

## Extensor™ Lifting Belt



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5

**NOT MADE WITH  
NATURAL RUBBER LATEX**

Please read the following instructions carefully and completely before use. Correct application is required to ensure proper function of the device.

### Intended for single patient use.



**WARNING:** If you experience any pain or unusual reactions while using this product, consult your healthcare provider immediately.

### APPLICATION INSTRUCTIONS

1. Place suspenders over the shoulders and release the elastic side pulls.
2. Wrap lifting belt around waist like a belt. Position so bottom of lifting belt sits directly above your tail bone. (Figure 1)
3. Grip both ends of the lifting belt and stretch evenly.
4. Pull the left end across the abdomen and hold firmly against right side. (Figure 2)
5. Pull right end across on top and secure to left side of abdomen.

6. Adjust the suspenders for comfort.

**NOTE:** Adjust lifting belt tension before lifting or performing any work related activity.

7. Hold the elastic side pulls with your hands pulling them outward and then forward to stretch the elastic material. (Figure 3)
8. Pull elastic side pulls to the front and fasten to the hook and loop strip. (Figure 4)

**NOTE:** Release suspenders when not lifting or performing a work activity. (Figure 5)

**NOTE:** Please refer to sew-in label on device for care instructions.

Please visit our website at [www.birdcronin.com](http://www.birdcronin.com) for additional product information or contact a customer care representative at **800-328-1095**.

**NOTICE:** Every effort has been made to obtain the maximum compatibility of function, strength, durability and comfort with this product, however, there is no guarantee that injury will be prevented with its use.

