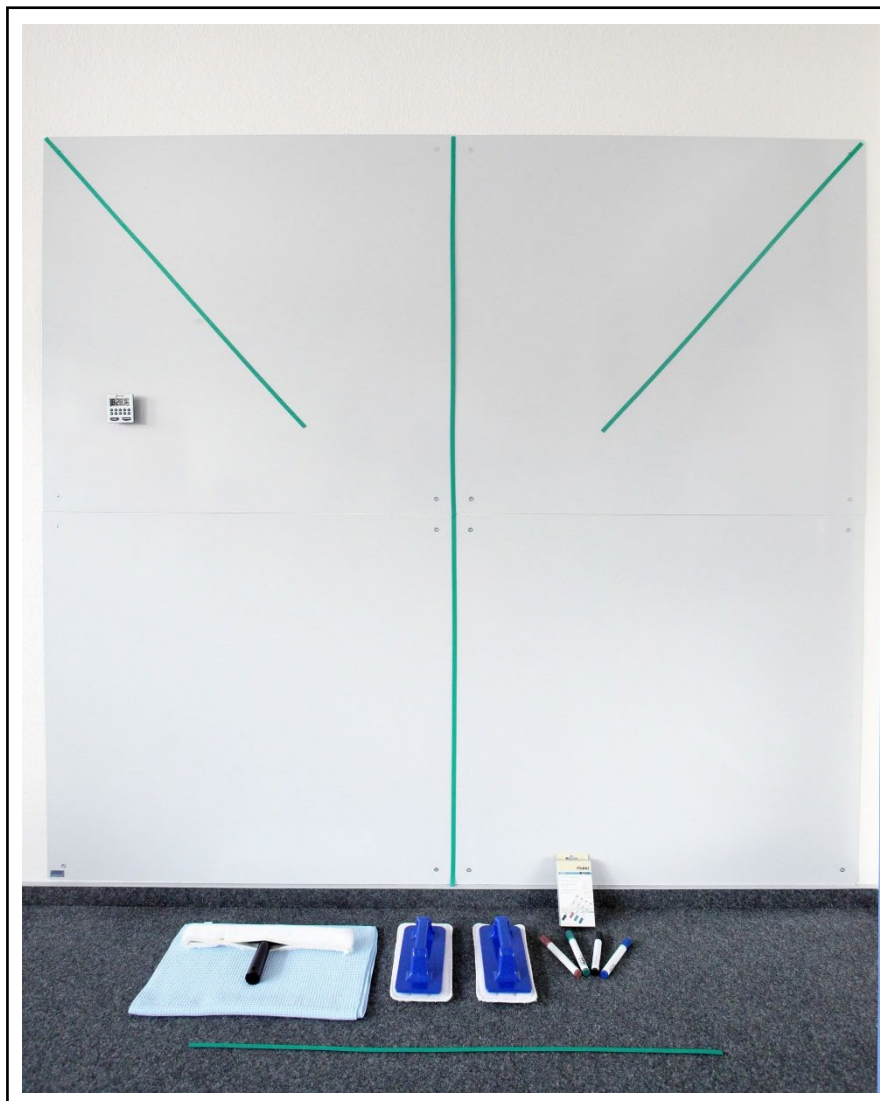


## Product information

# **WP10 magnetic board with accessories**

Art. no. 1624300



*Fig. 1 (example of use)*

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## **1 General**

### **WorkPark therapy devices**

The WorkPark is a therapeutic approach to the motor/functional treatment of functional disorders and incapacities

The WorkPark devices were designed for use in medical/occupational rehabilitation.

On the basis of a job analysis (activity profile), motor/functional exercise treatments which are occupation-specific, as well as skills profiles and performance analyses, can be prepared.

The WorkPark therapy devices can be simultaneously operated side by side in one room.

The device complies with the Regulation (EU) 2017/745 on medical devices.

Manufacturer: Nitzbon AG, Osterrade 14, D-21031 Hamburg, [www.nitzbon.de](http://www.nitzbon.de), [info@nitzbon.de](mailto:info@nitzbon.de)

### **1.1 WP 10 magnetic board with accessories**

Intended use: Occupational therapy, work simulation training, comparison of activity profile and ability profile, creation of occupational therapy and labor market-related performance analyses.

The magnetic board is simply ideal for training involving dynamic, large-scale movement sequences of the upper extremities and starting positions such as standing or weight bearing, squatting, bending, etc. The dimensions and levels of the movements can be specified using the movable magnetic tapes. When combined with the grip therapy unit, this device allows the training of the full range of grip functions and dexterity.

Included in the scope of delivery:

- 2 "wiping trowels", approx. 24x10 cm
- 1 squeegee with synthetic fibre cover, L 35 cm
- 2 microfibre wipes, 60x45 cm, light blue
- 1 pack magnetic tape, 5 pcs., 1000x10x1 mm
- 1 set of magnets, 10 pcs.
- 1 magnetic storage box
- 16 countersunk screws

### **1.2 Additional accessories for WP 10 magnetic board**

Wooden grip therapy handle set with magnets, art. no. 1628700

Also included in

WP 5 grip therapy unit with holes & grip therapy handle set, art. no. 1623610

### 1.3 Application examples



Fig. 2



Fig. 3

## 2 Safety instructions

- Make sure that magnetic objects have sufficient adhesive force to stay in place!
- For safety reasons, do not use your own magnetic objects. These may not have sufficient adhesive force.



**Danger from falling objects!**  
**Falling parts can cause injuries.**  
**Falling parts can damage the floor.**


### 3 Qualification of the operator and user

#### 3.1 Operator

An operator is any natural individual or legal entity (e.g. clinic, hospital, rehabilitation facility, hospital management) which owns the device. The operator is responsible for the safe operation of this medical device.

#### 3.2 Obligations of the operator

You must observe your obligations as an operator in accordance with the Medical Device Operator Ordinance (MPBetreibV) in order to ensure the long-term safe operation of this medical device without endangering patients, applications or third parties.

	Only allow persons who have received training to operate this WorkPark device!
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Inform the user where this instruction manual is stored in accordance with Section 9 Medical Device Operator Ordinance (MPBetreibV)! Use this instruction manual, which is supplied with the WorkPark device, to instruct users in how to operate the therapy device safely before using it for the first time.

Make every user aware of the possible hazards caused by improper use of the WorkPark device.

Ensure that all colleagues have received adequate instruction in how to operate the WorkPark device and ensure that the safety instructions are observed!

After a reasonable period of time (at least every 12 months), carry out a check to ensure that the device is working properly and that there are no defects!

If the operator of the WorkPark device changes, the instruction manual must be passed to the new operator.

#### 3.3 Users

Users (e.g. therapists, doctors) are persons who, by virtue of their training, experience or instruction, are authorised to operate the WorkPark device or to explain to the patient how the device may be used.

Furthermore, they are able to recognise or avoid possible dangers.

Users with a technical background (e.g. in-house technicians, service technicians) are persons who, by virtue of their training or instruction by the operator, are able to carry out special technical work on the WorkPark device.

### **3.4 Qualification of users**

The operator may only allow users with the following two minimum qualifications to operate the WorkPark device:

- Medical/therapeutic training
- Instruction in the handling of the WorkPark device by the operator

In order to install the WorkPark device, the user with a technical background must have read and understood the instruction manual.

Maintenance of the WorkPark device requires prior instruction from the manufacturer.

### **3.5 Obligations of users**

Have the operator instruct you on the safe operation of this WorkPark device.

In accordance with Section 2 MPBetreibV, before each use of the WorkPark device, you, as a user, are obliged to ensure that the device is functional and in good condition and to observe the instruction manual (especially the safety instructions) when operating the device for maintenance. Only in this way can incorrect operation be avoided and correct operation ensured in order to avoid damage to persons and materials.

Make sure that there are no obstacles in the way when adjusting the height or depth of the device.

When setting up or assembling other WorkPark devices, ensure that all devices are secured well and are in good working order.

#### **CAUTION!**

Decommission the WorkPark device if you suspect that it is damaged or may malfunction!

If this is the case, clearly mark the WorkPark device as DEFECTIVE and report the issue to your responsible operator immediately.

## **4 Setup and commissioning**

### **4.1 Scope of delivery**

- 4 100x100 cm sheet steel panels incl. 4 fixing holes per panel for countersunk screws; powder-coated sheet steel, RAL 7035 light grey
- 2 "wiping trowels", approx. 24x10 cm
- 1 squeegee with synthetic fibre cover, L 35 cm
- 2 microfibre wipes, 60x45 cm
- 1 pack magnetic tape, 5 pcs., 1000x10x1 mm
- 1 set of magnets, 10 pcs.
- 10m double-sided mounting tape
- 16 6x40 Torx countersunk screws
- 16 8x40 wall plugs

## **4.2 Assembly**

The magnetic board consists of 4 x1sqm sheet steel panels. Each sheet steel panel is fixed to a load-bearing wall with 4 fixing screws.

You can recognise the front of the panel by the countersunk screw holes. Load-bearing walls, i.e. concrete, brick, Ytong, are suitable for installation. With plasterboard, the screws are used without wall plugs.

Experience shows that it is best to start assembly with the lower right panel. Secondly, attach the lower right panel, then the upper two panels.

As an installation aid, please stick the supplied installation tape to the back of the panels in approx. 75 cm and 100 cm long strips (Fig. 4).

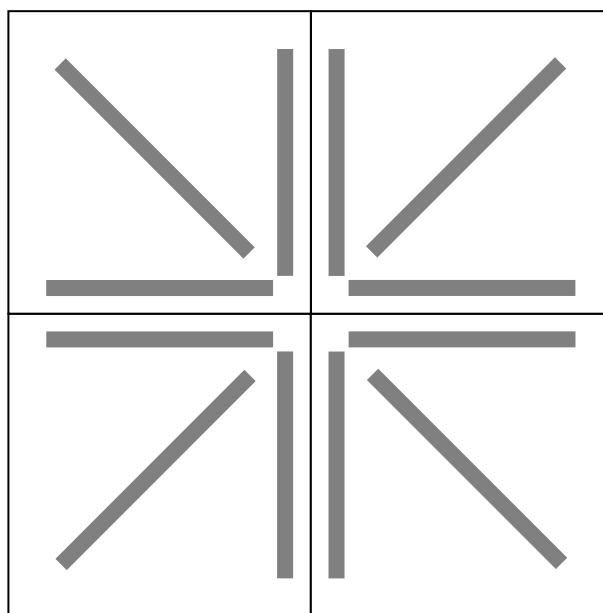


Fig. 4

Now position the first panel to the bottom right, with its lower edge on the floor/skirting board. Before pressing the panel/mounting tape onto the wall, use a spirit level to check that it is completely plumb, adding shims if necessary. Press the upper part of the panel with the double-sided mounting tape firmly onto the wall. Now the holes can be drilled approx. 60 mm deep with an 8.0 mm masonry drill (keep the panel pressed against the wall so that the panel cannot slip!).

Clean out the boreholes with a vacuum cleaner.

The wall plugs can then be inserted directly into the drill holes and fixed in place with the countersunk screws.

Proceed in the same way with the other three panels.

### 4.3 Cleaning and care

How carefully you handle the product will of course determine the length of its service life.

- Never clean the surfaces with running water!
- Clean with a damp cloth and use only mild, soap-based cleaning agents.
- After wiping down, rub all surfaces dry.
- Please do not use any abrasive agents!

Should it become necessary to disinfect the surfaces, we recommend:

Bode Baktolin

**Disinfectants should only be used on clean surfaces! Please be sure to rub the surface dry afterwards!**



## 5 Operation

Space requirement: 4 sqm wall space in total  
If desired, the wall space can be extended in all directions.

The magnetic board is simply ideal for training involving dynamic, large-scale movement sequences of the upper extremities and starting positions such as standing or weight bearing, squatting, bending, etc. The dimensions and levels of the movements can be specified using the movable magnetic tapes. When used with the WP 5 multifunctional grip therapy device and pegboard, this device allows for the training of the full range of grip functions and dexterity. (Fig. 5 and Fig. 6).



Fig. 6

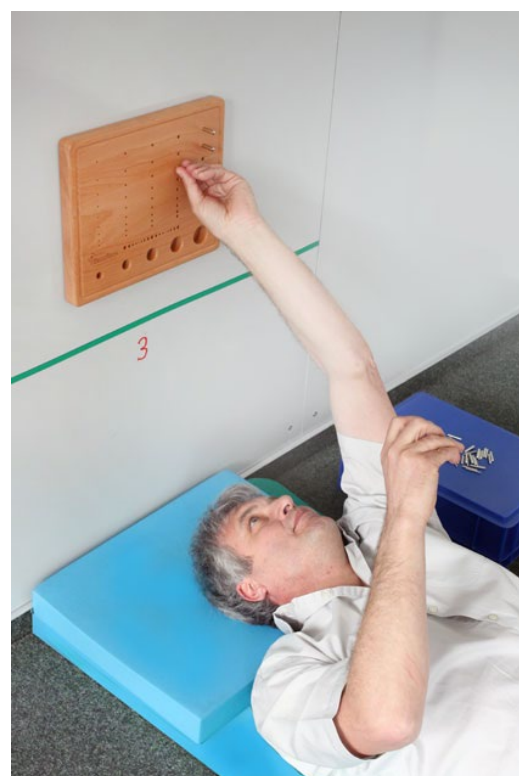


Fig. 5

### 5.1 Application areas

- Use in medical-vocational rehabilitation (MBOR)
- \* Possible applications in inpatient and outpatient occupational therapy (BGSW, EAP and occupational therapy practices)
- \* Work simulation training
- \* Comparison of activity profile and skill profile
- \* Preparation of labour market-related occupational therapy performance analyses



## **5.2 Contraindications and exclusions**

- Known unstable cardiovascular disease without prior cardiological examination
- \* Known lung diseases with risk of spontaneous pneumothorax
- \* Known osteoporosis from stage 2
- \* Known vertebral sliding from stage 2
- \* Inflammatory joint diseases in acute relapse
- \* Osteosyntheses unstable to stress
- \* Acute diseases of the central nervous system
- \* Acute infections
- \* Fresh thrombosis
- Pregnancy
- \* Severe visual impairment (visual acuity < 0.02 on both sides with correction, central visual field failures)
- \* Global respiratory insufficiency (insufficient breathing)
- \* Severe cognitive impairment
- \* Lack of compliance

### **Criteria for discontinuing the use of this device for therapeutic purposes:**

- \* Reaching the exercise frequency (heart rate 220 beats / min. minus age)
- \* Increasing pain manifestations or multiple pain-related interruptions as well as vegetative signs of comprehensible pain
- \* Increasingly unphysiological posture
- \* Uncertainty in load handling
- \* Other vegetative abnormalities (pallor, redness of the skin, sweating, tremor)

## 6 Maintenance

Like any other product that is subject to intensive use, this therapy device also requires regular care and maintenance.

Please check every two months to ensure that the board is firmly mounted.

We recommend carrying out maintenance every 12 months.

Inspection, maintenance or repair works must be carried out by personnel who have received the proper training.

Intensive use of the powder-coated surface can result in scratches over time. This wear and tear does not constitute a quality defect.

## 7 Technical data for WP 10 magnetic board

Device from the WorkPark product group.

Panel dimensions:	Height	2000 mm
	Width:	2000 mm
	Depth:	5 mm
Space requirement:	Height:	2000 mm
	Width:	2000 mm
	Depth:	1000 mm
Weight 4sqm:	48 kg when wall-mounted	
Materials:	Sheet steel, 1.5 mm Various plastic components	
Finish:	powder coating in light grey RAL 7035	
Max. load on the wall panel:	100 kg evenly distributed over the support panel	
Temperature:	5-45 °C	
Humidity:	5-85% (non-condensing)	

## 7.1 Explanation of symbols



Warning of a potentially dangerous situation. In this case, it can lead to serious injury or death.



An indication of a potentially dangerous situation that can lead to minor or moderate injuries. It can also be used to warn against unsafe practices.



Always keep this manual in the immediate vicinity of the product. The use, installation and maintenance of this product must be carried out in accordance with these instructions in order to avoid accidents and serious injuries. Never use or handle this product in any other way than described in this manual, as this may lead to personal safety risks and/or damage to the product. Persons installing this product and/or using it as an operator or patient should have the necessary safety information and access to this manual.





Always follow the instructions in this manual to avoid damage or destruction of the product. Otherwise, the safety of this product may be compromised. Do not carry out repairs, disassembly or assembly work, extensions, new settings or modifications of the product that go beyond the possibilities described in this manual. These must be carried out by Nitzbon or by personnel authorised by Nitzbon. Do not perform maintenance while working with a patient. Do not allow children to use this product unless they are supervised by an adult who has read and understood this manual. The product is not intended as a plaything. Do not use the product if it has defects or has been damaged before it has been repaired or replaced.




The product sticker is located in the upper right or lower left corner of the magnetic board.


Explanation of the symbols used on the product label:


 CE marking in accordance with Regulation (EU) 2017/745 on medical devices.


 Manufacturer, including name, address and contact details

 Date of manufacture (month)

 Serial number

 Please read the operating instructions before using the product.

 Read the operating instructions for important safety information, warnings and safety features.

 Medical device

## 8 Worksheet for WP 10 magnetic board with accessories

All WorkPark devices can be used for training purposes in the case of injuries to both the upper and lower limbs. The training devices can all be combined, resulting in multifunctional use for complex movements. The therapy materials comply with international industry standards.

Applications:

1. Inpatient and outpatient occupational therapy
2. Work simulation training
3. Comparison of activity profile and capability profile
4. Preparation of labour-market-relevant occupational therapy performance analyses
5. ABMR

**With the WP 10 magnetic board, the following types of exertion can be evaluated and training offered:**

### Standing

<b>Even ground combined with work in the small and large grip area (up to overhead) in static standing position.</b>	<i>In combination with the different handles, the accessories and the pegboard</i>
<b>Working in a dynamic standing position combined with walking routes in the 15 m radius of action</b>	<i>In combination with the different handles, the accessories and the pegboard Possible combinations: WP 10 magnetic board, WP 6 wall system, WP 1 work shelf</i>
<b>combined with bending and leaning forwards</b>	<i>In combination with the different handles, the accessories and the pegboard</i>
<b>Working in a dynamic standing position combined with rotation right/left</b>	<i>In combination with the different handles, the accessories and the pegboard</i>
<b>combined with repeated knee bending</b>	<i>In combination with the different handles, the accessories and the pegboard</i>
<b>Forefoot strain</b>	<i>In combination with the different handles, the accessories and the pegboard</i>

### Kneeling

<b>Kneeling combined with work in the large grasping area</b>	<i>In combination with the different handles, the accessories and the pegboard</i>
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### Squatting

<b>Squatting combined with work in the large grasping area (ground level)</b>	<i>In combination with the different handles, the accessories and the pegboard</i>
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Working in the small grip space

<p><b>Working in the small grip space</b></p>	<p><i>In combination with the different handles, the accessories and the pegboard, close to the body</i>  <b>Grip types:</b> Pinch grip, cylindrical grip, fist closure, hooked grip, fine pinch grip, lateral pinch grip</p>
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Working in the large grip area (from away from the body to above the head)

<p><b>Maximum grip area</b></p>	<p><i>In combination with the different handles, the accessories and the pegboard, away from the body</i>  <b>Grasping types:</b> Pinch grip, cylindrical grip, fist closure, hooked grip, fine pinch grip, lateral pinch grip</p>
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Hand coordination

<p><b>Hand-hand coordination</b>  <b>Eye-hand coordination</b>  <b>Concealed</b></p>	<p><i>In combination with the different handles, the accessories and the pegboard, away from the body</i>  <i>away from the body WP work materials, tools</i>  <b>Grip types:</b> Pointed handle, Cylinder handle, Fist closure, Hook handle, Fine pointed handle, Lateral pointed handle.</p>
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Sitting activities

<p><b>Working in a sitting position (endurance)</b>  <b>Working in a forward-leaning position</b></p>	<p><i>In combination with the different handles, the accessories and the pegboard, away from the body</i></p>
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## 9 WORKPARK SERVICE DESCRIPTION

All WorkPark devices can be used for training purposes in the case of injuries to both the upper and lower limbs. The devices can be combined with each other, resulting in a large number of variations.

The WorkPark devices can be used for evaluation and training purposes for the following forms of exercise:

### Standing

<b>Level ground combined with work in the small and large grip area (up to overhead) in static standing position</b> <b>Specification 1 hour</b>	<i>Mobile standing unit gross motor skills WP 9, mobile accessory table WP 2, serially produced turntable WP 8, magnetic board WP 10, work shelf WP 1, Wall system WP 3, scaling unit WP 13</i>
<b>Working in a dynamic standing position combined with walking routes in the 15 m radius of action</b>	<i>Combinations: Work shelf WP 1, multifunction box WP 12, Walker pull-push dynamic WP 14, Mobile pull-push WP 15, work materials WP</i>
<b>combined with bending and leaning forwards</b>	<i>Combinations: work shelf WP 1, obstacle bar WP 6, magnetic board WP 10, mobile standing unit gross motor skills WP 9, scaling unit WP 13, work materials WP</i>
<b>Working in a dynamic standing position combined with rotation right/left</b>	<i>Combinations: work shelf WP 1, work materials WP, magnetic board WP 10, mobile standing unit gross motor skills WP 9, obstacle bar WP 6, scaling unit WP 13</i>
<b>combined with repeated knee bending</b>	<i>Combinations: work shelf WP 1, obstacle bar WP 6, magnetic board WP 10, mobile standing unit gross motor skills WP 9, scaling unit WP 13, work materials WP</i>
<b>Weight-bearing on the forefoot strain</b>	<i>balancing bar WP 11, mini step ladder WP 7, multifunction box WP 12</i>
<b>Standing on the right leg only</b>	<i>Obstacle bar WP 6, balancing bar WP 11</i>
<b>Standing on the left leg only</b>	<i>Obstacle bar WP 6, balancing bar WP 11</i>

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Standing + lifting

<b>From ground level to table height Lifting and setting down payloads with both hands in front of the body</b>	<i>Work shelf WP 1, work materials WP (boxes, bags)</i>
<b>From ground level to chest height Lifting and setting down payloads with both hands in front of the body</b>	<i>Work shelf WP 1, work materials WP (boxes, bags)</i>
<b>From ground level to overhead Lifting and setting down payloads with both hands in front of the body</b>	<i>Work shelf WP 1, work materials WP (boxes, bags)</i>
<b>to the right side of the body</b>	<i>Work shelf WP 1, Work materials WP (canisters, buckets)</i>
<b>to the left side of the body</b>	<i>Work shelf WP 1, Work materials WP (canisters, buckets)</i>

Kneeling

<b>Kneeling combined with work in the large grip area</b>	<i>Wall system WP 3, work shelf WP 1, mobile standing unit gross motor skills WP 9, magnetic board WP 10</i>
<b>Crawling</b>	<i>Obstacle bar WP 6</i>

Squatting

<b>Squatting combined with work in the large grip area (ground level)</b>	<i>Wall system WP 3, work shelf WP 1, mobile standing device gross motor skills WP 9, magnetic board WP 10, walker pull-push dynamic WP 14</i>
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Walking and carrying

<b>Walking on an even surface Walk a short distance: Specification 1 km Walk a long distance: more than 1 km</b>	<i>combinations; work shelf WP 1, multifunction box WP 12, work materials WP</i>
<b>Walking on an uneven surface</b>	<i>Multifunction box WP 12</i>
<b>Running</b>	<i>WP stopwatch</i>
<b>carrying loads with both hands in front of the body</b>	<i>Work materials WP (boxes, bags, tubs)</i>
<b>carrying loads on the right</b>	<i>Work materials WP (canisters, buckets)</i>
<b>carrying loads on the left</b>	<i>Work materials WP (canisters, buckets)</i>
<b>Balance</b>	<i>Balancing bar WP 11, obstacle bar WP 6</i>
<b>Going up and down a 30° slope without stopping</b>	<i>Multifunction box WP 12</i>
<b>Walking on bridges, rafters and lubricants without stopping</b>	<i>Balancing bar WP 11</i>
<b>Overcoming obstacles</b>	<i>Obstacle bar WP 6</i>

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Pushing + pulling

<b>Pulling/pushing a lift truck</b>	<i>Pull-push device WP 4, Walker pull-push dynamic WP 14, mobile pull-push WP 15</i>
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Climbing a ladder, working whilst standing on a ladder

<b>Going up and down a ladder with wide rungs</b>	<i>Mini step ladder WP 7</i>
<b>Standing on the ladder with a stop on the right</b>	<i>Mini step ladder WP 7 combined with wall system WP 3, work shelf WP 1, magnetic board WP 10, grasping unit WP 5</i>
<b>Standing on the ladder with a stop on the left</b>	<i>Mini step ladder WP 7 combined with wall system WP 3, work shelf WP 1, magnetic board WP 10, grasping unit WP 5</i>
<b>Standing on the ladder combined with work in the small and large grasping area</b>	<i>Mini step ladder WP 7 combined with wall system WP 3, work shelf WP 1, magnetic board WP 10, grasping unit WP 7</i>

Working in the small grasping area

<b>Working in the small grasping area</b>	<p><i>Fine motor activities close to the body (functional hand) grasping unit WP 5</i></p> <p><b>Grasping types:</b> Pinch grip, cylindrical grip, fist closure, hooked grip, fine pinch grip, lateral pinch grip</p> <p><i>Gross motor activities close to the body (functional hand/supporting hand):</i></p> <p><i>Pull-push and impact loads mobile standing device gross motor skills WP 9, work materials WP</i></p>
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Working in the large grasping area (away from the body and up to overhead)

<b>Maximum grasping area</b>	<p><i>Fine motor activities away from the body Grasping unit WP 5, wall system WP 3, serially produced turntable WP 8, magnetic board WP 10</i></p> <p><b>Grasping types:</b> Pinch grip, cylindrical grip, fist closure, hooked grip, fine pinch grip, lateral pinch grip</p> <p><i>Gross motor activities away from the body: Pull-push impact loads Wall system WP 3, pull-push device WP 4, mobile standing unit gross motor skills WP 9</i></p>
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Hand coordination

<b>Hand-hand coordination Eye-hand coordination Concealed</b>	<p><i>Grasping unit WP 5, serially produced turntable WP 8, magnetic board WP 10, wall system WP 3,</i></p> <p><b>Grasping types:</b> Pinch grip, cylindrical grip, fist closure, hooked grip, fine pinch grip, lateral pinch grip</p>
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Static strain work

<b>Possible pressure on a vertical surface or object on the left (supporting hand)</b>	<i>Pull-push device WP 4, walker pull-push dynamic WP 14</i>
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Working with tools

<b>Working with tools: wrench, screwdriver, hammer, pliers</b>	<i>Work materials WP combined with wall system WP 3, mobile standing unit gross motor skills WP 9</i>
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Throwing and catching

<b>Specification: Throw and catch a 5 kg sandbag on target, one-handed right/left</b>	<i>Work materials WP</i>
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Sitting activities

<b>Working in a sitting position (endurance): Working in a forward-leaning position:</b>	<i>Serially produced turntable WP 8, wall system 3, combined with grasping unit WP 5</i>
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