

Arm Rest Shelf for Wooden Portable Tables

Instructions for Using a Lowered Arm Rest Shelf:



Fig. 1

With your table set up for use, raise the arm rest up to a level position. Wrap the strap around the face rest spacer bar and insert the male end into the female end of the clasp. (Fig. 1)

- To adjust the height of your Lowered Arm Rest Shelf, just lengthen or shorten the strap.
- If you have a Tilting or Classic face Rest, install the "Smiley" (instructions on reverse side) and wrap the strap around it as shown. (Fig. 2) *NOTE: The "Smiley" must be removed when storing your face rest in the table.*



Fig. 2

IMPORTANT NOTE:

When not in use, the Arm Rest Shelf is designed to fold down out-of-the-way on higher height range tables. On lower height range tables it is recommended that the shelf be left in place when the table is set up to prevent damage to the shelf from hitting the floor.

If you want to move the shelf to the opposite end of the table, refer to the Retro-Fitting instructions below.

CAUTION:

Excessive force, such as clients pushing on the Arm Rest Shelf to lift themselves off the table may damage the table as well as the Arm Rest Shelf. This type of damage is NOT covered by your warranty.



Instructions for Retro-fitting a Lowered Arm Rest Shelf:

Tools Required:

Phillips
Screwdriver

Parts Included:



1 - Slip Buckle



1 - Arm Rest Strap



1 - Quick Release
Buckle



1 - Wooden
Arm Rest Shelf



Fig. 3

Instructions for Installation:

- 1) Turn your table over on its padded top. (Fig. 3)
 - On 24"-34" or 26"-36" height range tables, remove the screw on the cross brace closest to the table top.
 - On 18"-26" or 22"-30" height range tables, remove the screw that is second from the table top.
- 2) Re-install the same screw into the hinge (Fig. 4) on both sides. The holes should line up if you have the correct width arm rest shelf.



Fig. 4

For instructions on installing the strap onto the Arm Rest Shelf continue to back.

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Therapeutic Equipment

Installing the Strap on the Arm Rest Shelf:



Fig. 5



Fig. 6

- 1) Turn the Arm Rest Shelf over so that the underside is facing you. Slide the *Slip Buckle* onto the strap, stopping approximately 8 inches from the slot. Thread the webbing back through the *Slip Buckle*. (Fig. 5)
- 2) Now feed the *Arm Rest Strap* back through the strap slot. You will see that the *Slip Buckle* holds the strap in place and keeps it from pulling through the slot. (Fig. 6)
- 3) Next, thread the strap through the male end of the *Quick Release Buckle*. When this is done both ends of the strap should be on the top of the Arm Rest Shelf. (Fig. 7)
- 4) The distance between the female end of the buckle and the shelf can be changed by simply pulling more webbing through the slip buckle in the appropriate direction.
- 5) Your lowered Arm Rest Shelf is now ready to use. (Fig. 8) Refer to the instructions for use included at beginning of these instructions.



Fig. 7



Fig. 8

Instructions for Using a Lowered Arm Rest with Your Tilting or Classic Face Rest:



Fig. 8

- 1) The "Smiley" (Fig. 8) is a curved piece of flat plastic with a hole in each end. Its purpose is to anchor the support strap of the armrest.
- 2) Pick up your face rest and hold it with the support arms of the face rest pointing away from you. Slip the Smiley onto the support arms. (Fig. 9)
- 4) Insert the support arms into the holes at either end of your table.



Fig. 9



Fig. 10

- 5) Now you can clip the strap of your arm rest around the "Smiley" for support. (Fig. 10)
- 6) Make adjustments to the Arm Rest Shelf by pulling on the strap to raise the shelf and by loosening the strap to lower it.

Note: *The Smiley must be removed when storing your face rest in the table.*