



## 1. Product name

Southpaw suspension and height adjustment kit

## 2. Product code

29736652



## 3. Short description

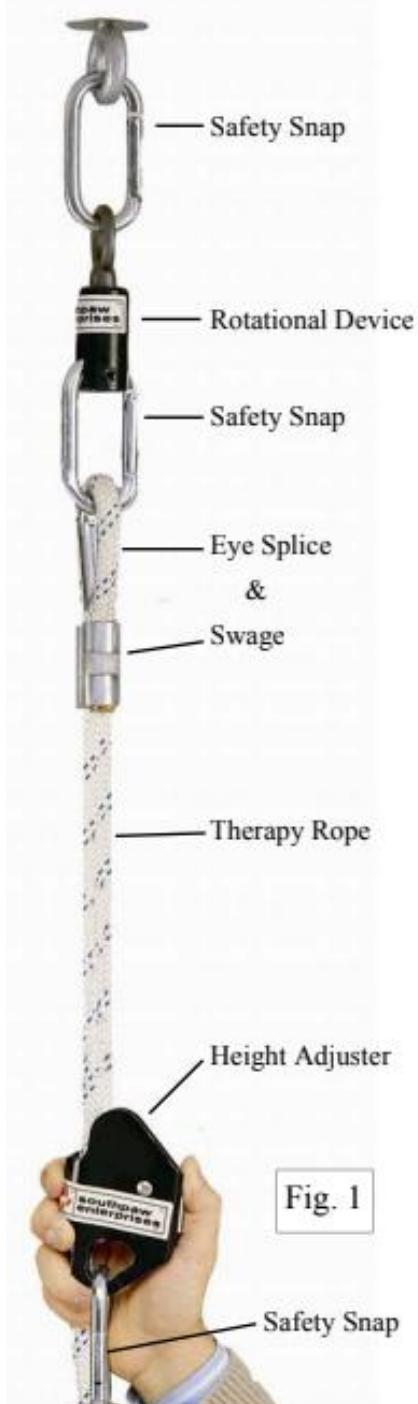
The Southpaw Suspension Kit provides everything you need to safely suspend your equipment from ceilings up to 4 meters high. This kit includes a safety snap, a rotational device, 3 meters of therapy rope with eye splice, and a height adjuster with safety snap. Designed for therapeutic environments, the kit ensures a reliable and secure attachment of your equipment.

## 4. Contents

- 1x Height Adjuster
- 1x Rotational Device
- 1 x Therapy Rope with Eye Splice (custom-made by Southpaw – 3 meters of rope with a metal-lined loop permanently attached at one end)
- 3x Safety Snaps
- 1x Instruction Manual
- 1 x Maintenance Checklist

**Minimum Ceiling Height Requirement:** 2.44 m (8 ft)

**Working Load:** 454 kg (1000 lbs)



- 1 x Height Adjuster
- 1 x Rotational Device
- 1 x Therapy Rope with Eye Splice (custom-made by Southpaw – 3 meters of rope with a metal-lined loop permanently attached at one end)
- 3 x Safety Snaps
- 1 x Instruction Manual
- 1 x Maintenance Checklist



## 5. Safety

- Failure to correctly install a forged steel eyebolt (½" or 5/8") may result in serious injury or death. If you have questions about installation, please contact us.
- All Southpaw suspension systems must be used with a Southpaw Rotational Device (13738652) to prevent equipment damage. All warranties are void if this part is not used or if a non-approved rotational device is substituted.
- Regular maintenance is essential. Even the best-built equipment wears over time. Nothing is more important to the safety of therapeutic suspension activities than regularly checking equipment and suspension systems. This manual includes maintenance instructions and inspection points for each component. Following these instructions helps maintain a safe environment and ensures wear is detected before it becomes hazardous. Failure to follow the maintenance protocol may result in serious injury or death.
- Inspect the ceiling eyebolt regularly for wear and movement.

## 6. Suspension and Height Adjustment

- The suspension and height adjustment system comes fully assembled and ready to use. One safety snap is attached to the eye splice of the rope. Attach this snap to the ceiling eyebolt. The system is now ready for use.
- The following instructions explain how to adjust the system's height and how to reattach the height adjuster if removed from the rope.
- Push the safety catch upward to open the clamp gate and attach it to the rope (**see Fig. 2**).
- Place the rope into this position (**see Fig. 3**).
- To move the height adjuster upward: hold tension on the rope beneath the housing and push the adjuster upward to the desired height (**see Fig. 4**).
- To move the adjuster downward: release the clamp by holding the rope below the adjuster while pushing the safety catch upward and applying light upward pressure to the adjuster. This unlocks the clamp, allowing the adjuster to slide to the desired height (**see Fig. 4**) (**below**).



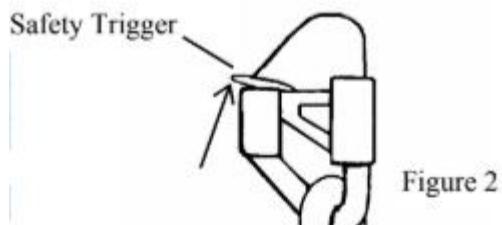


Figure 2

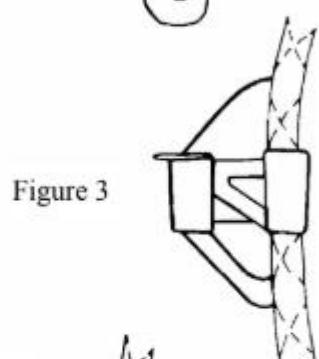


Figure 3

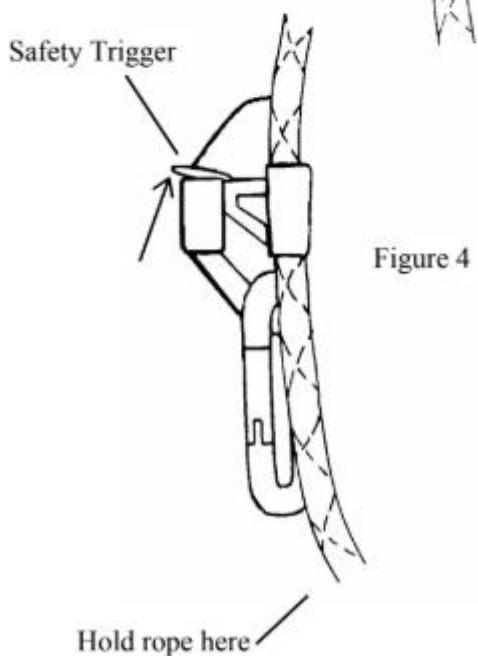
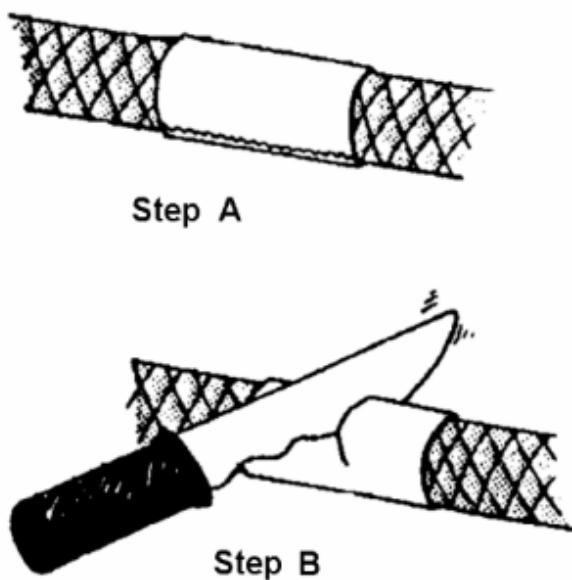


Figure 4



### Shortening the Rope

- Wrap painter's tape around the point where you want to cut (**Step A**).
- Cut with a sharp knife through the center of the tape (**Step B**). Do not pull the rope sideways during cutting.
- Melt the newly exposed end with a lighter or stove (**Step C**). (If using a stove, set to the highest heat to prevent melted rope from sticking to the surface.)



Step C

### Rotational Device

**Maximum Working Load:** 450 kg

The Southpaw Safety Rotational Device comes pre-assembled with your system.

If it is removed for inspection, keep the following in mind when reattaching it to the ceiling suspension point:

Always attach the rotational device in the manner shown on the right.

The label must be upright and legible, and the eyebolt of the rotational device should be positioned at the top.

This position helps prevent dust from entering the bearing.

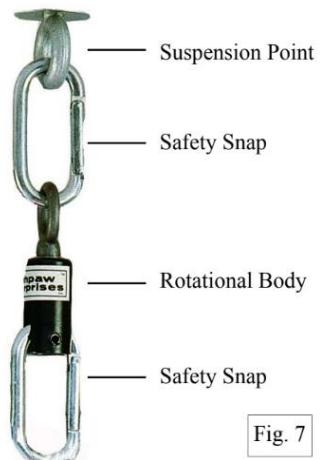


Fig. 7



## Safety Snap

**Maximum Working Load: 450 kg**

- Your height adjustment system comes with three Safety Snaps, as shown in Figure 1.
- To use the Southpaw Safety Snap, open the gate by pressing it with your thumb (Figure 8).
- Ensure that the gate is fully closed before a client uses the equipment.
- **Important:** Pay attention to the wear pattern shown below. Refer to the maintenance checklist in section 7 for more details.

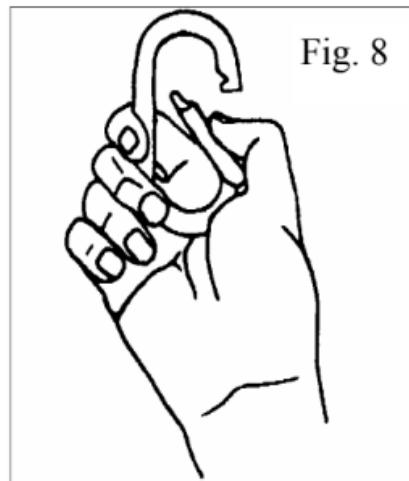
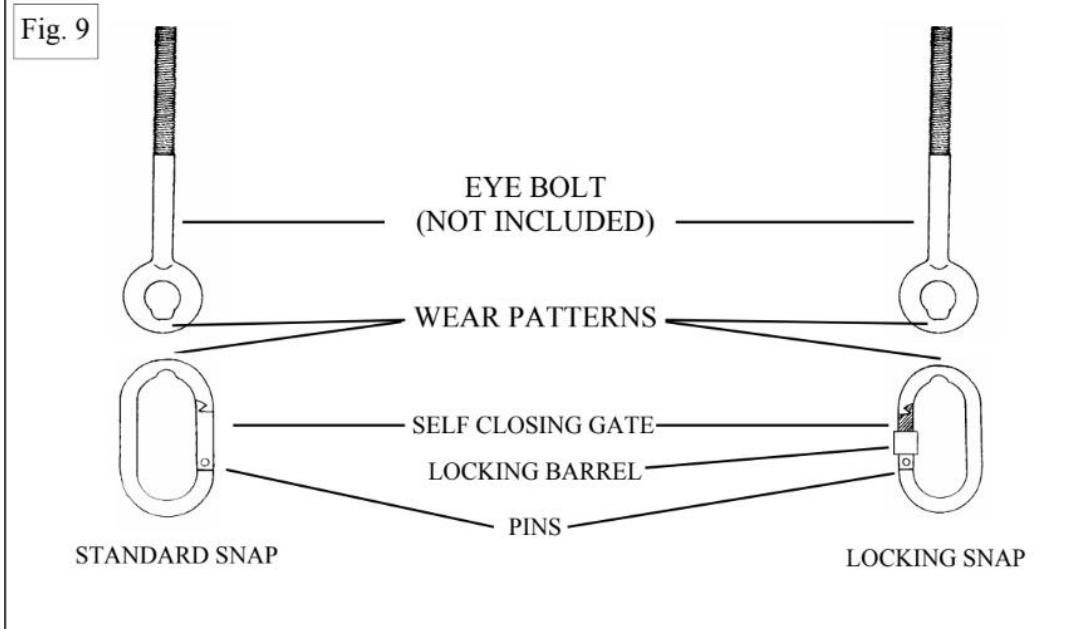


Fig. 8

Fig. 9



## 7. Maintenance and Cleaning Checklist

All of the wear points listed below must be inspected monthly and recorded on the attached maintenance checklist.

Failure to perform these checks may result in serious injury or death.

### Height Adjuster

- Check the cams to ensure they are not bent or broken.
- Verify that the spring in the latch fully closes the cam.
- Inspect for excessive wear (more than 50% of thickness) at the contact point between the safety snap and the adjuster housing.
- If any issue is found: stop use immediately and contact Southpaw Enterprises for repair or replacement.

### Note:

- ✓ Do not oil.
- ✓ Do not immerse in water.
- ✓ Only dust off or clean with compressed air.



### Safety Snap

- Check the top and bottom of the snap for wear caused by contact with equipment and the suspension eyebolt (see Fig. 9). Wear must not exceed 30% of the diameter. If exceeded: discontinue use and replace immediately.
- Inspect for sharp edges. These may be smoothed unless doing so causes wear beyond the 30% limit.
- Check the eyebolt for similar wear at the contact point with the snap. Wear must not exceed 30% of the diameter. If exceeded: discontinue use and replace immediately.
- Ensure the self-closing gate functions properly and that all pins are intact.

### Maintenance:

✓ Wipe clean with a dry cloth.

### Rotational Device

- Hold the eye of the rotational device in one hand and the housing in the other. Pull them apart and twist in opposite directions. The motion should be smooth. Roughness or grinding may indicate a damaged bearing → replace.
- Hold the device by the eye or hang it from an eyebolt and spin it quickly. It should rotate freely. If it stops abruptly, dirt may be inside the bearing → replace.
- If the bearing squeaks, apply a small amount of light lubricant (WD-40 or silicone spray) into the housing, as deep as possible into the bearing. Rotate the device several times to distribute the oil.
- Monthly light lubrication may extend the lifespan but is not required for operation.

### Note:

✓ Do not wash or immerse in water.

✓ Cleaning with compressed air is permitted.

### Therapy Rope

- Check that the short end of the rope extends out of the swage fitting and that the loop has not enlarged. If the loop has stretched or the end has slipped inside → stop use immediately.
- Inspect the metal thimble in the loop at the top and the swage fitting for sharp edges and wear. Sharp edges may be smoothed. If the loop is fully worn through → stop use immediately.
- Inspect the rope for cuts or fraying. If fibers are broken: replace immediately.

### Note:

✓ Do not attempt to clean.

✓ Do not store in direct sunlight or near chemicals.

### Storage Instructions

- Store in a location not accessible to clients without supervision.
- Do not store in direct sunlight or near household chemicals.

### Safety Guidelines

Client safety depends on choosing activities appropriate to their physical abilities while still providing challenge. Always use proper spotting and safety techniques.

Additionally, room layout, correct installation, and regular maintenance are essential.

Southpaw equipment is not intended for recreational or outdoor use.

Never use equipment without supervision.



This document serves only as an example and does not replace local, state, national, or international safety standards. It is the user's responsibility to obtain and follow all relevant safety information for their location.

For more information, you can visit our website [www.nenko.com](http://www.nenko.com)

