



# HIGH WALKERS

## DECORATORS STILTS

Adjustable Working Height 450 - 750mm (18 - 30in)

Load Bearing 114Kg (250lbs)



### INTRODUCTION

The correct assembly of these stilts is essential, for both your personal safety and to guarantee product satisfaction. Please take time to read and understand these instructions fully before assembling your stilts. (Reference page 2).

Be sure you fully understand how the High Walkers stilts should be fitted and the correct sequence for fitting and removing of your stilts after use. (Reference page 3).

Always make sure that all bolts and fittings are tight and secure, before you attempt to walk around on your stilts.

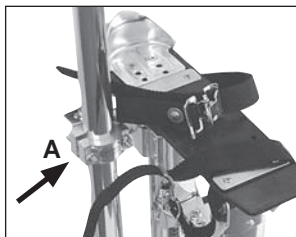
Please take 10 to 15 minutes to practice using and become comfortable walking in the High Walkers stilts. It is really very easy, but a little practice is essential before you start your work, this should avoid any possible accidents.

Be sure to clean your High Walker stilts after use and check that all bolts and fitting remain tight. If you look after the High Walkers stilts, they will look after you.

On page five we provide you with some useful tips on using your High Walker stilts.

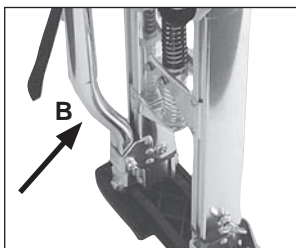
On page seven the Do's and Don'ts of working on High Walker stilts. These will to help you prevent unnecessary accidents

## ASSEMBLY OF HIGH WALKERS STILTS



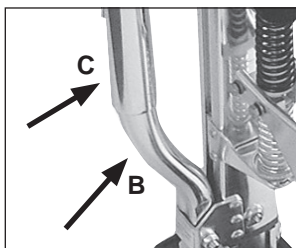
1) Strut Tube Clamp

1) Loosen the **Strut Tube Clamp (A)** on the side of each stilt. Insert the tubes into and through the lower tube clamps. Leave the tube clamps loose, for now.



2) Lower Strut Tubes

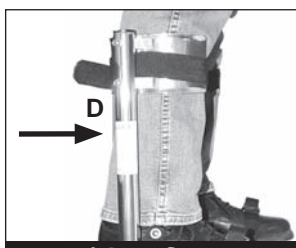
2) Attach the **Lower Strut Tubes (B)** to the rear outer leg bracket with the attached 1/4" x 1/2" cap screw. Do not tighten these until the assembly of the stilts is complete.



3) Upper Strut Tube

3) Slide the **Upper Strut Tube (C)** down over the lower strut tube **(B)** and position it so that the leg band fits just above the large portion of the leg calves.

**Note: Do not bend the leg bands (Calf support).**

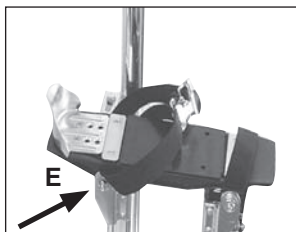


4) Leg Strut

4) Adjust the upper strut tube (**Leg Strut D**) until a snug fit on your calf is achieved and tighten the strut tube clamp. The stilts should then stand straight when fitted and the calf straps are tighten.

Tighten the tube clamps evenly, just enough to prevent the upper strut tube from rotating, when the stilts are in use.

Do not over tighten the strut tube clamps, as this may cause the upper strut tube to become deformed and require replacement.

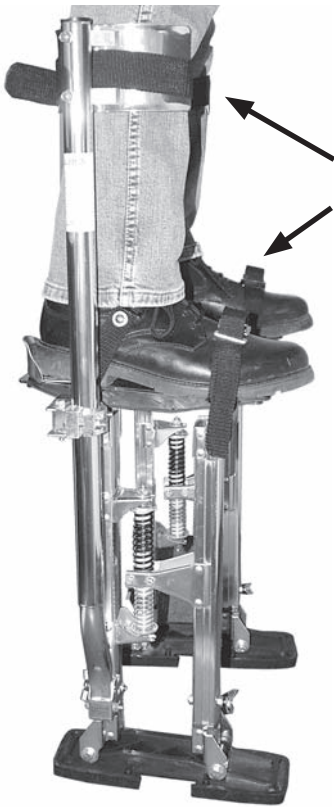


5) Rear Pivot Bolt

5) Unscrew and adjust the heel bracket so that the outside ankle bone is directly over the **Rear Pivot Bolt (E)**.

**Once you have finished assembling your stilts please check that all the clamps, screws and bolts have been fully tightened before use. Please retain these instructions for future reference.**

# FITTING YOUR HIGH WALKERS STILTS



## Strap Tightening Sequence IMPORTANT -

- When mounting your stilts, always attach the leg straps, before fitting the foot straps.
- When dismounting always unbuckle the leg straps, after unbuckling the foot straps.

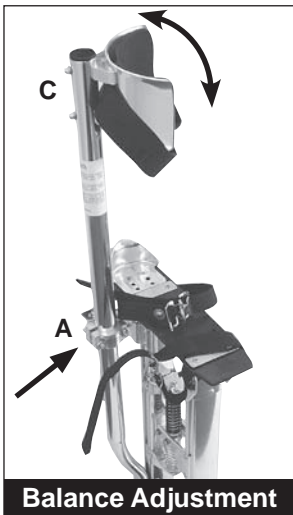
Select a clear & level area away from doors, floor vents, stairwells or windows. With a little help from a colleague, mount your stilts, then strap on your stilts following the **Strap Tightening Sequence** as above.

Stand with your legs comfortably apart, collect your balance, and relax. If needed, adjust the strut tubes and clamps until your stilts and legs are straight and comfortable.

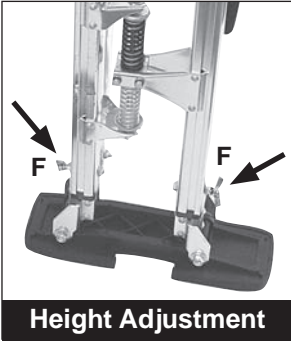
## Forward / Backward balance

When standing erect, your stilts should be in a neutral and vertical position. If they have a tendency to lean forward or backward, make the following adjustments with help of a colleague, or after removing your stilts.

If the stilts lean forward, loosen the tube clamps **(A)** and rotate the legbands and strut tubes **(C)** towards the rear, and tighten clamps. This adjustment is to ensure proper forward & backward balance. If this adjustment requires that the legbands are rotated to an uncomfortable position the heel brackets will need to be adjusted in the same direction.



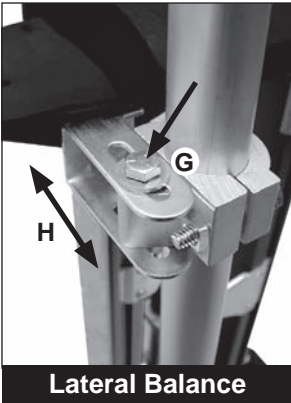
It is not recommended to try and bend over whilst wearing High Walkers.



### Height Adjustment

Undo the two **Wing Nuts (F)** and then slide out the two height adjusting bolts on each stilt, evenly raise or lower the stilt legs to the desired height, then simply replace the bolts and refit the wing nuts.

Be sure to check that all wing nuts are fully tightened before use.

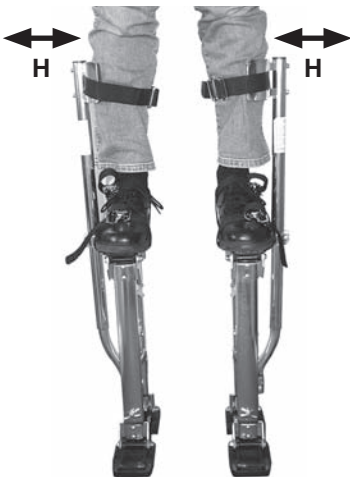


### Lateral Balance

When standing erect, the leg bands and upper strut tubes should apply a slight force against the side of your legs. If they pull outward or press excessively inward, make the following adjustments with the help of a colleague, or after you have removed your stilts.

Loosen the nuts and bolts in the slotted brackets retaining the tube clamps on each stilt. (**G**)

Slide the strut tube assemblies and clamps in the direction necessary (**H**) to apply slight inward pressure to your legs. Then tighten securely.



A trial and error approach may be necessary to obtain this balance setting.

# WARNING

It is important that you read and observe the following instructions.

**We cannot be held responsible for any accident resulting from improper or irresponsible use of this product.**

**It is essential that these stilts are inspected before use and maintained in accordance with these instructions.**

## WALKING PRECAUTIONS

**IMPORTANT:** Always take short, deliberate, distinct steps and walk with your stilts well apart. Large or over-extended steps can be dangerous and place excess stress on the stilt components. Excess stress could drastically reduce the life of your stilts or result in component breakage.

### INSPECT BEFORE WORKING

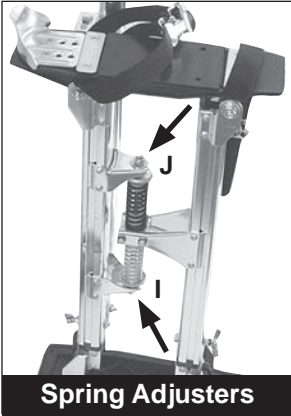
Develop a habit of inspecting your stilts before each day's use. Make certain both stilts are completely clean and check for excessive wear. Always check that all nuts and bolts are tight. Make sure the under side of the feet are clean.

## WALKING AND WORKING

### LEARNING TO WALK

**IMPORTANT:** Read the “Do’s” and “Don’ts” for the use of your stilts, before you attempt to learn to walk on them. Remember, in order to develop safe working habits, it is very Important that you observe the “Do’s” and “Don’ts” as you learn to walk on and work with your stilts.

Select a clear & level area (preferably near a wall) but away from doors, floor openings, stairwells, windows, etc. With the help of a colleague, mount your stilts & take slow, deliberate short steps while keeping your stilts well apart. Make sure that each step completely clears the floor, as you must never drag or shuffle your feet. While assisted, walk slowly back and forth several times. Repeat walking back and forth until you develop a “feel” for the stilts. Practice walking until you feel secure and you are able to walk unassisted.



### Adjustment for Walking

If you have a tendency to lean forward or backward while walking, you should adjust the action springs. Make the following adjustments after removing your stilts.

To correct for leaning backward while walking, tighten the lower spring adjuster **(I)**.

To correct for leaning forward while walking, tighten the upper spring adjuster **(J)**.

Never tighten adjusters more than 1/5 of the way down, or approximately 15 turns, as it will limit the stilt action & impose excess stress on the components.



## MAINTENANCE

### Lubrication

In order to keep your stilts operating freely, it is necessary to keep the “Action” components clean. (“Action” components are those that pivot, slide, telescope, etc.) lubricate the “action” components lightly with a silicone spray or white graphite powder.

Do not use lubricating products which will remain wet & attract grit.

Make certain the rubber feet are kept free of lubricants or any foreign matter which could cause loss of traction.

## DO'S AND DON'TS



- **Do** inspect Stilts thoroughly before use, making sure that the structure is free of any sign of damage, that there is no excessive wear at the connection points, and that all bolts are tight. Special attention should be given to the entire strut tube assembly
- **Do** replace any damage or excessively worn stilt components before use.
- **Do** fasten the upper leg strap first when putting on stilts.
- **Do** remove anything from the soles of your shoes which could cause loss of traction.
- **Do** take short & distinct steps, making sure the stilts are raised well clear of the floor with each step.
- **Do** walk forward only, making a U-turn to reverse your direction. Walking backwards is not recommended
- **Do** keep stilts adjusted properly.
- **Do** always look where you are stepping.
- **Do** walk only on suitable hard surfaces & level terrain.
- **Do** cover or guard floor opening, stairwells or any opening in the work area.
- **Do** remove stilts when climbing or descending stairs.
- **Do** receive assistance when retrieving objects from the floor.
- **Do** be cautious when working around low-profile furniture, fixtures, pipes, etc.
- **Do** disconnect upper leg straps last when removing stilts.



- **Don't** wear stilts without having the proper instruction on the use of them.
- **Don't** wear stilts that are uncomfortable or incorrectly adjusted.
- **Don't** wear stilts without having inspecting them before use.
- **Don't** wear stilts that have been damaged, excessively worn or have modified components fitted.
- **Don't** walk on oily or otherwise slippery surfaces.
- **Don't** wear stilts on sandy, rocky, uneven, muddy or excessively soft terrain.
- **Don't** work in or around loose wire, rope, electrical cords, paper bags, broken glass, conduit and piping, or any other items that may become tangled in the stilts.
- **Don't** walk on secondary scaffolding, benches, planks, stools, step ladders etc.
- **Don't** carry heavy loads while walking on stilts.
- **Don't** run or walk fast on stilts.
- **Don't** pickup objects which are lower than your knee
- **Don't** wear stilts that are taller than necessary.
- **Don't** become so overconfident that you fail to exercise caution.
- **Don't** lean over desks, files, boxes, or other objects while on stilts
- **Don't** be irresponsible on stilts.
- **Don't** wear stilts while under the influence alcohol or drugs.
- **Don't** take steps so large that the action springs bottom out.
- **Don't** modify this product in any manner



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