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## ACHILLES HARNESS FITTING INSTRUCTIONS



### CONTENTS

You should have the following:

1. RH Achilles Harness (1 off)
2. LH Achilles Harness (1 off)
3. 40mm Webbing Slide (4 off)
4. 40mm Webbing Bridge (4 off)
5. No.8 x 12mm Self Tap Screw (8 off)
6. M4 x 20mm Screws (8 off)
7. M4 x Ø20 Washer (8 off)
8. M4 Nyloc Nut (8 off)

If any of the above items are missing, please contact our Customer Services Department on 0044 (0)1283 520400.

**BEFORE** fitting the harness to any wheelchair/seating system please consult the manufacturers hand book (or contact them direct) to find out if it is safe to do so.

# 1. HARNESS FITTING

- Place users foot (or shoe) on foot plate and set the webbing bridges clear of the foot (Fig.1a), in line with the ankle bone.
- Drill 4 holes in each foot plate to suit either fixing method (Fig.1b & 1c). Attach webbing bridges with fixings supplied & cut off any excess bolt for safety.
- Slide on the webbing Slides, place the Achilles on the foot plate & thread the webbing under the webbing bridge and into Slide (see Fig.1e, stages 1-3). **Note:** Do not tighten webbing at this point.



## 2. HARNESS ADJUSTING

- Place Achilles around the leg, above the ankle, aligning the outer pads with the ankle bones and the rear of the Achilles just above the heel, then feed the strap through the buckle (Fig.2a).
- Pull strap through buckle until a tight/ comfortable fit is achieved (Fig.2b), press the Velcro together.
- Grasp the webbing slide and pull the webbing tight until the Achilles holds the foot firmly to the foot plate (Fig.2c). Thread the webbing back through the webbing slide (see Fig.2d).
- Correctly fitted RH Achilles harness (Fig.2e). Repeat instructions for LH side.
- To release the Achilles harness, reverse the above steps. **Do not** adjust the tie down straps unless you wish to alter position.



### 3. CLEANING INSTRUCTIONS

- Clean down with a damp cloth and a mild detergent.
- When wet allow to dry naturally in a warm dry atmosphere.
- **DO NOT** dry in any drying machine.
- **DO NOT** wash in an automatic washing machine.
- **DO NOT** iron.

### 4. MAINTENANCE INSTRUCTIONS

- **CHECK** for any signs of fraying and that straps work correctly.
- **CHECK** & make sure that all fixings are secure & not damaged, especially after making any adjustments.
- **PERIODIC** cleaning will help prevent damage to straps.

