






- Before Use -

Please read this manual before using to ensure correct use, and keep this instruction manual in a safe place for future reference.

Functions of the product:

The jacket guides your body to an ideal posture when burden is involuntarily put on the body during daily work. It protects and stabilizes abdominal and back muscles to reduce physical burden on the lower back.

Original Functions of Support Jacket Bb+FIT

 <p>Form navigation function Placing Bb+ on the back surface of the jacket as the second backbone helps maintain the backbone and the lower back in an ideal position. Supporting forward tilting posture associated with work significantly reduces the load on the back and the lower back.</p>	 <p>Lumbar support function It reduces load on the lumbar spine and the intervertebral discs during work with a wide belt wrapping the backbone as well as the abdominal and back muscles to stabilize and protect the lower back while maintaining an abdominal pressure.</p>	 <p>Muscle function The power belt supports leg muscles, from the knees to the lower back. Wearing the belt supports front bending and standing up movements during work, which reduces fatigue.</p>	 <p>Bone detachment function Adopted a bone removal mechanism. It is easy to attach after washing.</p>	 <p>Hip belt fitting system Adopted a dial function. Turning the dial allows for a quick, suitable fit.</p>
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Use and features of the product

- This assist suit was developed to reduce burden on the lower back and the upper body during light work. The product, however, does not completely eliminate burden nor offer abilities beyond the wearer's natural strength.
- Do not carry excessively heavy loads or assume postures that create excessive burden on the lower back while wearing the product.
- The product is not medical equipment and is not intended for use as a treatment device

- to relieve lower back pain, stiff shoulders, or other physical conditions.
- The three functional effects stated herein will differ by individual.
- Taking a forward tilting posture stretches the flexible material used for the muscle belt and other parts exhibiting support assistance.
- The product is designed to stabilize and support the lower back and the backbone, but is not intended to fully protect those parts.
- The product does not have an antistatic function.

<Safety Precautions> Be sure to read before use!

Warning: Misuse may result in serious injury or death

- The product is not designed to treat lower back pain or other ailment.
- Do not use for purposes other than support for light work as it may cause injury or damage to the product.
- Do not alter, modify, or repair the product.
- Do not use if one of the following apply:
Individuals with injury, swelling, rash, allergy, poor blood circulation, etc. in areas coming into contact with the jacket, such as shoulders, chest, and knees; individuals with other ailments; individuals who are or may be pregnant; individuals under the influence of alcohol or who have low physical strength.
- In the event of abnormal conditions such as pain, numbness, itchiness, rash, or discomfort during use, stop use immediately and consult with your doctor.
- Be aware that overtightening may interfere with blood circulation.
- If using the product for extended periods, remove from time to time may damage skin and interfere with blood circulation due to pressure.
- Do not use in places where chemicals are used.
- Do not use in places with sudden changes in temperature, or in places subjected to excessively high or low temperatures.
- Do not use the product if there is damage, abrasion, deformation, or a deteriorated hook-and-loop fastener performance.
- Please wear it correctly according to the instructions noted in the instruction manual.
- If used incorrectly, the wearer will not only have insufficient support or assistance, but will also experience excessive pressure from the product, causing injury or damage.
- Product may be hooked on or pulled into surrounding objects. Be careful of surrounding areas when wearing.
- Do not walk or climb up and down stairs with the knee belt unfastened.
- Refer to the size chart in this instruction manual and ensure that you use the right size. Check that the Support Jacket is worn properly, that it is right side up, that the left and right sides are properly aligned and that the front and back are properly placed.
- If the fit becomes loose or slips, remove and put back on correctly to ensure a good fit.
- Do not wear while sleeping.

Precautions: Misuse may result in injury or damage/loss of properties

- Do not use when the function offered is unnecessary, such as in a sitting position.
- Be careful not to nip your skin or clothing with the buckle clasps and belt wire as it may cause damage to clothing and injury to skin.
- Stop use immediately if there are tears, cracks, damage, or other defects are found in the product.
- Clothing may be damaged if stuck in or clasped by the hook-and-loop fastener.
- Remove any dust, fibers, etc. attached to the hook-and-loop fastener before use, or it may reduce the adhesive strength of the tape.
- Color may migrate to clothing.
- Stop using the product when the elasticity of the fabric, etc. is reduced.
- We assume no responsibility for troubles or accidents that may occur after product is transferred to (or raised by) a third person.
- Always wear the product over clothing, never on bare skin.
- Life of the hook-and-loop fastener and the elastic of the muscle-function parts may be shortened depending on the frequency and the condition of use.
- Product specifications and appearance may change for the purpose of improvement without advanced notice.
- To use the product safely, an administrator must inspect it before each use.
- Always use a laundry net when washing.

<Precautions for washing>

- Follow the washing instruction on the back of the hip belt.
- The bone must be removed from the jacket before washing, and put the jacket into a laundry net to wash. The bone cannot be washed in washing machines.
- Use neutral detergent and water below 30°C.
- Do not wash the products with other items to avoid color migration or damage to clothing, etc.
- Rinse well to remove all detergent, wipe moisture with a towel, etc. and hang dry in shade.
- Do not dry clean or use a dryer, iron, bleach, and avoid wringing.
- Check for cracks, fraying, and other damage after washing.
- If fraying is found in the seams, do not pull or snip with scissors as it may widen the fray.
- Fasten the hook-and-loop fastener when washing as it may decrease the adhesive strength of the hook-and-loop fastener.

<Storage method>

- Store in well-ventilated places not exposed to direct sunlight or high humidity.
- Store with hook-and-loop fastener closed.
- Storage conditions may cause discoloration.
- Store with no excessive weight on the hook-and-loop fastener and napped areas. It may weaken the adhesive strength of the hook-and-loop fastener.

<Disposal>

- The materials used are nylon, polyester, and polyurethane; and the backbone is made with resin material (polypropylene and POM). Please follow the local rules for disposal.

<Size chart> (unisex) *Larger size is recommended if uncertain.

Size (cm)	S	M	L	LL	3L
Hip* (Pelvis circumference)	78-88	86-96	92-104	98-110	104-116
Below knee	23-31	26-34	29-37	32-40	35-43
Height	155-165	162-172	168-178	174-186	180-192

*Note: Hip is a pelvis circumference and not a waist (abdominal) circumference.

<Color>

Gray

<Material>

Polyester, nylon, polyurethane, and polypropylene

<Other>

- Dial part: TGF
- Some parts of the bone and buttons: Metal
- Bone attachment: POM
- Bone (Bb+): Polypropylene
- Adjuster and buckle: Polyacetal
- Anti-slip: Silicon and natural rubber

<Video demonstrating how to wear>

Please go to the video from the QR code or URL below.

<https://youtu.be/eXeXznGr45E>



Inquiries on Support Jacket®

UPR UPR Singapore Pte. Ltd.

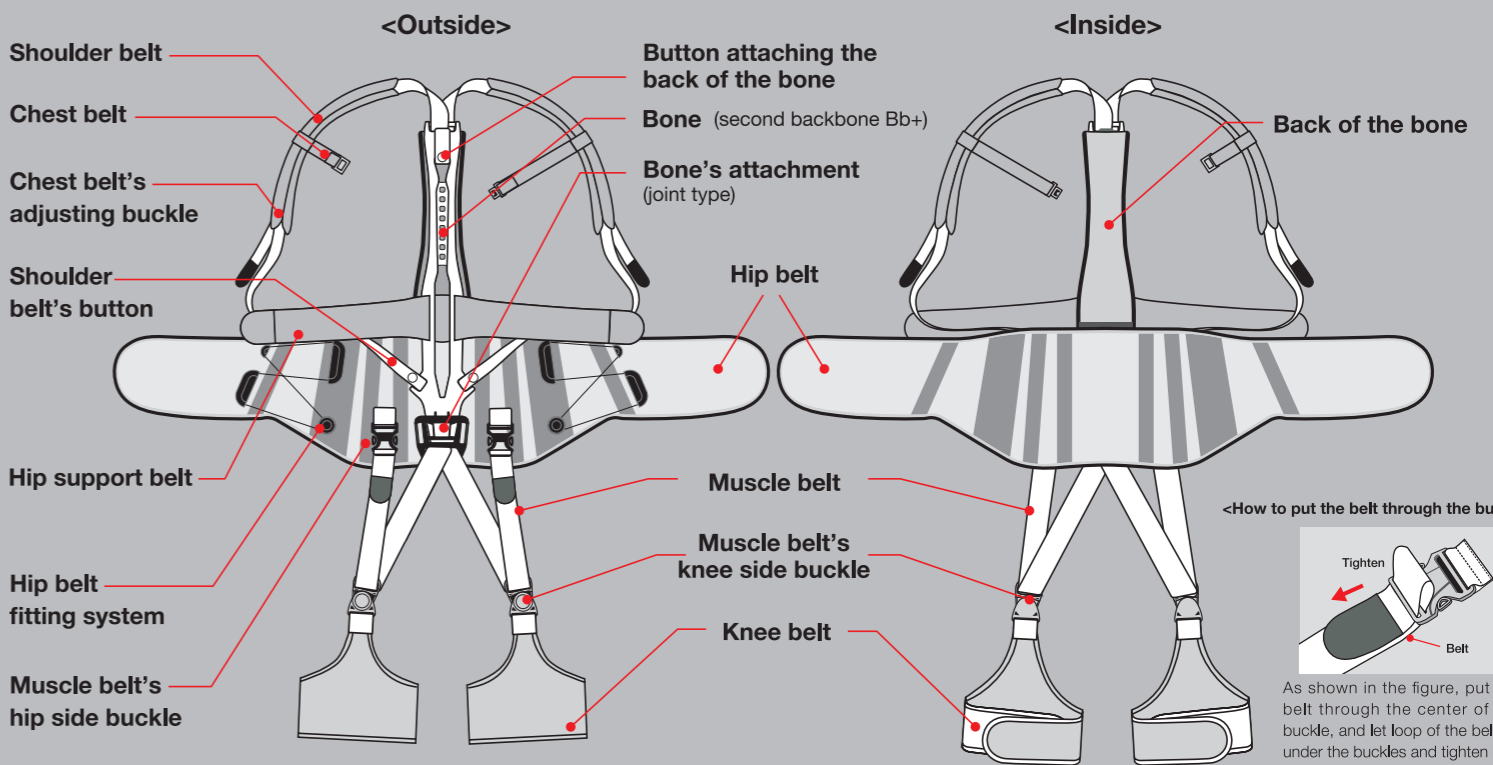
111 Somerset Road #03-09 Singapore 238164

TEL: +65-6956-6118

URL: <https://www.upr-singapore.sg/>

[Patent granted]
Support Jacket® is a registered trademark of UPR Corporation.

Names of the parts



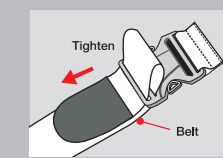
<Outside>

- Shoulder belt
- Chest belt
- Chest belt's adjusting buckle
- Shoulder belt's button
- Hip support belt
- Hip belt fitting system
- Muscle belt's hip side buckle

<Inside>

- Button attaching the back of the bone
- Bone (second backbone Bb+)
- Bone's attachment (joint type)
- Back of the bone
- Hip belt
- Muscle belt
- Muscle belt's knee side buckle
- Knee belt

<How to put the belt through the buckle>



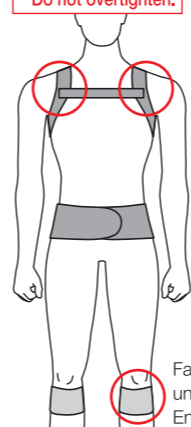
As shown in the figure, put the belt through the center of the buckle, and let loop of the belt under the buckles and tighten it.
* It is common to all of shoulder, chest, and muscle belts.

* For the WIDE type

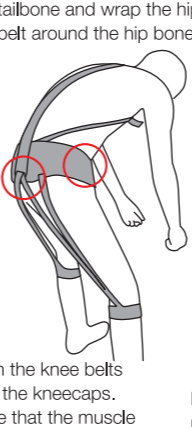
<Tip for correct fit> See inner pages for details.

Have some looseness in the shoulder belts.


*** Do not overtighten.**



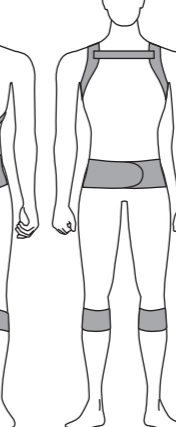
Place the lowermost part of the second bone Bb+ (bone) around the tailbone and wrap the hip belt around the hip bone.



Fasten the knee belts under the kneecaps. Ensure that the muscle belts are not too tight.




Ensure that the muscle belts are not too tight.



<How to deal with these situations> Do not overtighten.

Hard to bend

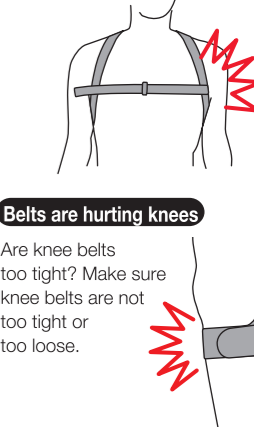
Are muscle belts too tight? Adjust the tightness of the muscle belts.



*** Do not overtighten.**

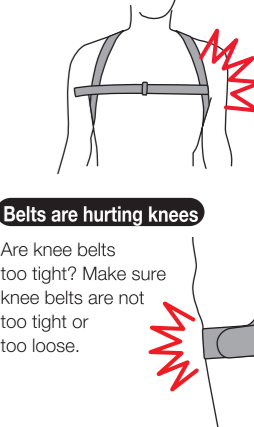
Belts are hurting shoulders

Loosen the chest belt so that shoulder belts are not too tight.



Belts are hurting knees

Are knee belts too tight? Make sure knee belts are not too tight or too loose.

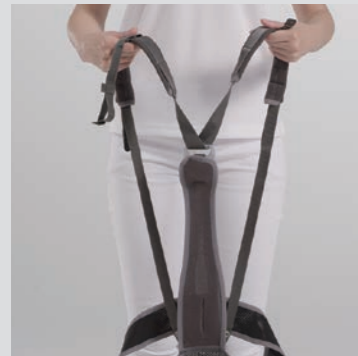


Easy to wear in just 6 steps

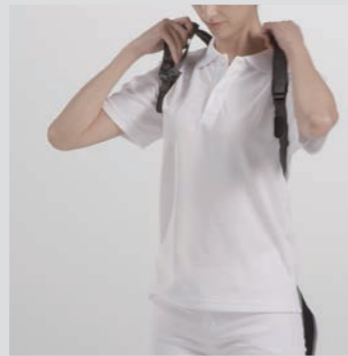
Before wearing

- Loosen the shoulder belts.
- Loosen the dial buttons on the left and right of the hip belt fitting system.

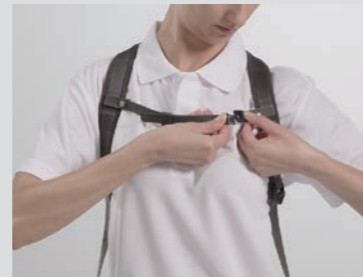
1 Put arms through the shoulder belts and fasten the chest belt



Remove the buckle of the chest belt to loosen the shoulder belts completely.



Hold the shoulder belts with each hand, and put arms through the belts as if you are wearing a jacket

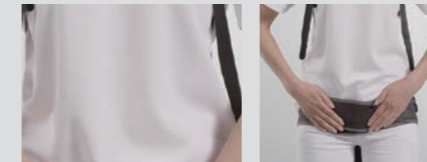


Fasten the chest belt. Adjust the length according to working situations.
• Do not overtighten.

2 Tighten the hip belt



Place the lowermost part of the hip belt around the tailbone. (Adjust while confirming the position with your fingers)



Points to heed
(1) Place the lowermost part of the backbone around the tailbone
(2) Wrap the hip belt around the hip bone

Firmly wind the hip belt as it wraps around the hip bone and tighten it below the belt of the trousers.

3 Press and turn the dial buttons on the left and right and...



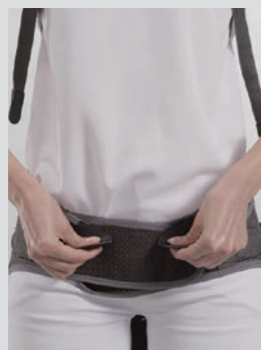
Press the dial buttons on the left and right at the hip belt until you hear a click, and turn them **clockwise** to adjust the tightness.



How to use the hip belt fitting system

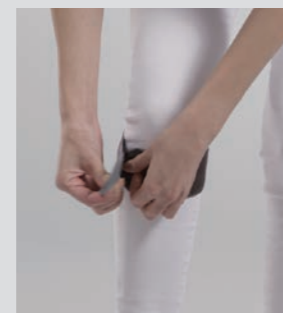
- Pressing the dial into and turning clockwise tightens the belt.
- Pulling up the dials which have pressed into loosens the belt.
- Either pressing or pulling the dial makes a click sound.

Fasten the hip support belts



Pull the hip support belts forward and fasten them with the hook-and-loop fastener. (This further stabilizes the pelvis.)

4 Fasten the knee belts



Wrap the knee belts below the kneecaps and fasten them with the hook-and-loop fastener.
• Place the anti-slip rubber inside.



Make sure that the muscle belts are positioned behind the knees. Fasten them in the same manner on both knees.

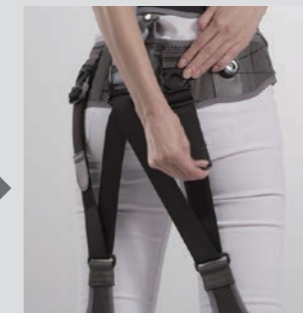


Points to heed
When knee belts do not reach below the knees: Removing one of the buckles at the hip side of the muscle belts to make the knee belts easier to attach.

5 Adjust the muscle belt

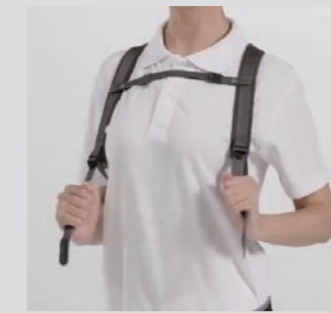


Snap on the buckles at the hip side that were removed to the previous positions.



Pull the ends of the muscle belts to adjust them to about the same tightness for both legs.
• Adjust the tightness according to working situations.

6 Adjust the tightness of the shoulder belt



With the chest out, pull the ends of the shoulder belts downward to adjust the tension of the belts.
• Adjust the tightness according to working situations.

Points to heed
Do not overtighten. Adjust them so that there is comfortable tightness when you bend over. Do not tighten them too much.

How to wash

Remove the bone before you wash the jacket. (* All parts except the bone are washable)

<How to remove the bone>



(1) Undo the buttons at the back of the bone.



(2) Remove the hip support belt inserted in the slit below the center of the bone.



(3) Undo the shoulder belt buttons attached to the left and right of the lower part of the bone.



(4) Pull and take the shoulder belts off from the hole at the upper part of the bone.



(5) Press down on the claw at the bottom-center of the light-gray-colored bone with your thumb and gently pull the bone out from the attachment with another hand.
• The bone is removed from the jacket.



(6) Fold the jacket with all parts inside it and fasten all of the hook-and-loop fasteners. Place in a laundry net before washing.

<How to set up the bone>



(1) Neatly open the jacket and insert the lightgray colored bone to the attachment until there is a click.



(2) Take the end of the shoulder belt and insert it through the slit at the upper part of the bone until the halfway of the belt goes through the hole.



(3) Insert the ends of the shoulder belts into the slits on both sides at the bottom part of the bone and fasten the buttons.



(4) Insert the support belt through the slits below the center of the bone.



(5) Insert the button at the back of the bone to the hole at the upper part of the bone and fasten the button. This completes the bone set up.

Feel when wearing

The jacket is designed to give better posture to correct slouching shoulders by straightening and providing resistance while bending forward. Adjust the tightness to ensure the best fit for you.

