



Store these instructions along with the enclosed maintenance checklist in a safe place. You may also access them on our website.

## Instruction Sheet

### Rocker Board 150010 Small 150020 Large



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location: the Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises Equipment.

**IMPORTANT:** Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact Southpaw Enterprises, Inc. immediately.

#### MATERIALS LIST:

- 1 - Rocker Board with Loop Attachment Strips
- 1 - Carpet with Hook Attachment Strips
- 1 - Instruction Sheet
- 1 - Maintenance Checklist

#### MINIMUM SPACE NEEDED:

Caution must be used to keep a clear distance of 6 ft. from walls and other obstacles.

**CAUTION:** When rocking on the Rocker Board be sure that the client grasps the sides of the board with the hands going through the hand holes on the sides of the board to avoid fingers being pinched between the edge of the board and the floor. *DO NOT HOLD ONTO THE OUTSIDE EDGES OF THE BOARD.*

**NOTE:** The carpet is attached to the board with hook and loop strips and may be removed if desired.

The Rocker Board can be turned over with the flat side on the floor and the boards can be used as an obstacle course to improve balance and motor planning skills by walking through or crawling over the boards.

**WORKING LOAD:** 150 lbs.

#### MAINTENANCE CHECKLIST:

All of the following wear points should be checked on a monthly basis and recorded on the checklist enclosed.

- Check wood for cracks or splinters. If cracked, discontinue use. For splinters, sand smooth and refinish with clear lacquer.
- Check carpet for loose or missing stitches on hook fastener strip. If loose or missing stitches are found, discontinue use until repaired.

#### CLEANING INSTRUCTIONS:

- Check with your infectious disease department before using these procedures.
- Check for client allergies first.
- Dust or wipe with a damp cloth.
- Vacuum carpet. Carpet may be cleaned with foam carpet cleaner. Carpet is not machine washable.

**Safety Precautions** - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision.

**This sheet is for example only.** It is not meant to, in any way, replace local, county, state, or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.

If you have any questions or comments, please call or write Southpaw Enterprises, Inc.  
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Please visit us at [southpaw.com](http://southpaw.com)  
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