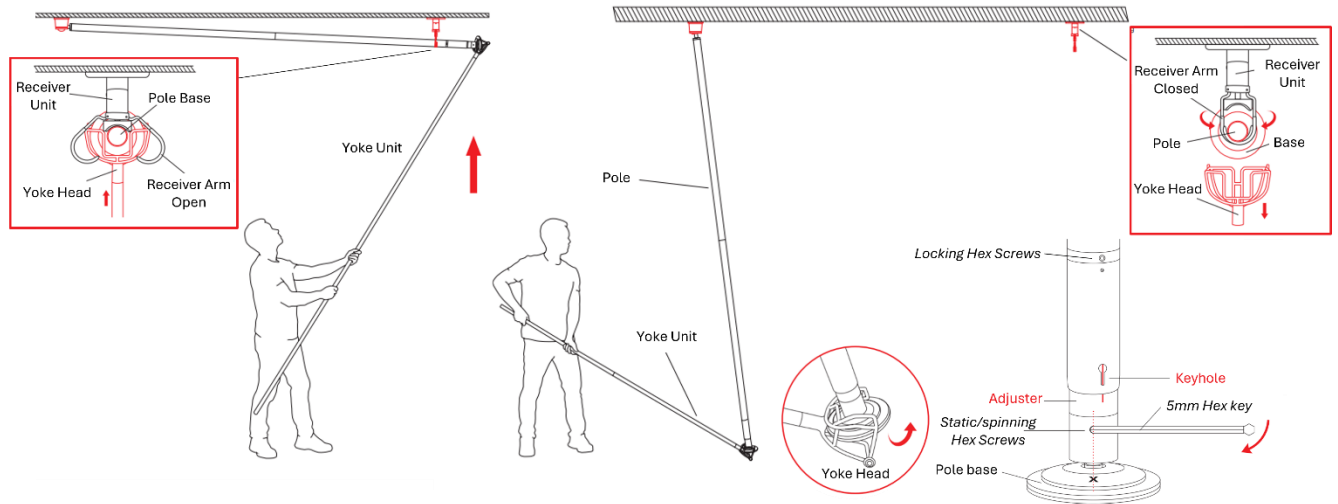


# INSTRUCTIONS FOR POLE AWAY SYSTEM

**Do not take down the poles if you haven't been trained before!**

This instructions are meant to guide already-trained pole users who are aware of the safety hazards and good rules-of-use. Contact [mariona.bonas-vera@psi.ch](mailto:mariona.bonas-vera@psi.ch) if you wish to also get trained and use the poles by your own.



## Bringing the pole down

1. Take the Yoke Unit and make sure all the parts are tightly screwed.
2. Place the Yoke Head around the Pole Base and push upwards to open the hook of the Receiver Unit. Be careful, the pole is heavy!
3. Gently guide the pole downwards with the help of the Yoke Unit until you can reach it.
4. Bring the pole down to a vertical position (you can use a bubble level to make sure).
5. Elongate the pole until it reaches the floor – tightly. For this, rotate the Adjuster-Pole Base with respect to the rest of the pole.
6. Align the Adjuster's red line into one of the three Keyholes. Then tighten the top 3 Locking Hex Screws with a 5mm Hex key.

## Switching between spinning-static

- Static-to-spinning: Untighten the bottom 2 Hex Screws with a 5mm Hex key.
- Spinning-to-static: Align the Hex Screws with the X on the base, then tighten them.

## Bringing the pole up

1. Clean the pole and make sure it is fixed to static (not spinning) mode.
2. Untighten the 3 Locking Hex Screws with an allen key (do not fully remove the screws!).
3. Rotate the pole clockwise to loosen it from the floor. Do this until the pole is freely hanging (few cm from the floor is good enough).
4. Place the Yoke Head around the Pole Base and push upwards carefully to bring the pole fully up to the ceiling. Be careful – at some point it gets heavier.
5. Bring the pole into the Receiver Arm. Do an extra push towards the ceiling to close it.
6. Make sure both arms from the Receiver Unit are holding the pole! Store the Yoke Unit.