low to medium height. Do not use footwear with tall or acute angled heels **(Fig. 10)**

8

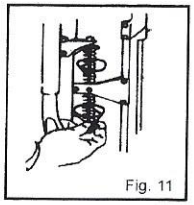


Fig. 11

Set spring adjusters to minimum compression **(Fig. 11)**

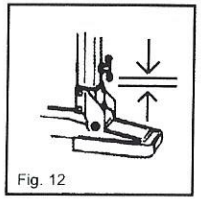


Fig. 12

Set adjustable Dura-Stilts to the lowest setting and tighten wing-bolts well 1/4-1/2 turn past snug. **(Fig. 12)**

9

Take a moment now and recheck all of the components you have assembled. Your Dura-Stilts should now be ready for trying on and balance setting.

STEP C PERSONAL FITTING

1 Strap Tightening Sequence

Important -When mounting Dura-Stilts always buckle leg straps first before tying shoes, or buckling foot straps. When dismounting Dura-Stilts always unbuckle leg straps last, or after untying shoes or unbuckling foot straps. **(Fig. 13)**

2 Mounting Your Dura-Stilts

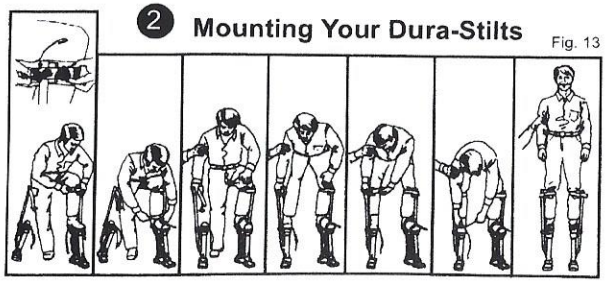
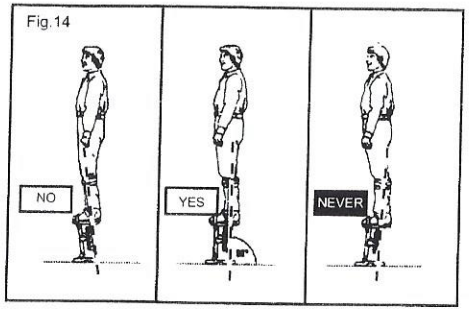


Fig. 13

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, and illustrated. Stand with your legs comfortably apart, collect your balance... and relax. **(Fig. 13)**

3 Forward/Rearward Balance



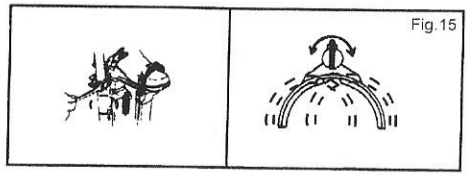


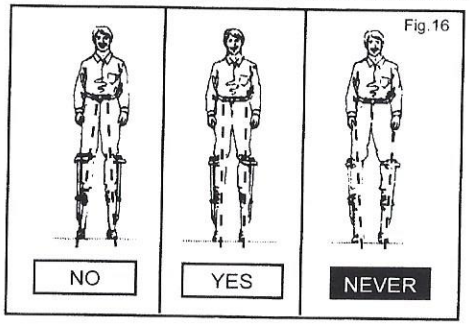
Fig.15

When standing erect Dura-Stilts should be in a neutral and vertical position **(Fig.14)**. If they have a tendancy to lean forward or backward, do not attempt to correct by adjusting the action springs. **First**, check your alignment over the Dura-Stilts as in **(Fig. 8 Foot)**, Then make the following adjustments with the help of a colleague or after removing your Dura-Stilts. If stilts lean rearward, loosen the tube clamps and rotate the legbands and strut tubes toward the toe, and **tighten clamps**. If the stilts lean forward rotate toward the heel, and **tighten clamps**.

This adjustment is to insure proper forward and backward balance. If this adjustment requires that the legbands 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" legbands. (Fig. 15)**

4 Lateral Balance

When standing erect, the legbands and upper strut tubes should apply a slight force against the side of your legs. If they pull outward or press excessively inward (**see important note below**) make the following adjustments with the help of a colleague, or after you have removed your stilts. (**Fig. 16**)



Loosen the bolts and nuts in the slotted brackets retaining the tube clamps. Slide the strut tube assemblies and clamps in the direction necessary to apply slight inward pressure to your legs. **Securely tighten**.

A trial and error approach may be necessary to obtain this balance setting. (**Fig. 17**)

Tip: Slide the assemblies inward to correct excessive inward pressure and slide the assemblies outward to correct excessive outward pull.

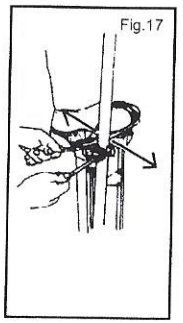


Fig.17

IMPORTANT NOTE! READ THIS!: When the stilts are properly adjusted, balanced and used, the force exerted by the upper strut tubes and legbands on the wearers leg should vary in a range from 1 lb. to 15 lbs. If you are ever applying more than 25 lbs. force in any direction at any time to the upper strut tubes, you are using the stilts in an improper manner. They should therefore, be re-adjusted for lateral balance. If after having re-adjusted the stilts for lateral balance you still exert forces on the upper strut tubes in excess of 25 lbs., you must change your walking habits as the stilts are being improperly used. (If you are unable to estimate the amount of force applied to your leg by the upper leg band and strut, you can determine what 25 lbs. of force feels like against your leg by having someone push against your leg with a bathroom scale and observing the pounds of force obtained. Also, a 25 lb. force to the upper strut tube #5 of a rigidly held Dura-Stilt will cause a deflection of 3/8 or less of the tube as measured at the end of the upper leg strut tube.)

IMPROPERLY USED OR OUT OF BALANCE STILTS ARE NOT ONLY UNCOMFORTABLE AND TIRING BUT COULD ALSO BE UNSAFE.