

**Health o meter<sup>®</sup>**  
**P r o f e s s i o n a l**

## **PORTROD WALL MOUNTED HEIGHT ROD**



### **USER INSTRUCTIONS**

**ISO13485:2003  
CERTIFIED**

Thank you for your purchase of this Health o meter® Professional product. Please read this manual carefully, and keep it for easy reference or training.

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Please register your product for warranty coverage at:

[www.homscales.com](http://www.homscales.com)

For User Instructions updates and revisions please go to:

[www.homscales.com](http://www.homscales.com)

# CAUTIONS AND WARNINGS

To prevent injury and damage to your product, please follow these instructions very carefully.

- Do not transport the PORTROD while the headpiece is attached.
- Be sure the PORTROD is placed on a flat, stable surface when it is being cleaned or being assembled.
- For accurate measurement, the PORTROD must be placed on a stable wall surface.
- For accurate measurement, verify proper operation according to the procedure described in this manual before each use.
- Do not use in the presence of flammable materials.
- When not in use, raise headpiece to a high position, or have it removed and stored.
- When wall mounting the PORTROD, ensure that the mounting location is free of electrical lines, gas pipes, and other safety hazards. Ensure that wall is of construction that can support the PORTROD.
- To prevent patient injury, the patient must be attended throughout the entire measuring event.

# SPECIFICATIONS

## GENERAL


The PORTROD Wall Mounted Height Rod has a large headpiece and features a clear indicator, which allows for accurate measurement of a patient's height. Each PORTROD is designed to provide accurate, reliable, and repeatable height measurements, and includes features that make the process of measuring a patient's height simple, fast, and convenient. Each PORTROD is set up to determine the height of a stationary patient. Height is displayed in centimeters (cm), inches (in), and feet/inches.

## PORTROD SPECIFICATIONS

<b>Height Range</b>	PORTROD: Max 213cm (83") / Min 60cm (23-5/8")
<b>Environmental</b>	Operating temperatures: 5°C to 40°C (41°F to 104°F) Storage temperatures: 0°C to 50°C (32°F to 122°F) Atmospheric Pressure: 500hPa to 1060hPa Maximum Humidity: 85% RH in use or in storage
<b>Graduation</b>	PORTROD: 1/16" / 1 mm
<b>Physical Dimensions</b>	PORTROD: Width: 7cm (2.75") Depth: 1.3cm (0.50") Height: 152.4cm (60.0")

## CERTIFICATIONS / DISPOSAL / SERVICE

### CERTIFICATION DESCRIPTIONS

	<p>Pelstar, LLC has been officially certified as a manufacturer of Health o meter® Professional medical devices to be in compliance with stringent ISO requirements. The Pelstar, LLC quality assurance system covers the development, production, sales and service of medical scales and measuring systems.</p>
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### PORTROD DISPOSAL



This Health o meter® Professional product must be disposed of properly. Follow the national, regional or local regulations which apply to you for disposal of domestic waste.

### SERVICE INFORMATION

The PORTROD Wall Mounted Height Rod Kit is shipped disassembled in one carton. Carefully inspect the carton for shipping damage before unpacking. If damage is found, contact Customer Service immediately.

For further information or telephone support, please contact a Health o meter® Professional Customer Service representative at 1-800-815-6615.

# PORTROD WALL MOUNT INSTRUCTIONS

To avoid damaging the PORTROD when unpacking it, **do not use a box cutter, knife, scissors or any sharp object when opening the protective inner packaging.** If damage is found, contact your shipper or a Health o meter® Professional representative immediately. Claims must be filed with the shipper as soon as possible after receipt of the package. The following information details what you will find inside the carton as you unpack the parts for assembly. Set the carton aside for storage.

## **Parts List**

### **Carton**

- (1) User instructions
- (1) PORTROD (height rod channel)
- (1) PORTROD headpiece
- (2) Drywall anchors (use for drywall mounting only)
- (3) Screws and washers (only 2 will be used for assembly)

### **Tools Required (not included)**

Drill, 5mm (3/16") Drill bit (if mounting on drywall), 1.5mm (1/16") drill bit (if mounting on wood, wood studs or metal), Tape measure, Level

# PORTROD WALL MOUNT INSTRUCTIONS (CONT.)





## PORTROD Preparation

1. Carefully remove the product from the carton, and place on a flat and dry surface.
2. Unfold the PORTROD and ensure that the upper and lower parts align.

**Note:** Half the measuring strip is attached to the PORTROD. Do **NOT** attach the remaining half at this point.

**Caution:** When wall mounting the PORTROD, ensure that the mounting location is free of electrical lines, gas pipes, and other safety hazards. Ensure that wall is of construction that can support the PORTROD.

## Wall Mounting Instructions

<p>1. Measure 23-5/8" (60cm) from the floor and mark with a pencil.</p>	
<p>2. Align the bottom of the height rod channel at the 23-5/8" (60cm) marked location. While holding the height rod in place, mark the wall in the center of the 2<sup>nd</sup> hole from the top (round hole).</p>	
<p>3. Once the hole is marked, set aside the height rod.</p> <ul style="list-style-type: none"> <li>- If mounting to drywall, use a 5mm (3/16") drill bit to drill a lead hole into the marked location.</li> <li>- If mounting to wood, wood studs or metal, use a 1.5mm (1/16") drill bit to drill a lead hole into the marked location.</li> </ul>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p style="font-size: small;">5mm (3/16") drill bit for mounting on drywall</p> </div> <div style="text-align: center;">  <p style="font-size: small;">1.5mm (1/16") drill bit for mounting on wood, wood studs or metal</p> </div> </div>

## PORTROD WALL MOUNT INSTRUCTIONS (CONT.)

4. If mounting to drywall, obtain one of the included drywall anchors and set the drywall anchor into the drilled hole in the wall.

**Note:** If mounting on wood, wood studs or metal, you do not need to install drywall anchors and can skip to the next step.



5. Reposition the height rod channel against the wall, lining up the 2<sup>nd</sup> round hole with the inserted drywall anchor or drilled lead hole. Insert the screw with washer (for wood mounting) or drywall anchor screw (for drywall mounting) through the front of the height rod channel into the drywall anchor or the drilled lead hole. Tighten the screw until the height rod channel is held gently against the wall while still allowing it to swing freely from side to side.



6. Using a level, make sure the height rod channel is plumb/straight. Mark the other round hole (2<sup>nd</sup> hole from the bottom of the height rod channel).



## PORTROD WALL MOUNT INSTRUCTIONS (CONT.)

7. Swing the height rod channel to the side to drill a lead hole into the marked location. If mounting to drywall, obtain the remaining drywall anchor and insert the anchor into the wall.



8. Swing the height rod channel back to its vertical position. Align the hole with the inserted drywall anchor or drilled lead hole and insert the screw. Tighten the top screw until height rod is held firmly against the wall.



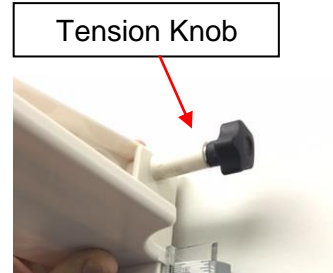
9. Once the height rod channel is secured to the wall, peel away the adhesive backing on the measuring strip and affix to the height rod channel.



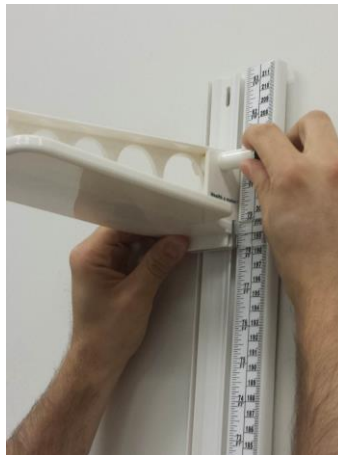


## PORTROD WALL MOUNT INSTRUCTIONS (CONT.)

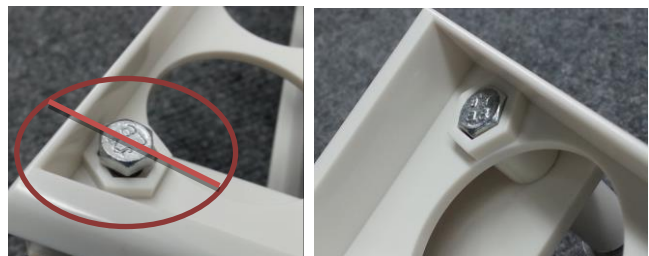
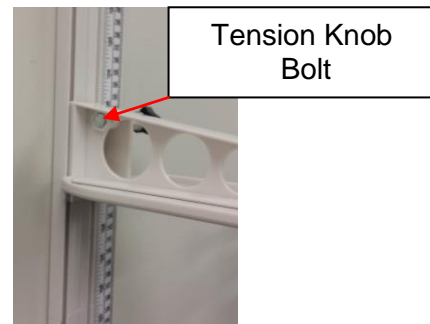
10. Obtain the headpiece from the carton. Align the grooves at the back of the headpiece with the grooves at the top of the height rod. Gently lower the headpiece onto the height rod. The tension knob may need to be loosened to allow the headpiece to slide onto the height rod channel.



11. Tighten the tension knob to keep the headpiece in place on the height rod channel. The height rod is now ready for use.



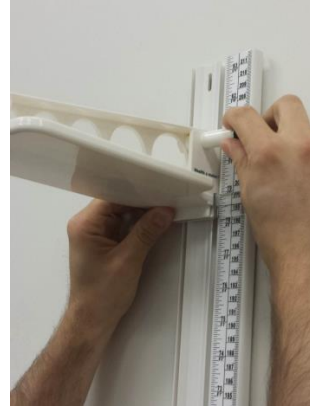
12. If the headpiece is not moving smoothly along the height rod, loosen the black tension knob. If the headpiece moves too freely, tighten the tension knob. **Warning:** Ensure that the tension knob bolt on the side of the headpiece is properly engaged. If the bolt is too loose or over-tightened the headpiece will not function properly. Do NOT use tools to tighten the tension knob.



# HEIGHT MEASUREMENT INSTRUCTIONS

**Note:** A patient needs to be a minimum of 60cm (23-5/8") in height for the height to be accurately measured.

1. Loosen the black knob located on the right side of the headpiece. Slide the headpiece above the estimated height of the patient.



2. Position the patient with their back against the height rod and their heels touching the wall. Ensure that the patient's posture is upright, and that the patient's head is straight and level. Slide the headpiece down until it rests gently on the patient's head and turn the black knob to tighten it.



3. Determine the patient's height by reading the value on the measuring tape nearest to the line on the clear indicator. The clear indicator is located on the right side of the headpiece.



# MAINTENANCE

## **Maintenance**

The following page provides instructions for maintenance and cleaning for the PORTROD product. Maintenance operations, other than those described in this manual, should be performed by qualified service personnel.

**Caution: Before first use, or after long periods of non-use, check the product for proper operation and function. If the PORTROD does not operate correctly, refer to qualified service personnel.**

1. Check overall appearance of the PORTROD for any obvious damage or wear and tear.

## **Cleaning**

Proper care and cleaning is essential to ensure a long life of accurate and effective operation.

1. Clean all external surfaces with a clean damp cloth or tissue. Mild antimicrobial or antibacterial soap and water solution may be used. Dry with a clean soft cloth. Do not use abrasive cleaners.
2. Do not use Isopropyl Alcohol or other solutions to clean the surface.

## **Replacement Parts**

Replacement parts are available if the height rod needs to be repaired. Contact Health o meter Professional Scales Customer Service at 1-800-815-6615 to inquire about the availability of these replacement parts.

<b>Part #</b>	<b>Description</b>
PORTRODHP	Portrod Headpiece
PORTRODTAPE	Portrod Measuring Tape

# WARRANTY

## Limited Warranty

### **What does the Warranty Cover?**

This Health o meter® Professional product is warranted from date of purchase against defects of materials or in workmanship for a period of one (1) year. If product fails to function properly, return the product, freight prepaid and properly packed to Pelstar, LLC (see “To Get Warranty Service”, below, for instructions). If the manufacturer determines that a defect of material or in workmanship exists, the customer’s sole remedy will be replacement of the product at no charge. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. All replaced parts are covered only for the original warranty period.

### **Who is Covered?**

The original purchaser of the product must have proof of purchase to receive warranty service. Please save your invoice or receipt. Pelstar dealers or retail stores selling Pelstar products do not have the right to alter, or modify or any way change the terms and conditions of this warranty.

### **What is Excluded?**

**Your warranty does not cover normal wear of parts or damage resulting from any of the following:** negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, abuse including tampering, damage in transit, or unauthorized repair or alternations. Further, the warranty does not cover natural disasters, such as fire, flood, hurricanes and tornadoes. This warranty gives you specific legal rights, and you may also have other rights that vary from country to country, state to state, province to province or jurisdiction to jurisdiction.

**To get Warranty Service make sure you keep your sales receipt or document showing proof of purchase.** Call (+1) 800-638-3722 or (+1) 708-377-0600 to receive a return authorization (RA) number, which must be included on the return label. Attach your proof of purchase to your defective product along with your name, address, daytime telephone number and description of the problem. Carefully package the product and send with shipping and insurance prepaid to:

Pelstar, LLC  
Attention R/A# \_\_\_\_\_  
Return Department  
9500 W. 55<sup>th</sup> St.  
McCook, IL 60525



**PELSTAR, LLC**  
**9500 West 55<sup>th</sup> Street • McCook, IL 60525 • USA**  
**1-800-638-3722 or 1-708-377-0600**

PLEASE REGISTER YOUR PRODUCT FOR WARRANTY COVERAGE AT:  
<http://www.homscales.com/customers/registration.aspx>

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