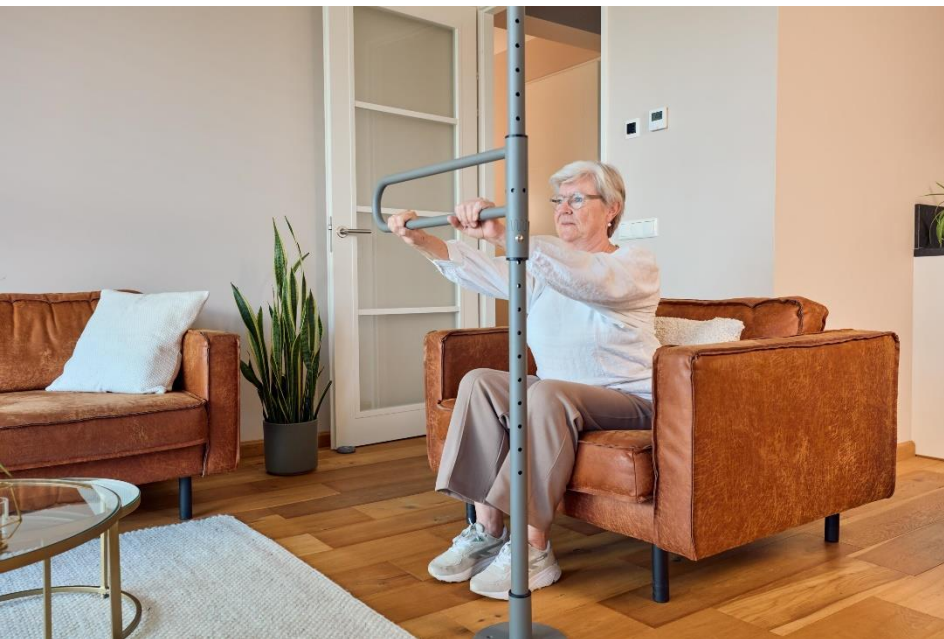


Pakpaal®

Manual

+ user instructions



pakpaal.nl/handleiding

Version: August 2024



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1. Support anywhere in the home

Intended use

The Pakpaal® is the number one aid for sitting down, lying down, turning over and standing up again. It is suitable for people who are limited in their range of motion and can be installed anywhere in the home, as long as complying with the conditions in this manual.

Easy to install

The Pakpaal comes as a kit and is easy to install in just a few steps. Follow the manual or watch our instructional video online. You will also find a number of videos on how to use it in different situations. [**www.pakpaal.nl/handleiding**](http://www.pakpaal.nl/handleiding)

Product versions

The Pakpaal comes in a number of different versions, ensuring a suitable bracket or arm can be used in any situation.

- Bracket 30cm
- Bracket 60cm
- Bracket 80cm
- Parrot arm (load up to 75 kg)

This manual and operating instructions apply to the above versions.

2. Terms of use

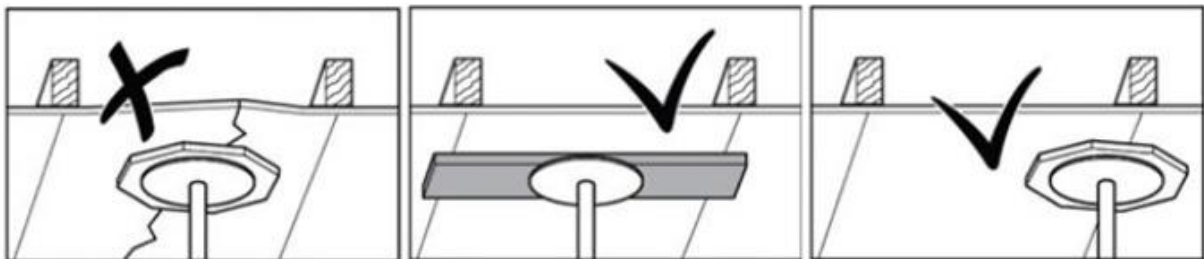
- Suitable for ceiling heights between 200 - 300 cm
- Load up to 120 kg
- Rusting may occur in wet areas; do not place in direct contact with water

Installation requirements

The Pakpaal must be sandwiched between the floor and ceiling. It is therefore crucial that the ceiling is sturdy enough. Wooden and concrete ceilings generally comply.

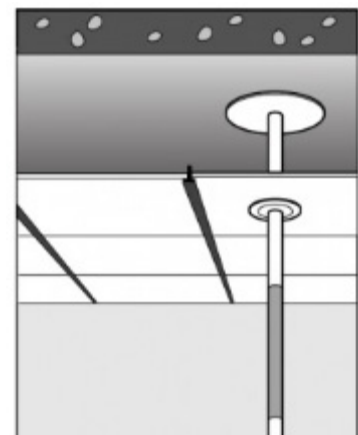
Suspended ceiling or beam ceiling

Do you have a thatched or plastered plasterboard ceiling? Then you may use a sturdy, non-bending sheet of wood. This should be positioned so that the force is diverted onto the ceiling support slats. If you have a ceiling with beams, then you can use the mounting bracket for beam ceilings. Both items are available in our webshop.



Suspended ceiling

If you have a suspended ceiling, there is usually a concrete ceiling above it. In this case, you can firmly place the Pakpaal by removing a ceiling tile and placing the Pakpaal between the floor and concrete ceiling.



3. Safety regulations



Please follow the manual and operating instructions.



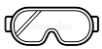
Always use the prescribed and supplied tools.



Use the prescribed and supplied fixing materials.



It is highly recommended to assemble and disassemble the Pakpaal with 2 people.



When drilling and fastening, use the necessary protective equipment, such as safety glasses and hearing protection.



Use a stable ladder.

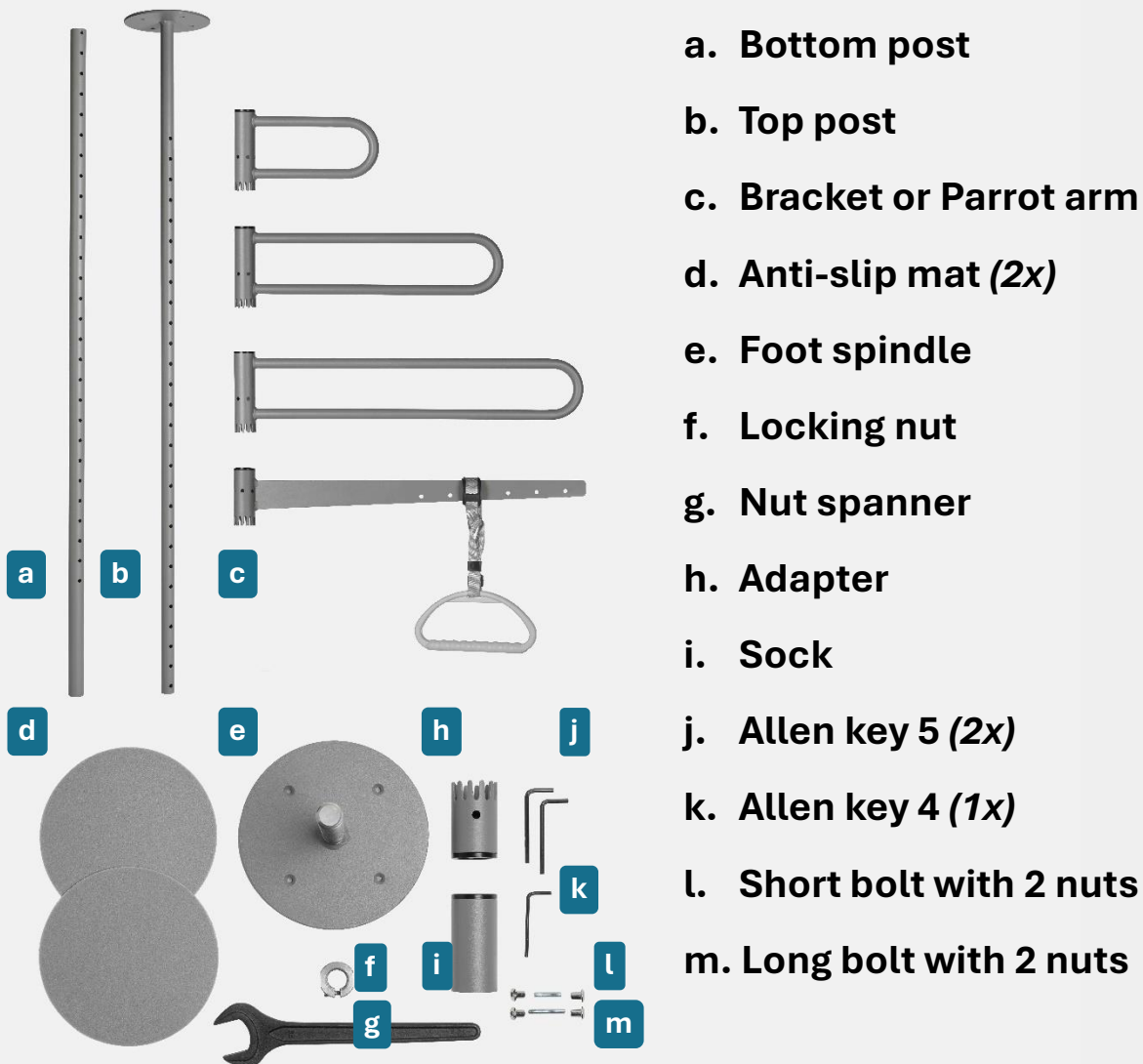


Watch out for falling parts when assembling or disassembling.



Beware of damage to personal property when assembling or disassembling.

4. Parts overview



Optional use (included)

- Screw with plug (4x)
- Long bolt with 2 nuts

Additional order

- Wooden top plate
- Mounting bracket for beam ceiling

5. Installation

Protect your personal belongings. Cover your floor if necessary. Determine where the Pakpaal should be installed, taking into account walking and/or wheelchair routes. View our online instruction video www.pakpaal.nl/handleiding

1



Place the anti-slip mat under the foot spindle and on the top post.

2



Turn the nut on the foot spindle and slide the bottom post over the foot spindle.

3



Slide the sock, adapter and bracket/parrot arm over the bottom post.

4



Slide the top post over the bottom post and set the post in place.

5



Slide the top post against the ceiling and secure it with the short bolt.

6



Check that the post is level. Tighten the nut firmly and tighten the locking screw of the nut.

7



Mount the adapter and bracket at the desired height with the long bolt. Check everything thoroughly and the Pakpaal should be ready for use!

Optional / extra

If you want to fix the Pakpaal or bracket or have ordered an additional assembly product, please find the instructions below.

Fixing to ceiling



Pre-drill the holes, insert the plugs and screw down the post.

Securing the bracket



Secure the bracket with the long bolt and tighten the nuts.

Wooden top plate



Place the anti-slip mat on the wooden top plate and place it between the ceiling and top post.

Mounting bracket for beam ceiling



Rotate the mounting bracket onto the top post and screw it to the beam ceiling.

6. Use

The brackets and parrot arm can be rotated 360 degrees and fixed in any position.

- The Pakpaal with 30cm bracket is suitable for smaller spaces or limited reach, such as a toilet or bathroom. *For standing up, sitting down and moving safely, among others.*
- The Pakpaal with 60cm bracket is suitable for living areas where people mainly sit on chairs or armchairs, such as a living room or kitchen. *For standing up and sitting down, among others.*
- The Pakpaal with 80cm bracket is suitable for places where a longer reach is desired, such as a bedroom. *For standing up, turning and lying down, among others.*
- The Pakpaal with parrot arm is suitable for people who spend a lot of time in bed. *For sitting upright, among others.*

Example and steps for correct use

1. Make sure you are positioned straight in front of the bracket or parrot arm and are able to grip it properly.
2. Grasp the bracket or parrot arm and pull up on it, lower yourself, turn around or take a step.
3. Turn the bracket in small increments, taking care that the bracket falls well into the tooting.

1



2



3



7. Aftercare / maintenance

To ensure years of use from the Pakpaal, it should be maintained periodically. The following items should be inspected:

- After the first month of use, the foot spindle with lock nut should be inspected and retightened if necessary.
- At least once a year, the nuts should be inspected and retightened if necessary.
- At least once a year, the gearing of the adapter and bracket should be inspected for wear and tear.
- In case of excessive wear, replace the parts.

Warranty

All Pakpaal products come with a two-year warranty. Rusting caused by use in damp rooms is not covered by warranty.

8. Contact details

Do you have a question, is something unclear or do you have a complaint? Marcel, Kirsten or one of our other colleagues are happy to assist you.

Phone

+31 (0)73 532 50 32

Email

info@pakpaal.nl

Address

Aleidis Specials B.V.

Leiweg 2a

5386 KR – Geffen

The Netherlands

9. Trial

You can try the Pakpaal for 14 days **free of charge**. Please save the packaging material for a possible return shipment. After the trial period, we would like to hear whether you want to keep or return the Pakpaal. Make your decision and follow the subsequent steps on [*www.pakpaal.nl/proef*](http://www.pakpaal.nl/proef)

Returns

Want to return the Pakpaal? Return shipping costs are for your own account. For the step-by-step procedure, please visit [*www.pakpaal.nl/retour*](http://www.pakpaal.nl/retour)

Reimbursement

The Grab Pole is an approved aid that may possibly be reimbursed. Please ask about the possibilities at your municipality's social support counter.

