

**PROPLUSROD/STROD  
HEIGHT ROD KIT  
Quick Start Guide**



**Parts List**

- |                           |                              |
|---------------------------|------------------------------|
| (2) Mounting brackets     | (1) Height rod               |
| (1) Mounting rod          | (2) 3/8" Round headed screws |
| (1) Mounting instructions | (10) Hexagonal bolts         |

**Tools Required (not included)**

1/2" and 3/8" wrenches, and torpedo level.

**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.**

To avoid damaging when unpacking, 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 at 800-815-6615. 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.

**Note:** The PROPLUSROD Height Rod Kit is compatible exclusively with the 4011 and the 4021 weighing scales.  
The STROD Height Rod Kit is compatible exclusively with the 1100KL and the 2101KL weighing scales.

This Quick Start Guide can be used to assemble both the PROPLUSROD and STROD on the specified scales. Figures are for illustration purposes only.

**Mounting Instructions (see Figures 1 - 4)**

**Caution: It is recommended that the Height Rod assembly be performed by two persons.**

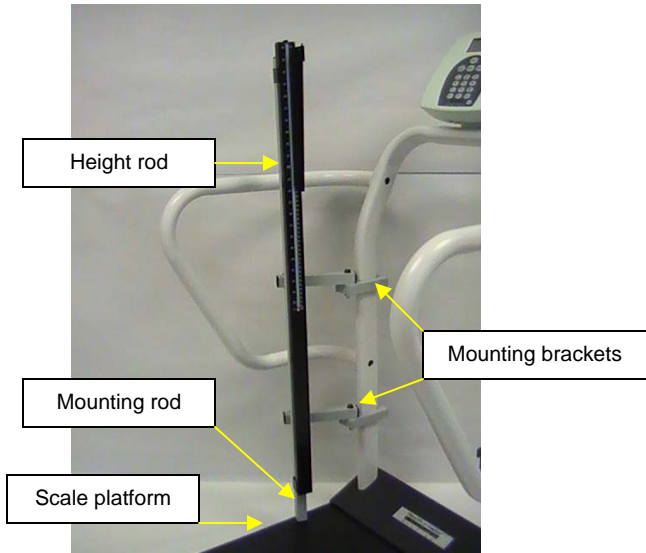
1. Ensure that the scale platform is clear of any material or obstructions.
2. Carefully remove the product from the carton/packaging, and place the entire assembly on a flat, dry surface.
3. Hexagonal bolts are used to fasten the unit together. Ensure that all hexagonal bolts are slightly loosened (see Figures 3 - 4).
4. Detach the mounting brackets from the assembly (see Figure 1).
5. Disassemble the mounting brackets' two-piece assembly, in order to attach the bracket around the scale's handrail.
6. Standing in front of the platform, position and assemble the mounting brackets on the left side of the handrail (see Figure 1).
7. Hold the mounting rod in position next to the handrail, and position/assemble both brackets onto the handrail. Ensure that the mounting rod is resting on the scale platform (see Figures 3 - 4).
8. Re-assemble the mounting brackets, and then loosely screw the mounting brackets to the mounting rod (see Figure 4).
9. Position the torpedo level on the side of the mounting rod, and ensure that the mounting rod is vertical and plumb.
10. Tighten all the hexagonal bolts on the mounting brackets to secure the assembly.
11. Position the height rod's key-hole mounts over the round headed screws located on the mounting rod (see Figure 2).
12. Ensure that each round headed screw is secured in the narrow portion of each key-hole mount.
13. Use the wrench to tighten each round headed screw until the height rod is held firmly in place. Ensure the height rod is vertical and plumb.
14. Ensure that the mounting rod is resting on the scale platform and is vertical and plumb. If not, repeat the above steps to position and to secure the mounting rod.
15. The PROPLUSROD/STROD installation is now complete and ready for use.

**Height Rod Instructions: (see Figures 5 - 9)**

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

1. Raise the headpiece above the patient's head (see Figures 5, 6, & 7).
2. Position the patient against the height rod.
3. Ensure that the patient's posture is upright, and that the patient's head is straight and level.
4. Push the headpiece down until it rests on the patient's head.
5. Determine the patient's height by reading the value on the measuring strip nearest to the line on the indicator (Figures 8 & 9).

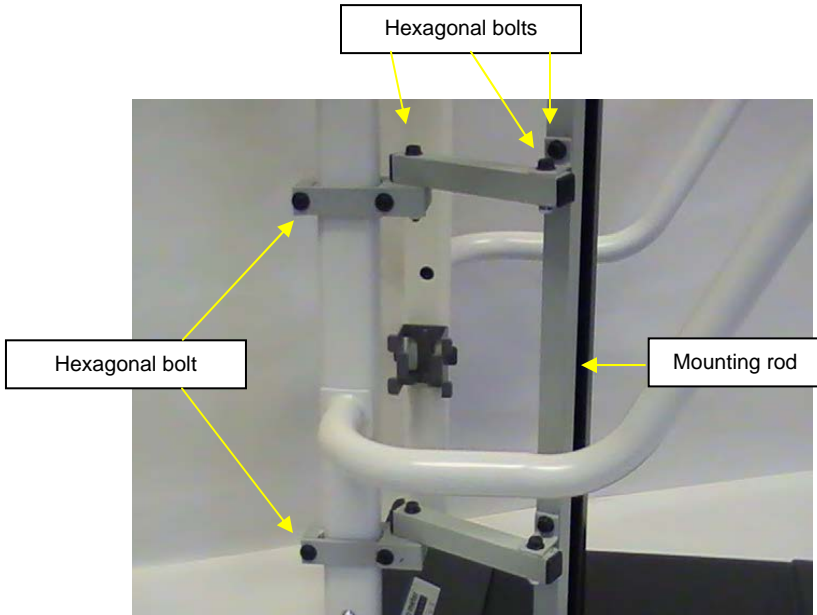
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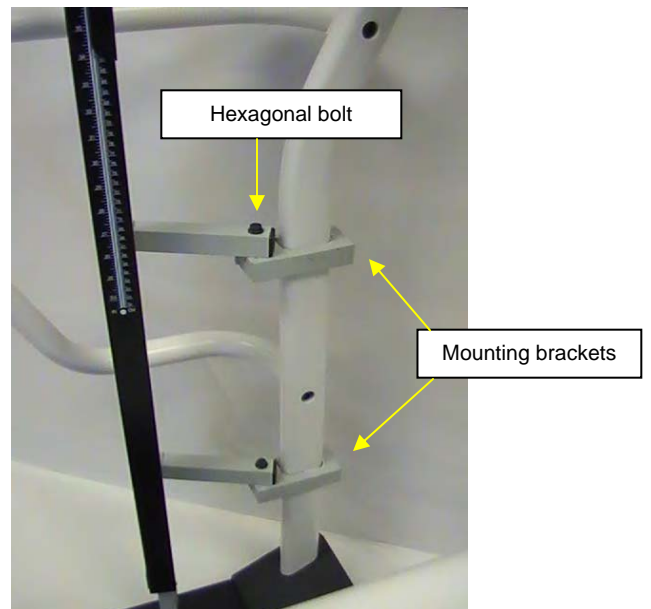
**Figure 1**



**Figure 2**



**Figure 3**



**Figure 4**

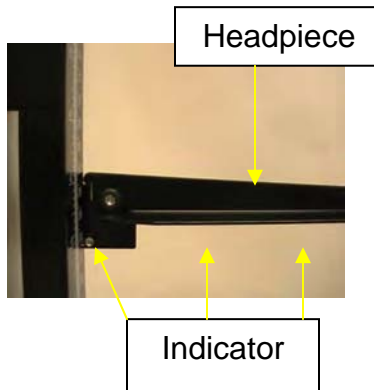
PROPLUSROD/STROD Non - Extended	PROPLUSROD/STROD Extended
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**Figure 5**

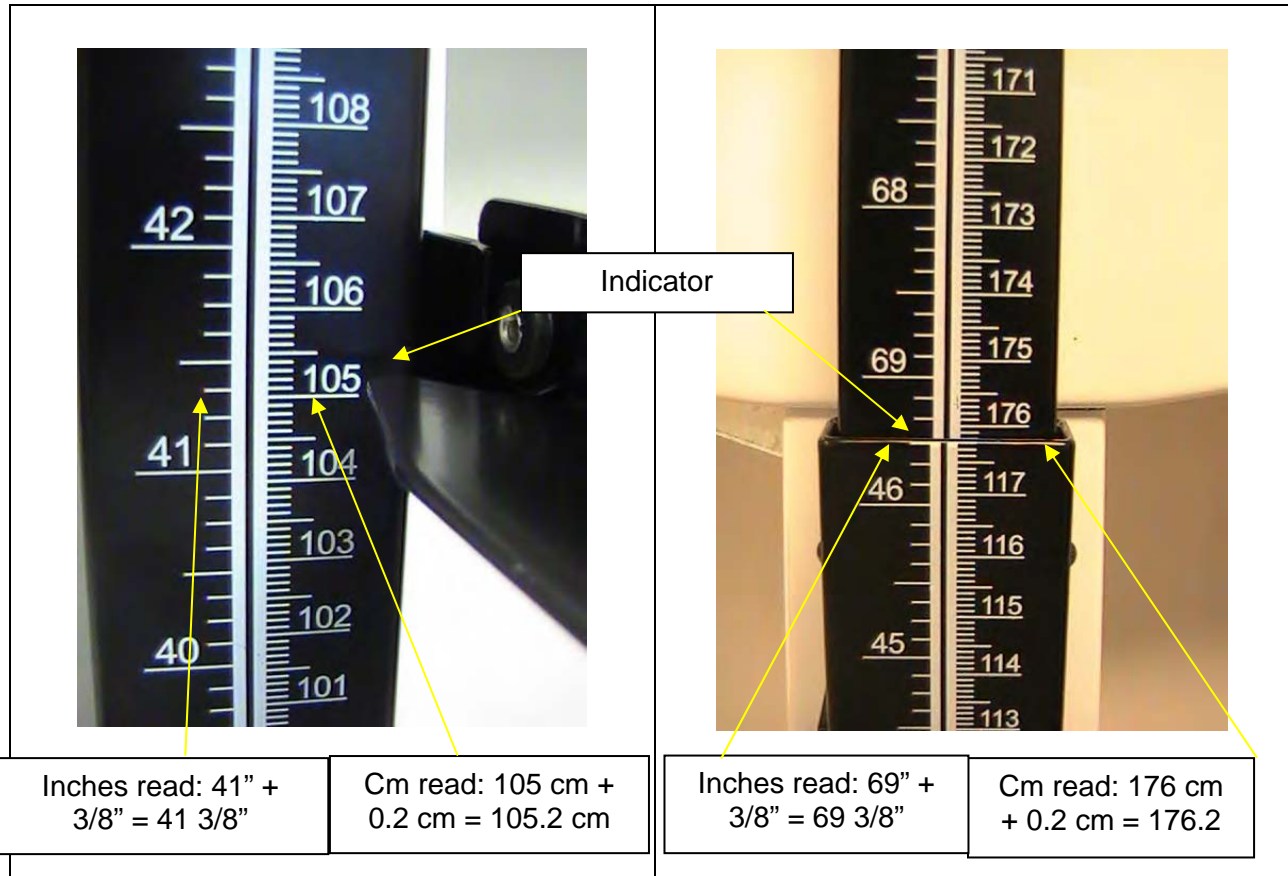


**Figure 6**



**Figure 7**

<u>Height Rod Below 46 3/8" (117.8 cm)</u>	<u>Height Rod Extended Above 46 3/8" (117.8 cm)</u>
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**Figure 8**

**Figure 9**