

*DST*TM

Dynamic Stair Trainer

Model 8000

User Guide

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Please note:

The front ramp, handrails and colors can differ, depending on the model of your **DST**

1. Introduction

Dear Physiotherapist,

Stair climbing is a basic everyday skill. The sooner patients can achieve independence on stairs, the sooner they can return to normal life.

The revolutionary ***Dynamic Stair Trainer*** was developed in close cooperation with leading physiotherapists. It combines parallel bars and the unique feature of height adjustable stairs. This unique function helps you adept to the needs and abilities of your patient, while reducing anxiety and pain.

The ***DST*** features five steps whose height can be adjusted from 0 to 16.5 centimeters (0 to 6.5 inches). The device is equipped with adjustable height handrails. In the flat position the ***DST*** also serves as traditional parallel bars.

Thank you for choosing to incorporate the ***DST*** in your clinic and rehabilitation program. We trust that it will help you provide high quality, successful patient care. Please read and understand all the instructions in this User's Guide before operating the ***DST***.

2. Precautions and safety instructions

- Use only a grounded electrical outlet when connecting the *DST* to a power source.
- The *DST* is to be used under the supervision of an authorized physiotherapist.
- Do not expose the *DST* to rain or moisture.
- Do not use the *DST* where water spills can occur.
- Do not use the *DST* when you or the patient are wet.
- Do not place the *DST* near heating sources.
- Do not allow anything to rest on the power cord, or leave any cords hanging where people frequently walk.
- Before operating the *DST*, verify that no objects or people will interfere with the up/down movement.



Do not change the height of the stairs when someone is on the *DST*. In case of emergency it is possible to lower the stairs with up to 3 people on the *DST*, in order to evacuate a patient.

Note: Inform the patient before changing the stair's height.

- Do not allow more than two people on the *DST*.
- Unplug the *DST* before moving or cleaning.
- Do not attempt to service the *DST* yourself. If the *DST* does not operate, refer to section 6.
- Unplug the *DST* and contact your authorized *DST* representative if one or more of the following occurs:
The power cord or plug is damaged; The *DST* has been exposed to water; The *DST* has been damaged; The *DST* does not operate normally or unusual noises are heard.

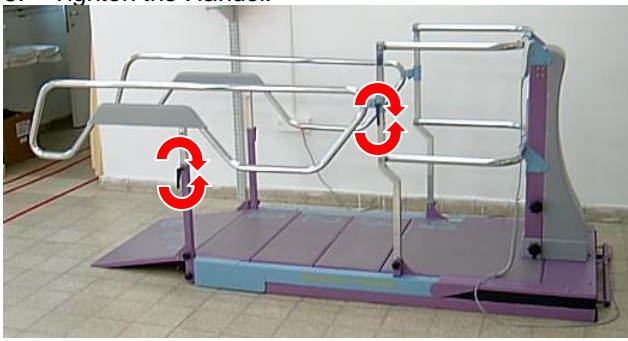
3. Instructions for use

General:

1. Plug in the power cord to a grounded wall outlet.
2. Verify that no objects or people will interfere with the up/down movement of the *DST*.
3. First, make sure that the heights of handrails suit the patient, then, adjust the stairs height.

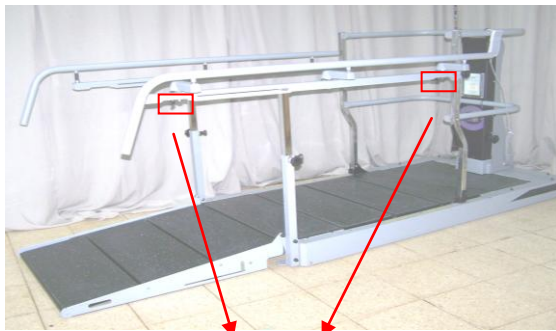
Adjusting the height of the handrails:

1. Lower the *DST* to the lowest (Horizontal) position.
2. Turn the Handle counter-clockwise.
3. Pull the Indexing plunger (Handles and Plungers are located under each end of the handrails).
4. Adjust the height of the handrail and release the Indexing plunger at the desire hole.
5. Tighten the Handel.

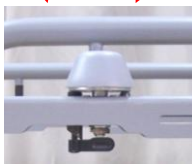


3.1 Adjusting the width of the handrails (when applicable):

1. Lower the *DST* to the lowest (Horizontal) position.
2. Turn the two handles to point the rear of the *DST* (A)
3. Adjust the width with both hands to the next “click” position.
4. Turn the two handles to point the front of the *DST*.



(A)



Using the RSR (when applicable):

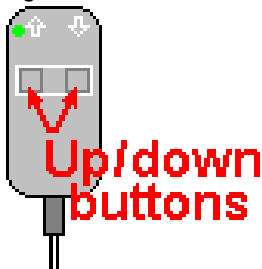
Pull and move the handle (B) forward/backward for changing position from STAIRS to RAMP and vice versa. Push handle.

(B)



3.2 Adjusting the height of the stairs:

1. Holding the control unit, press and hold the appropriate up/down button until the desired stair height is achieved.
2. A green indicator light will appear on the control unit as long as one of the buttons is pressed.
3. Monitor the height of the stairs by watching the ruler in the window at the central column (centimeters are shown on the left side of the ruler, while inches are shown on the right side). The maximum stairs height is 16.5 centimeters (6.5 inches).



4. Moving the *DST* in the room

The *DST* is equipped with four retractable wheels for easy moving. In order to move the *DST*, carry out the following steps:

1. Lower the *DST* to the flat position.
2. Unplug the *DST* socket from the wall outlet.
3. Fold the front ramp 180 degrees.



Note: If RSR is installed, unassembled its black plastic knobs before folding the RSR (See page 6 drawing B).

4. Pull the front and rear handles. Now the *DST* is on wheels and can be easily moved.



Front handle
(Find the rear handle at the
other end of the *DST*)

5. After positioning the *DST* in its new location, lower the two handles.
6. Unfold the front ramp.

5. Maintenance, Cleaning and Service

The *DST* requires no maintenance.

Before cleaning, unplug the *DST* from the wall outlet. The outer surfaces of the *DST* may be cleaned with a dry cloth.

When service is required, or if you have any questions, please call your distributor.

6. Troubleshooting

Should the *DST* fail to operate properly, please check:

- The power cord is connected to the wall outlet.
- The wall outlet is indeed powered; Check by connecting some other electrical appliance to the outlet.
- The *DST* may be overloaded with excessive weight. Clear the *DST* and try again after 2 hours.

If, after trying all of the above, the *DST* still fails to operate, unplug the cord and contact your authorized *DST* representative.

7. Specifications

Product name:	Dynamic Stair Trainer (<i>DST</i>)
Model:	8000
Overall dimensions:	Length x Width x Height (stairs down/up) 240x88x110/160cm (95x35x44/63in)
Shipment dimensions:	210x105x75cm (83x42x30in)
Weight:	250Kg (550 lbs)
Stair width (regular):	74 cm (29 inches)
Stair height range:	0-16.5 cm (0-6.5 inches)
Capacity (static):	300 Kg (660 lbs)
Electrical requirements (As per country)	230V~+/-10%, 50Hz, 0.8A max 120V~+/-10%, 60Hz, 1.6A max
Operating interval:	1 min on / 9 min off
Operating environment:	Temperature: 10°-40°C (50°-104°F) Humidity: 30%-85% non-condensing
Storage environment:	Temperature: 10°-55°C (50°-131°F) Humidity: 30%-85% non-condensing
Regulatory compliance:	IEC 601-1 CE, UL (motor, controls)
Worldwide patent Color, design and specifications may vary	