

Thank you for purchasing a Sealey product. Manufactured to a high standard this product will, if used according to these instructions and properly maintained, give you years of trouble free performance.



**IMPORTANT: PLEASE READ THESE INSTRUCTIONS CAREFULLY. NOTE THE SAFE OPERATIONAL REQUIREMENTS, WARNINGS & CAUTIONS. USE THIS PRODUCT CORRECTLY AND WITH CARE FOR THE PURPOSE FOR WHICH IT IS INTENDED. FAILURE TO DO SO MAY CAUSE DAMAGE AND/OR PERSONAL INJURY AND WILL INVALIDATE THE WARRANTY. PLEASE KEEP INSTRUCTIONS SAFE FOR FUTURE USE.**

### 1. SAFETY INSTRUCTIONS

#### 1.1 GENERAL SAFETY

- ✓ Familiarise yourself with this products application and limitations, as well as the specific potential hazards attributed to the trestle.
- ✓ Maintain the trestle in good condition.
- ✓ Replace or repair damaged parts. *Use recommended parts only. Non authorised parts may be dangerous and will invalidate the warranty.*
- ✓ Keep the trestle clean for best and safest performance.
- ✓ Locate the trestle in a suitable working area for its function, keep area clean, tidy, free from unrelated materials and ensure there is adequate lighting.
- ✓ Ensure the workpiece is correctly secured on the trestle/trestles before commencing work activity.
- ✓ Maintain correct balance and footing. Ensure the floor is not slippery and wear non-slip steel toe-capped shoes/boots.
- ✓ Keep children and unauthorised persons away from the working area.
- ✗ **DO NOT** use the trestle for any purpose other than that for which it is designed.
- ✗ **DO NOT** make any modifications to the trestle.
- ✗ **DO NOT** operate the trestle if any parts are missing or if the "over centre" locking links are not in the correct positions.
- ✗ **DO NOT** exceed the rated capacity of the trestle.
- ✗ **DO NOT** stand on the trestle or use as a platform.
- ✓ When not in use, stand or store in a safe, dry location.
- ☐ **WARNING! The warnings, cautions and instructions in this manual cannot cover all possible conditions and situations that may occur. It must be understood by the operator that common sense and caution are factors which cannot be built into this product, but must be applied by the operator.**

### 2. INTRODUCTION

Generally manufactured from mild steel hollow section tube and formed sheet metal. Painted "A" frame, corrosion resistant coating on ancillaries and fixings. The "A" frame is partially assembled for ease of final assembly. The trestle has seven working height options from 800mm to 1300mm and ideal for supporting large/long workpieces. Minimal storage and transportation space required, folding to a 150mm x 900mm x 690mm configuration.

### 3. CONTENTS

M8 Fixings (13mm) c/w Nuts & Washers

Telescopic Upright

M5 Phillips Machine Screws c/w Nuts & Washers

Latch Shoulder Screw c/w Locknut and Washer.

M6 Phillips Machine Screws c/w Nuts & Washers

Pre-assembled "A" Frame legs, Upright Supports, "Dog Leg" Pin & Chain

Swivel Stop (deployed)

Top Cross Bar

Intermediate Cross Bar

Interference "Pip"

Telescopic Upright

**Trestle Assembled (ready for work activity)**

Bottom Cross Bar

"Dog Leg" Pin & Chain (shown in retained position)

| Description                                   | Qty    |
|---|--------|
| "A" Frame Sub Assembly                        | 2      |
| Bottom Cross Bar                              | 2      |
| Intermediate Cross Bar                        | 1      |
| Top Cross Bar Fabrication                     | 1      |
| Telescopic Uprights                           | 2      |
| M8 Fixings c/w Nuts & Washers                 | 8-sets |
| M6 Phillips Machine Screws c/w Nuts & Washers | 8-sets |
| Latch Shoulder Screw c/w M5 Nuts & Washers    | 2-sets |
| M5 Phillips Machine Screws c/w Nuts & Washers | 2-sets |

Check contents from list and identify using "Trestle Assembled" pictures on previous page. In the unlikely event of a missing component please contact your Jack Sealey Limited dealership.

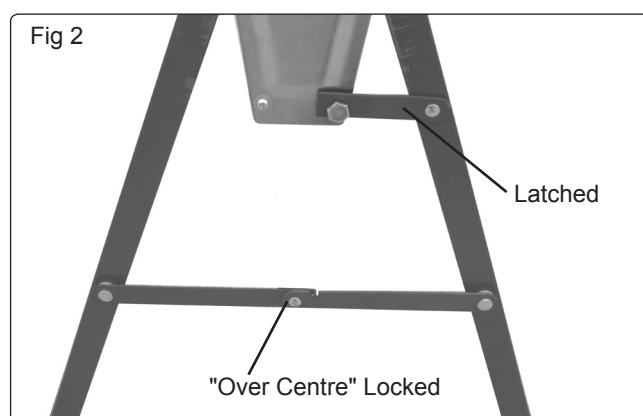
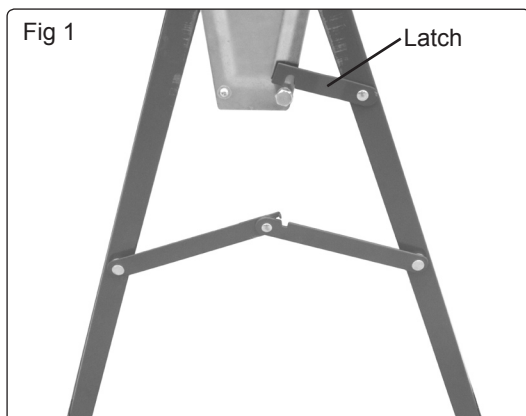
## 4. SPECIFICATIONS

Model No:.....FDT3.V2  
Capacity:.....200kg  
Minimum Working Height:.....800mm  
Maximum Working Height:.....1300mm  
Cross Bar Width:.....690mm  
Width Between Stops:.....650mm  
Storage Folded Depth:.....150mm

## 5. ASSEMBLY

### 5.1 Assembly Method & Tools:

- 5.1.1 13mm spanner, 10mm spanner, 8mm spanner and Phillips screwdrivers for M6 & M5.
- 5.1.2 Fit intermediate cross bar to pre-assembled "A" frames (NB! diagonally opposed latch positions). Do not fully tighten fixings.
- 5.1.3 Fit bottom cross bars to "A" frames. Do not fully tighten fixings.
- 5.1.4 From diagrams below, firstly latch (Fig 1) and then "over centre" lock (Fig 2) "A" frame both sides. Tighten all screws.
- 5.1.5 Sub assemble telescopic uprights to top cross bar (M8 fixings). Fit with interference "Pips" outermost and do not fully tighten fixings.
- 5.1.6 Lower sub assembled telescopic uprights into "A" frames and intermediate cross bar guides. This will require a small force as the interference "Pips" pass through the guides.
- 5.1.7 Insert "dog legged" pin through any of the holes in the telescopic uprights. Rotate pin to the "safe" retained position. Tighten top cross bar fixings. With "A" frames latched and locked both sides, height set, the trestle is ready for use.



**NOTE:** It is our policy to continually improve products and as such we reserve the right to alter data, specifications and component parts without prior notice.

**IMPORTANT:** No liability is accepted for incorrect use of this product.

**WARRANTY:** Guarantee is 12 months from purchase date, proof of which will be required for any claim.

**INFORMATION:** For a copy of our latest catalogue and promotions call us on 01284 757525 and leave your full name and address, including postcode.



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