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## ALLEGRO 7115-03

# Allegro Industries Flexbak Back Support Model 7115-03 User Manual

Comprehensive instructions for proper use and care.

## 1. INTRODUCTION

Thank you for choosing the Allegro Industries Flexbak Back Support, Model 7115-03. This manual provides essential information for the correct setup, operation, and maintenance of your back support to ensure its effectiveness and longevity.

The Flexbak back support is designed to assist in reducing back stress and strain. It features a unique three-part support system, including two internal support panels positioned above and below the waist, complemented by an elastic third panel. This design aims to provide effective bracing without causing pinching or riding up, adapting to various body types. Suspenders are included for additional support and positioning.



**Figure 1:** The Allegro Flexbak Back Support, Model 7115-03, shown with its adjustable suspenders and multi-panel design. The black support belt features a central panel and two adjustable side panels, all secured with hook-and-loop fasteners. The suspenders are attached to the top edge of the back support.

## 2. PACKAGE CONTENTS

Verify that all components are present in the package:

- Allegro Flexbak Back Support (Model 7115-03)
- Adjustable Suspenders

## 3. SAFETY INFORMATION

Read all instructions before using this product. Improper use may lead to discomfort or reduced effectiveness. Consult a medical professional if you have pre-existing back conditions or experience pain while using the support.

- Do not overtighten the support, as this may restrict circulation or cause discomfort.
- Ensure the support is positioned correctly to provide optimal lumbar and abdominal compression.
- Discontinue use if you experience increased pain, numbness, tingling, or skin irritation.

- Keep out of reach of children.

## 4. SETUP AND ADJUSTMENT

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1. **Positioning the Support:** Wrap the back support around your lower back, ensuring the main panel covers the lumbar region. The bottom edge of the support should rest just above your hips.
2. **Securing the Main Belt:** Bring the primary elastic belt ends to the front and secure them using the hook-and-loop fasteners. Adjust for a snug, comfortable fit that provides support without being overly restrictive.
3. **Adjusting Side Panels:** Once the main belt is secured, pull the two additional elastic side panels forward and attach them over the main belt. These panels provide extra compression and support. Adjust them to achieve the desired level of firmness.
4. **Attaching and Adjusting Suspenders:** If desired, attach the suspenders to the designated loops on the back support. Place the suspenders over your shoulders and adjust their length to hold the back support in place without pulling it upwards uncomfortably. The suspenders are intended to prevent the support from riding down, not to bear the primary load.

## 5. OPERATING INSTRUCTIONS

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The Flexbak back support is designed for use during activities that may involve lifting, bending, or prolonged standing, where additional lumbar and abdominal support is beneficial. It helps to remind users to maintain proper posture and provides compression to the core muscles.

- Wear the support over or under clothing, depending on personal preference and comfort.
- Ensure the support remains properly positioned throughout your activity. Re-adjust as needed.
- While wearing the support, continue to practice safe lifting techniques and ergonomic principles. The support is an aid, not a substitute for proper body mechanics.

## 6. CARE AND MAINTENANCE

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Proper care will extend the life of your Allegro Flexbak Back Support. The support is made from durable nylon material.

- **Cleaning:** Hand wash in cold water with mild soap. Do not use bleach or harsh detergents.
- **Drying:** Air dry completely. Do not machine dry or expose to direct heat, as this may damage the elastic and hook-and-loop fasteners.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Regularly inspect the support for signs of wear, tear, or damage to the fabric or fasteners. Discontinue use if significant damage is observed.

## 7. TROUBLESHOOTING

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**Issue: Support feels uncomfortable or pinches.**

**Solution:** Re-adjust the main belt and side panels. Ensure it is not overtightened. Check the positioning to ensure it is not riding up or down. If using suspenders, ensure they are not pulling the support too high.

**Issue: Support does not stay in place.**

**Solution:** Ensure the main belt and side panels are securely fastened. Adjust the suspenders to provide gentle tension, helping to keep the support from slipping down. Verify that the size of the support is appropriate for your waist measurement.

**Issue: Hook-and-loop fasteners are losing grip.**

**Solution:** Clean any lint or debris from the hook-and-loop surfaces. If the fasteners are significantly worn, the effectiveness of the support may be compromised, and replacement may be considered.

## 8. SPECIFICATIONS

<b>Model Number</b>	7115-03
<b>Brand</b>	ALLEGRO Industries
<b>Material</b>	Nylon
<b>Size</b>	Large
<b>Intended Use</b>	Back Support
<b>Age Range</b>	Adult
<b>Product Dimensions</b>	Approximately 12 x 8 x 8 inches (packaged)
<b>Weight</b>	Approximately 1 Pound
<b>Manufacturer</b>	Allegro Industries

## 9. WARRANTY AND SUPPORT

For specific warranty information or technical support regarding your Allegro Flexbak Back Support, please contact Allegro Industries directly. Contact details are typically available on the product packaging or the manufacturer's official website.

Ensure you have your product model number (7115-03) available when contacting support.