



# SOUTHPAW®

## Instruction Sheet Heavy Duty C-STAND 7150

Store these instructions in a safe place or with the enclosed maintenance checklist



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.**

Warning: Failure to properly install a forged steel eyebolt (1/2" or 5/8") may result in serious injury or death. If you have any questions about the installation of the forged steel

### TOOLS NEEDED FOR ASSEMBLY:

(TWO) 3/4" COMBINATION OR BOX END WRENCHS      1/2" WRENCH  
1/2" DEEP WELL SOCKET W/ RATCHET AND EXTENSION      3/8" WRENCH

**WORKING LOAD:  
600 lbs.**

### MATERIALS LIST:

- |                                    |  |
|------------------------------------|--|
| 6- Leveling Feet                   | 6 - 1/2"-13 Hex Head Bolts                 |
| 14- 5/16" Flat Washers             | 6 - Washer Lock Split Zn 1/2"              |
| 10- 5/16" Hex Nuts                 | 4 - Pieces Large White Foam (base padding) |
| 4- 5/16 Hex Nuts with nyloc insert | 6 - Nut Hex 1/2" Zinc Plated               |
| 4- 5/16" x 1-1/2" Flat Head Screws | 1 - Base Cover (blue vinyl)                |
| 40- 1/2" Flat Washers              | 1 - C-Stand Instruction Sheet              |
| 12- 1/2" Hex Nuts                  | 1 - Maintenance Checklist                  |
| 5- 1/2" x 7" Hex Head Bolts        |  |
| 12- 1/2" x 4-1/2" Hex Head Bolts   |  |

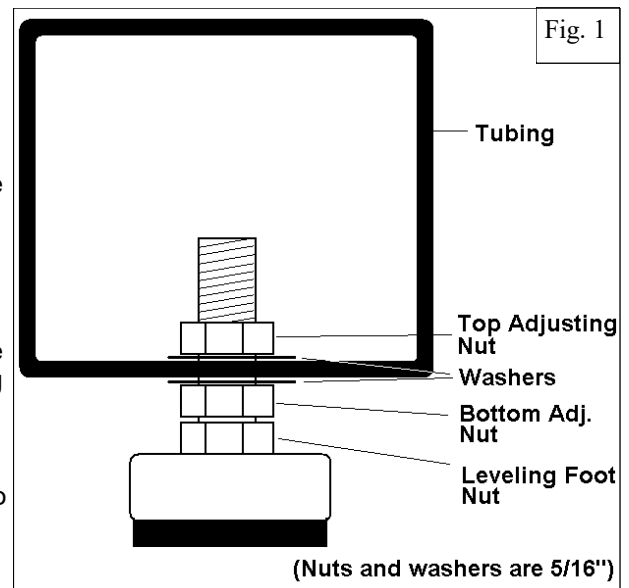
### MINIMUM HEIGHT REQUIREMENT AND SPACE NEEDED: 8 feet

- The C-Stand requires a clearance of one foot to the rear of the structure, and three feet of clearance on the sides and to the front.

**IMPORTANT: KEEP ALL PARTS TOGETHER. THERE IS NO PACKING MATERIAL IN THE BOX. ALL PIECES ARE NEEDED.**

### ASSEMBLY INSTRUCTIONS:

- Assemble your C-Stand in the area where it will be used. **It is not easily moved after assembly. Two persons needed for assembly.**
- Lay the two base pieces on the floor taking note of the hole locations. It will help to have a short piece of 2 x 4 to place under the corner of the base while installing the leveling feet.
- (Refer to Fig. 1, right) Locate the 6 leveling feet and screw a 5/16" non-locking hex nut onto the stem of each nut. Screw the nut all the way down to the base of the stem. Put a 5/16" flat washer onto the stem of each foot. Raise one corner of the base and support it with the 2 x 4 block. Insert the stem of the leveling foot into the hole from the bottom. Inside the square tube, place another 5/16" flat washer on the stem of the foot and screw another nut (4 of them 3 on the right side 1 on the left) onto the stem. Just tighten the nut slightly as you may have to loosen it to adjust the foot later.(4 leveling feet total) . In the corners where the uprights will be placed the leveling feet will only need one



5/16" washer and one 5/16" nut. (2 leveling feet total) .

4. Position the two base halves so the five holes on each base half and the bottom tube line up. Locate the five 1/2" x 7" hex head bolts. Put a 1/2" flat washer on one of the bolts. Insert the bolt into one of the five holes in a base half and through the matching hole in the other base half. Put a flat washer and a 1/2" hex nut on the end of the bolt. Repeat this for the other two sets of holes. Once all the washers and nuts are on the five long bolts, tighten securely.
5. **At this point, carefully move the C-Stand into the exact position where it will be located.** If any of the leveling feet are not in contact with the floor, you must adjust them now (refer to Fig. 1, page 1). To do this, loosen the top adjusting nut on the inside of the tubing. Hold the lower adjusting nut in place with a wrench or your finger, and screw the leveling foot down until it touches the floor. Use a wrench on the leveling foot nut to lower it tightly against the floor. Once the leveling foot is tight to the floor, run the bottom leveling nut against the tubing, then tighten the top leveling nut securely against the tubing. Repeat this with each leveling foot that is not in contact with the floor.
6. Set the upright base pieces on the corners with the three holes making sure the right and left pieces are on the correct side. Put a 1/2" split lock washer and gold washer on each of the six bolts. Tighten bolts to secure the pieces in place.
7. Locate the eight 1/2" x 4-1/2" hex head bolts and put a 1/2" flat washer on each bolt. Place these bolts where you can reach them as you position the top half of the tube onto the bottom half. Raise the top tube and place the end with the four holes between the brackets on the top of the bottom tube. Align the holes and insert a bolt into each hole in the bracket, through the top tube and through the bracket on the other side. Put a 1/2" flat washer and a 1/2" hex nut on each bolt. Then repeat for the opposite side. Do not tighten these at this time.
9. Place the base cover boards on top of the base aligning the holes in the boards with the holes in the base. Put a 5/16 x 1-1/2" flathead screw through each hole and into the matching hole in the steel tubing. On the end of the screw put a 5/16" flat washer and a 5/16" nyloc nut. Using the allen wrench a 1/2" wrench, tighten each nut until the flat head of the screw is flush with the base cover board (the screw head will pull into the board as you tighten the nut).
10. Place the six pieces of white foam base padding on the base arranging them to fit around the bottom of each tube.
11. Position the blue vinyl cover on the base with the cut out for the tubes to the rear. Starting at one of the front corners, pull the skirt of the cover down over the foam. Repeat for the other front corner next. **The cover is cut so that the bottom of the skirt will curve under the foam to hold it in place. You may have to stretch the cover a little to get it over the corners.** Making sure that the hook and loop closure is open, pull the cover over the two corners in the rear. Wrap the cover around the bottom tubes and secure the hook and loop closure.
12. Locate the foam tube with the vinyl cover. One end of the vinyl cover will have a drawstring. This is the top end of the cover. Slide the end without the drawstring over the end of the top tube and work it down around the tube. Make sure that the slit in the foam is to the rear. Tuck the vinyl inside the foam at the bottom and slide the foam tube down as far as it will go. Guide the foam strips of the base padding up inside the foam tube. Pull the drawstring snug around the metal tube at the top. Depress the button on the cord lock and slide it up to hold the drawstring in place. Tuck the end of the string inside the cover. NOTE: Do not cover the connection points of the bottom and top C sections with the vinyl cover until bolts are tightened in step 13.
13. Place the plate with the eye bolt under the top where the uprights come together. Put a washer on each of the four gold 4-1/2" bolts and push them up through the plates and uprights. Put the last four gold washers and nuts on the bolts and tighten. Now go back and tighten the eight bolts on the uprights where the top and base connect. **This completes the assembly.**

#### MAINTENANCE CHECKLIST:

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

- Check all bolts holding the top and bottom of the tube. If found to be loose, tighten before further use. Note: with continued use the top half of the tube may become un-level. If un-level condition is found, loosen the four bolts holding top half of the tube between the brackets, level the top and tighten the bolts.
- Check the loop strap for fraying at the eye bolt contact point. If fraying is found, discontinue use and replace.
- Check for loose or missing bar tack stitches on each loop. Discontinue use if loose or missing stitches are found.
- Check that the eye bolt turns freely without side to side movement. Check that both nuts securing the eye bolt are tight. If the nuts are loose or side to side movement is found, discontinue use immediately and contact Southpaw for instructions on adjusting the eye bolt. See (Fig 5) for proper eyebolt installation

Figure 5



- **WARNING:** Check eye bolt for wear. If more than 30% of the thickness of the eye bolt is worn away discontinue use until replaced.
- Check the vinyl covers for tears or loose stitches. If tears or loose stitches are found, discontinue use until repaired.

**MATTING PRECAUTIONS:** Always use appropriate matting.

**CLEANING INSTRUCTIONS:**

- Check with your infectious disease department before using these procedures.
- Check for client allergies first.
- Clean with a damp cloth using soap and water or disinfectant.
- Dry before using.

**REPLACEMENT LOOP STRAPS:**

Replacement loop straps # 227100 are available from Southpaw. If your loop strap becomes worn or frayed they are easily replaced by following these instructions.

- Remove the old loop strap from the eye bolt.
- Hold the loop strap by the end with the single loop (all the other loops hanging down).
- Put the top loop of the strap through the eye bolt (fig. 1)
- The top loop is made with a half twist. One side of the loop will be larger than the other. Turn the loop so that the largest side of the loop is toward the back (flat side) of the strap. It will look like a funnel (fig. 2).
- Put the bottom end of the strap through the top loop from the back side (large opening of the funnel) and pull the strap tight around the eye bolt (fig. 3).
- As the strap tightens around the eye bolt, adjust the top loop so that it looks like a necktie knot (fig. 4).

Figure 1

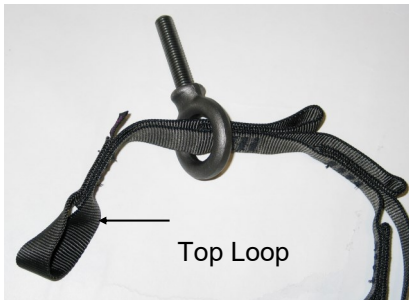


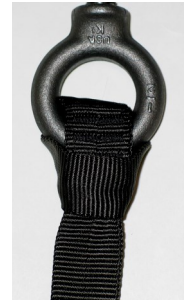
Figure 2



Figure 3



Figure 4



◆ **Floor mats of proper thickness should be positioned properly under and around all suspended equipment.**

**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  
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