

**Health o meter®**

**P r o f e s s i o n a l**

**201HR  
WALL-MOUNTED TELESCOPIC  
METAL HEIGHT ROD**



**ISO13485:2003  
CERTIFIED**

**USER INSTRUCTIONS**

P/N UM201HR Rev20160429

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

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Please register your product for warranty coverage at:

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

For User Instructions updates and revisions please go to:

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

## CAUTIONS AND WARNINGS

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

- For accurate measurement, the 201HR 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, fold headpiece into the down position.
- When mounting the 201HR, 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 201HR.
- To prevent patient injury, the patient must be attended throughout the entire measuring event.

## SPECIFICATIONS

### GENERAL

The 201HR Wall-Mounted Height Rod has a large headpiece and features an indicator that allows for accurate measurement of a patient's height. Each 201HR is designed to determine the height of a stationary patient. Height is displayed in centimeters (cm), inches (in), and feet/inches.

Height Range	201HR: Min : 2" / 6 cm    Max : 90" / 230 cm
Environmental	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
Accuracy	201HR: +/- 1 mm (1/8")
Physical Dimensions	201HR: Width: 2 1/4" / 5.7 cm (13" / 33 cm including footpiece) Depth: 3/4" / 1.9 cm (1 3/4" / 4.4 cm including spacers) Height: 54" / 137 cm (92" / 230 cm with height rod fully extended) Headpiece Depth: 11" / 28 cm

## CERTIFICATIONS / DISPOSAL / SERVICE

### CERTIFICATION DESCRIPTIONS

**ISO13485:2003  
CERTIFIED**

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.

### 201HR 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 201HR Wall-Mounted Metal Telescoping Height Rod is shipped disassembled in one tube. 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.

# 201HR WALL MOUNT INSTRUCTIONS

To avoid damaging the 201HR 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) Height rod (with attached headpiece)
- (1) Footpiece

Small Clear Bag Containing:

- (2) Black footpiece caps
- (3) Drywall anchors
- (3) White spacers
- (2) 1/2" Screws
- (4) 2" Screws (only 3 are required for assembly)






### Tools Required (not included)

Drill, 5mm (3/16") drill bit, 1.50mm (1/16") drill bit, Phillips head screwdriver, Level

## 201HR WALL MOUNT INSTRUCTIONS (CONT.)

### 201HR Preparation




<p>1. Carefully remove the product from the carton, and place on a flat and dry surface.</p>	
<p>2. Attach the footpiece to the bottom of the height rod by aligning the sides of the height rod with the slits in the footpiece. Be sure the height rod slides completely to the bottom of the footpiece.</p>	
<p>3. Insert the two 1/2" screws from the clear bag into the holes at the bottom of the height rod. Use a Phillips head screwdriver to tighten the screws securely.</p>	
<p>4. Obtain the two black end caps from the clear bag. Attach them to the ends of the footpiece. The front of the end cap should be flush with the front of the height rod.</p>	

# 201HR WALL MOUNT INSTRUCTIONS (CONT.)

## Wall Mount Instructions

**Caution:** When wall mounting the 201HR, 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 201HR.

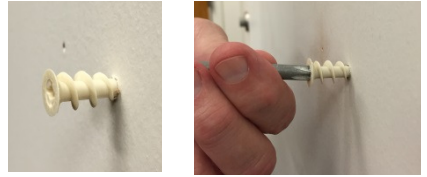
**Note:** Do not mount the 201HR on a door.

1. Determine where the height rod will be mounted.	
2. Position the height rod so that the back of the end caps are facing the wall. The footpiece should be resting on the floor and the end caps should be flush against the wall. The height rod should be vertically straight and not leaning against the wall. There must be room between the wall and the height rod to allow for the spacers to be inserted.	
3. Use a level to ensure the height rod is vertically straight and plumb. While holding the level and height rod in place, insert a thin pencil or screw to mark the screw hole in the top hole. Next mark the screw holes for the center and bottom holes.	
4. Once the holes are marked, set aside the height rod. <ul style="list-style-type: none"><li>- If mounting to drywall or plasterboard, 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 data-bbox="583 1321 761 1458"><p>5mm (3/16") drill bit for mounting on drywall or plasterboard</p></div> <div data-bbox="785 1321 976 1458"><p>1.5mm (1/16") drill bit for mounting on wood, wood studs or metal</p></div>

## 201HR WALL MOUNT INSTRUCTIONS (CONT.)

5. If mounting to drywall or plasterboard, use a Phillips head screwdriver to set a 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.



6. Obtain three of the 2" screws and plastic spacers from the plastic bag. Reposition the height rod against the wall lining up the holes with the drywall anchors or drilled lead holes. Starting with the top hole, insert the screw through the front of the height rod into the spacer placed behind the height rod then into the drywall anchor or drilled lead hole. Using a Phillips head screwdriver, tighten the screw only three turns to hold the height rod in place. Next, move to the bottom hole of the height rod and insert the screw and spacer into the bottom drywall anchor or drilled lead hole, again only tightening with three turns. Repeat the process with the center hole.





## 201HR WALL MOUNT INSTRUCTIONS (CONT.)

- 7.
- a. Check alignment with a level and verify correct measurements. If level or height measurement is off, repeat steps 3-5. If height rod is level, tighten screws until height rod is securely attached to the wall.
  - b. Check that the height rod can slide down to measure below 53" / 134.5cm. To slide the height rod below 53", press the black button at the top of the height rod to release the lock then slide the headpiece down. If height rod does not slide down, further tighten the screws into the wall.

Once level, with smooth upward and downward motion, the height rod is ready for use.



# HEIGHT MEASUREMENT INSTRUCTIONS

1. With the headpiece in the folded down position, slide the headpiece up or down to the estimated height of the patient. For patients shorter than 53" / 134.5cm, press the black button at the top of the height rod to release the lock then slide the headpiece down. Then lift the headpiece into its horizontal position.



2. Position the patient with their back against the height rod and their heels touching the footpiece. 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 on the patient's head.



3. Determine the patient's height by reading the value at the read-off mark.

- For heights above 53" / 134.5cm, read height at the blue line in the center of the height rod.
- For heights below 53" / 134.5cm, read height at the blue line at the bottom of the headpiece.



Read here for heights greater than 134.5 cm



Read here for heights less than 134.5 cm

## MAINTENANCE

The following provides instructions for maintenance and cleaning for the 201HR. 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 any obvious damage or wear and tear along with proper operation and function. If the 201HR does not operate correctly, refer to qualified service personnel.**

### 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.

# 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 two (2) years. 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 in 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 West 55th Street

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 SCALE FOR WARRANTY COVERAGE AT:

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

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