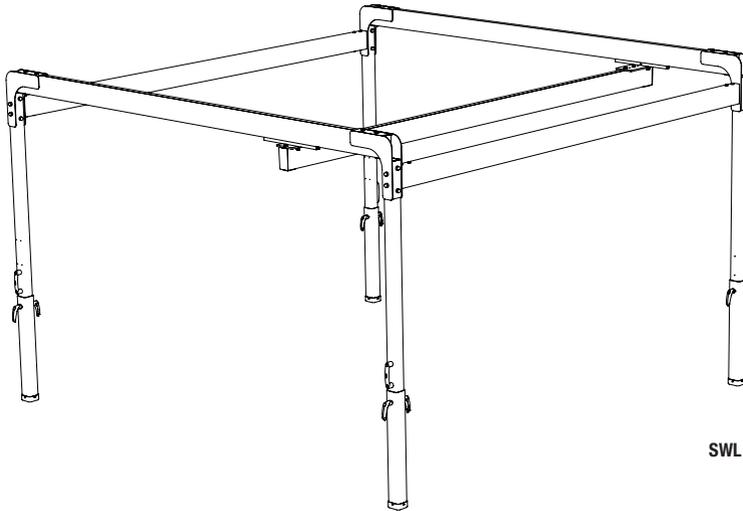


Helena 3x3, art. no.: 50300009
Helena 4x3, art. no.: 50300010
Helena 5x4, art. no.: 50300011



SWL = 285kg / 628lbs

Helena is a freestanding lift stand which, in combination with a traverse rail and lift unit, functions as a stationary patient lift. It is particularly suitable in cases where the need for a stationary lift is occasional or in situations where it is not possible to install a permanent overhead rail system. Helena is made of aluminium, which makes it very light in relation to its high lifting capacity.

Handicare's SystemRoMedic product series includes a range of lifts, slings and other accessories. SystemRoMedic adopts a holistic approach to patient transfers and is organized in four categories: transfer, positioning, support and lifting.



Functional inspection

Visual inspection

Inspect Helena and lift unit functions regularly. Check to ensure that material is free from damage.

Before use:

Check to ensure that the lift stand and lift unit are correctly assembled.
Check all mounts and safety latches.



Always read the manual

Always read the manuals for all assistive devices used during a transfer.
Keep the manual where it is accessible to users of the product.

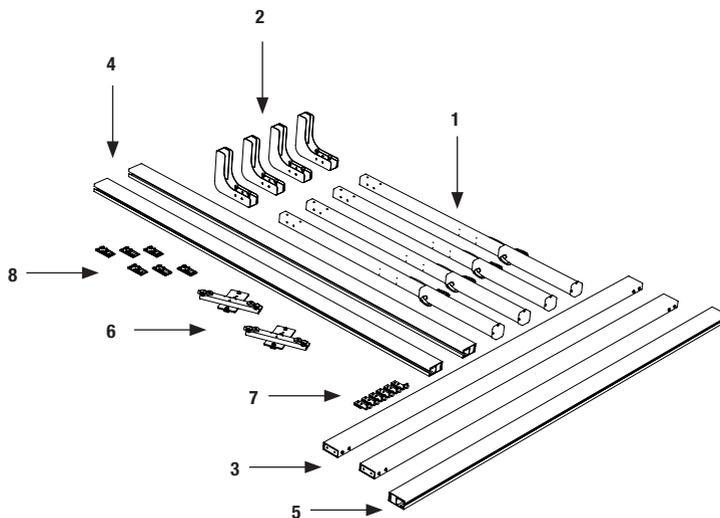
The lift system may only be used by persons who have received instruction in the operation of it.

Table of contents

Assembly	3-7
Component parts	3
Assembly of lift stand	4-7
Final inspection	7
How to use the product	7
Important information	7
Safe working load	7
Accessories	8
Maintenance	8
Technical information	9
Dimensions	9

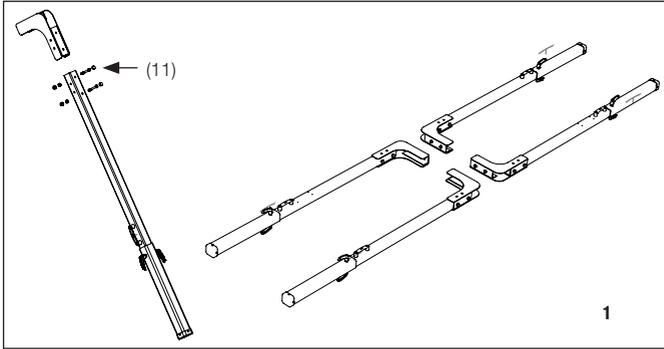
Assembly

Component parts:



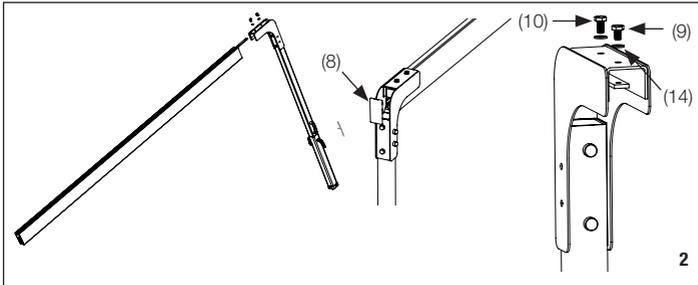
- | | |
|--|--|
| 1. 4 adjustable legs | 10. 6 bolts M10x25 (not pictured) |
| 2. 4 corner pieces | 11. 16 bolts M10x85 (not pictured) |
| 3. 2 crossbeams | 12. 16 screw covers (not pictured) |
| 4. 2 primary rails (see table for available lengths) | 13. 4 mounting fixtures (not pictured) |
| 5. 1 secondary rail | 14. 8 washers M8 (not pictured) |
| 6. 1 traverse rail carrier set | 15. 6 end-stop screws M8x70 (not pictured) |
| 7. 6 end stops | 16. 6 locking nuts M8 (not pictured) |
| 8. 6 rail covers | 17. 12 screw covers M8 (not pictured) |
| 9. 6 bolts M10x16 (not pictured) | |

Assembly of lift stand

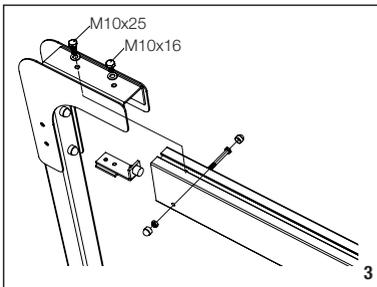


Place the corner pieces on the top ends of the legs as illustrated. Mount through bolts (11) and locking nuts. Tighten with two 17mm open-end wrenches (not included). Mount screw covers on bolt heads.

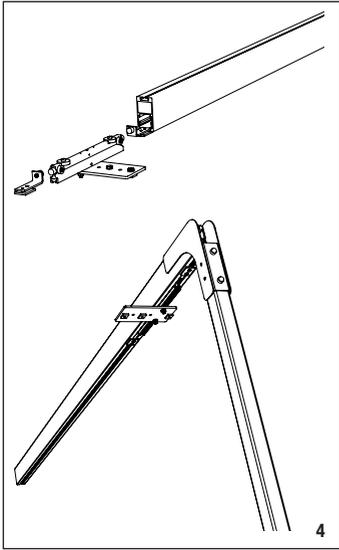
Mount legs pair-wise, so that the carrier handles are on the outside. (Image 1)



Affix the mounting fixtures loosely to the top sides of the corner pieces using bolts (9), (10) and washers (13). Mount the first primary rail by inserting it into the mounting fixture on the corner piece. Before inserting the rail all the way in, press a rail cover (8) into the end of the rail. Tighten bolts with a 17mm open-end wrench. (Image 2)



⚠ NOTE! Make sure the longer bolt (10) is inserted into the primary rail's safety hole! (Image 3)



Assemble in the following order:

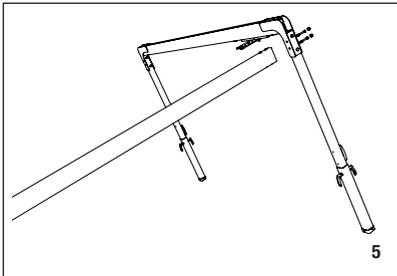
- End stop
- Traverse rail carrier
- End stop

To prevent the traverse rail carrier from gliding along the rail during assembly of the second support leg, anchor it to the support leg that has already been assembled. We recommend anchoring the traverse rail carrier with the help of an end stop (image 4). When assembly is complete, slide the end stop to the other end of the rail and leave it in place.

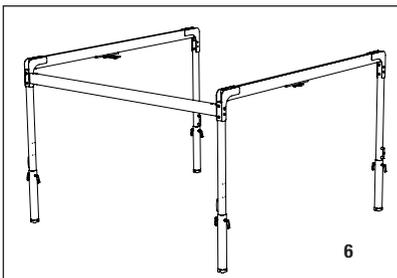
Mount the second primary rail on the other support leg.

Insert the end-stop screws into the pre-drilled holes (image 3).

Fit the screw covers.

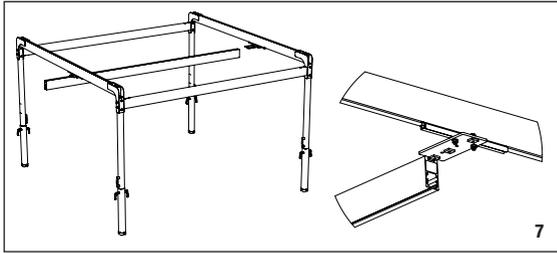


Mount the crossbeams to the first pair of support legs: Tighten bolts with a 17mm open-end wrench. Mount screw covers on bolt heads (image 5).



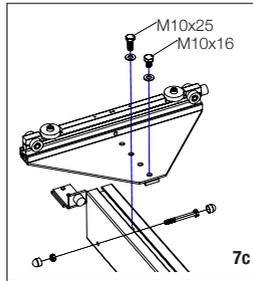
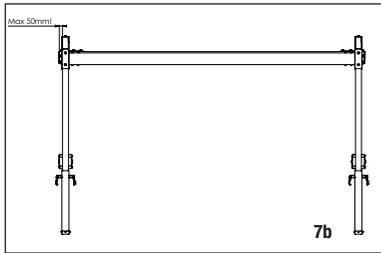
Attach the second pair of support legs to the first crossbeam (image 6).

Then, mount the other crossbeam between the pairs of support legs.



Mount secondary rail on traverse rail carrier assembly

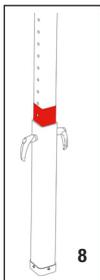
- Insert the rail over the square nuts on the traverse rail carrier. Tighten with a 17mm open-end wrench (image 7).



- **⚠ NOTE!** Ensure that secondary rail overhang does not exceed 50mm! Risk for instability! (Image 7b)
- **⚠ NOTE!** Make sure the long bolt (10) is inserted into the secondary rail's safety hole (image 7c).

Finally, mount the following on the secondary rail in the following order:

- End stop
- Lift unit with carriage
- End stop
- Screw covers on all visible bolt heads



Adjust Helena to the desired height by first loosening the locking knobs on the support leg pairs (one pair at a time) and then carefully rocking the lift stand. Mount the locking knobs in appropriate holes.

- **⚠ NOTE!** Maximum height must not be exceeded! The red warning label must not be visible when the desired height has been set. Risk for instability! (Image 8)

Final inspection

Inspect Helena for signs of damage. Check to ensure that Helena is standing securely on the floor, so that it does not lean, and that the support legs are adjusted to the same height.

Check to ensure that all locking knobs and bolts are securely tightened.

The lift unit must be inspected according to the procedure for periodic inspection for the respective lift unit.

Keep the manual where it is easily accessible for users of the product.

Using the product



Important information

- Helena must be assembled according to the assembly instructions provided with the stand.
- Helena may only be used indoors and on a level floor.
- Lifting accessories must be properly fitted and tested in relation to the patient's needs and functional ability.
- Do not leave the patient unattended during a transfer situation.
- Under no circumstances may max. load be exceeded. See section on safe working load.
- To ensure optimal function, Helena must be inspected regularly. See section on maintenance.
- Warranty applies only if repairs or alterations are done by an authorized technician.
- Ensure that secondary rail overhang does not exceed 50 mm! Risk for instability!
- Maximum height must not be exceeded! Risk for instability!
- Make sure the longer bolt (M10x25) is inserted into the safety hole when mounting the primary and secondary rails.

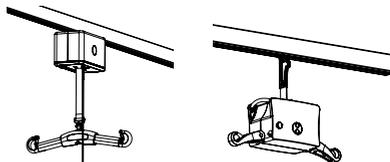
Safe working load

Different products on the same lift system (lift unit, slingbar, sling, scales and other lifting accessories) may have different allowable safe working loads. The lowest allowable safe working load always determines the safe working load of the assembled system. Always check the safe working loads for the lift and accessories before use. Contact your dealer if you have any questions.

Accessories

Lift units

SystemRoMedic's lift units are available in different models and versions, stationary or portable. The choice of model is determined by the required lifting capacity, the location and situations in which the lift is to be used, and the patient's individual needs.



Slings

SystemRoMedic slings are available in different fabrics and models. The choice of model and material is determined by the patient's functional capacity and the situations in which the product is to be used.

For further information on slings and other lifting accessories, see SystemRoMedic's manuals and brochures.



Positioning aids

SystemRoMedic includes a wide range of functional, comfortable, high-quality assistive devices for positioning that can be adapted for different types of lifting and for patients with different needs.

Articlenumber for a complete lift stand

Helena 3x3, lift stand: 50300009

Helena 4x3, lift stand: 50300010

Helena 5x4, lift stand: 50300011

Maintenance

Helena must undergo thorough inspection at least once per year. This must be done by authorized service personnel and in accordance with the periodic inspection for Helena.

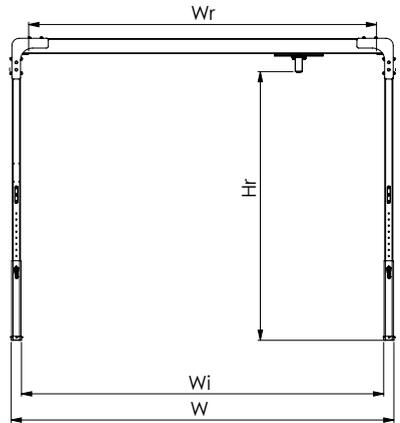
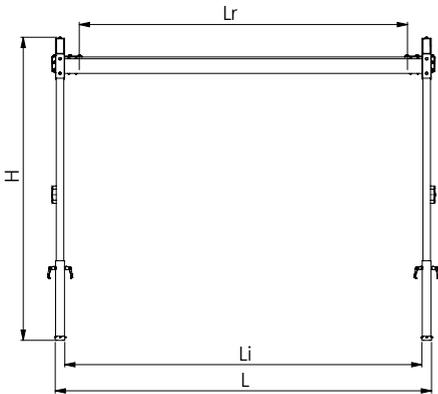
Repairs and maintenance may only be done by authorized personnel using original spare parts.

Cleaning

When necessary, clean the lift using warm water or rubbing alcohol. Do not use cleaning agents containing phenol or chlorine, as this may damage the material.

Technical information

Dimensions



	50300009 (3x3) (mm/kg)	50300010 (4x3) (mm/kg)	50300011 (5x4) (mm/kg)	50300009 (in/lbs)	50300010 (in/lbs)	50300011 (in/lbs)
Max Height (H)	2040-2490	2040-2490	2040-2490	80.3"-98"	80.3"-98"	80.3"-98"
Height to Rail (Hr)	1758-2208	1758-2208	1758-2208	69.2"-86.9"	69.2"-86.9"	69.2"-86.9"
Max Length (L)	3104	3104	4104	122.2"	122.2"	161.6"
Inner Length (Li)	2946	2946	3946	116"	116"	155.4"
Functional Length Secondary Rail (Lr)	2708	2708	3708	106.6"	106.6"	146"
Max Width (W)	3157	4157	5157	124.3"	163.7"	203"
Inner Width (Wi)	2989	3989	4989	117.7"	157"	196.4"
Functional Width Primary Rail (Wr)	2870	3870	4870	113"	152.4"	191.7"
Total weight of system	126	137	168	278	302	370
Weight of the heaviest part	17	21	31	37	46	68

SystemRoMedic™

For 25 years we have applied ourselves wholeheartedly to developing smart and easy-to-use assistive devices for easy transfers and to making life and work easier for both patients and personnel in the care sector.

Experience, innovation and training are the basis for SystemRoMedic, a total solution for every imaginable transfer situation.

Transfer: products for moving patients between locations.

Positioning: products for repositioning in the same location.

Support: products that provide mobility support.

Lifting: products adapted for lifting.

The philosophy behind SystemRoMedic is to prevent occupational injuries while improving the patient's sense of independence and dignity. Through a combination of training and a complete range of transfer-assistive devices, SystemRoMedic offers the means to improving both the work environment and the quality of care while enabling significant cost savings.

Our mission, to help people, has always been, and will continue to be, the driving force of innovation. We love easy transfers.

Contact your local distributor if you have any questions about the product and its use. See www.handicare.com for a complete list of distributors. Always make sure that you have the right version of the manual. The most recent editions of manuals are available for downloading from our website, www.handicare.com



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