



Foot-Rest 450x400, ESD
Notes on Use and Installation

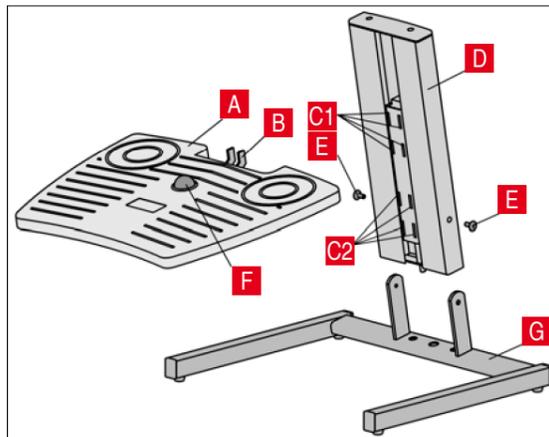
Safety instructions / Intended use

The item Foot-Rest 450x400 is designed as a height-adjustable foot-rest for use in conjunction with workplaces. The height adjustment mechanism enables the Foot-Rest to be used in a standing or sitting position.

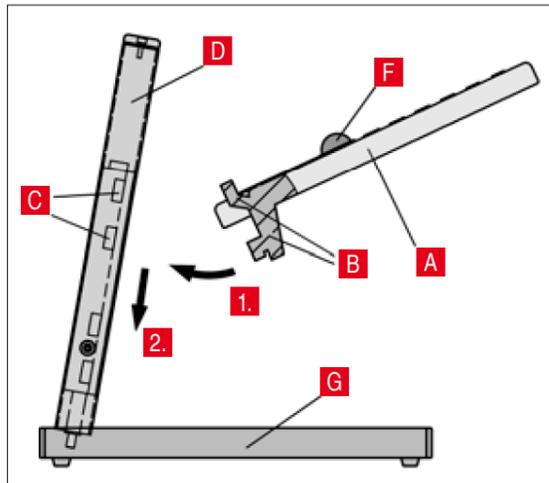
Foot-Rest 450x400 is not to be used as a stepladder or an aid to reaching higher positions!

Never stand on the Foot-Rest or jump onto it!

Assembly instructions



1. Position column **D** on base frame **G**.
2. Insert fastening screws **E** and tighten them using a 4 mm Allen key.
3. Insert the hooks **B** of the footplate **A** in slots **C** of the column **D**. In doing so, select the lower **C2** or upper **C1** position for seated or standing operations respectively. Ensure the rest locates fully in the slots. Check that the footplate is firmly attached to the lifting column.



Notes on use



1. Setting the basic height

In the lower locating holes, the footplate can be adjusted between heights of approx. 100 mm to 210 mm, and in the upper slots from approx. 230 to 340 mm.

2. Fine-adjustment of the footplate height

Pressing foot-switch **F** overrides the lock on the pneumatic spring inside the lifting column. The height of the footplate can then be steplessly adjusted with your foot through a range of 110 mm.

3. Positioning the Foot-Rest

The Foot-Rest should be positioned in workplaces in such a way that it can be freely adjusted to allow the individual worker to find the most effective ergonomically correct position. The position of the rest should only be adjusted on the base frame or lifting column. Every time the position of the Foot-Rest is changed, it must be checked to ensure it is absolutely firm.

Electrostatic discharge

The conductive discharge of static electricity is only guaranteed if the footplate is connected to a special equipotential connection. To this end, a conductive strip is factory-fitted to the underside of the footplate.

The footplate is made of conductive plastic. Discharge resistance R from the surface of the footplate to the connection point of the conductor is $10^3\Omega < R < 10^5\Omega$.

If the conductive discharge function is not used, fix the cable safely underneath the footplate to prevent anyone tripping over it.

Maintenance/disposal

Foot-Rest 450x400 is maintenance-free. The friction bearing inside the column has a grease lubrication system which may attract dust in a very dusty environment. This dirt can be removed using a dry cloth pushed into the adjustment slot of the column.

The pneumatic spring concealed inside the column **D** must never be removed or opened as there is a serious risk of injury! At the end of its useful life, the Foot-Rest must be disposed of in accordance with local regulations.

item

item Industrietechnik GmbH
Friedenstraße 107-109
42699 Solingen
Germany
Phone +49 212 6580 0
info@item24.com
item24.com

04/2020

Made in Germany

item Industrietechnik GmbH

0.0.600.71