



Bear Bones Systems Ascension Minimalift User's Manual

Bear-Bones.com



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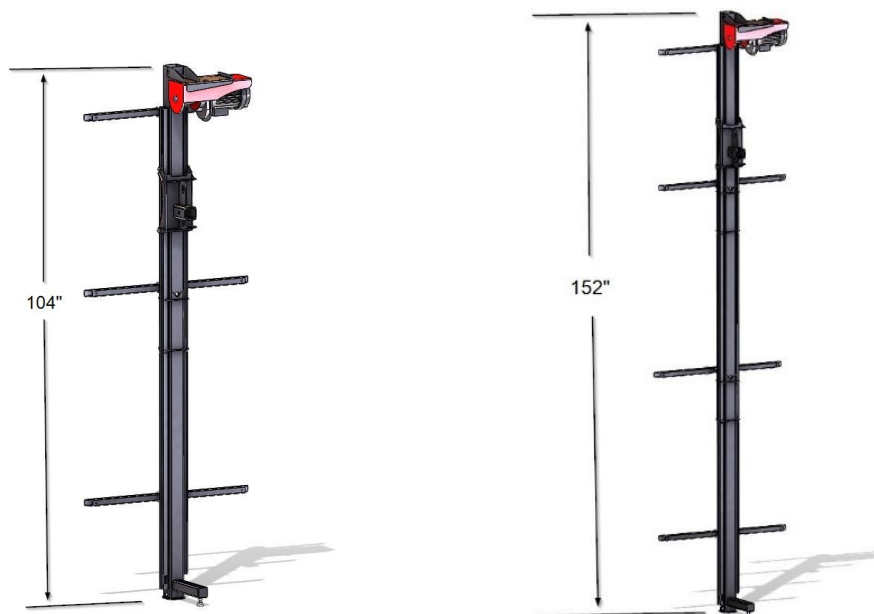
Please read and understand the information in this User's Manual to help avoid possible damage, injury or death that could result from failure to follow these instructions and heed these warning.

1. ASCENSION MINIMALIFT INTRODUCTION

Bear Bones Systems is proud to present the Ascension Minimalift which is part of the Bear Bones System's family of products. The Ascension Minimalift system is a minimalist approach to a lift that provides lifting capabilities for stowing, storing or comfortably positioning your stuff. The Ascension Minimalift has the unique capability of being configured for different applications using the receiver carriages that can accept various accessory platforms. Also multiple carriages can be used to lift multiple cargo loads in a stacked or over/under arrangement.

1.1. CONFIGURATIONS

The Ascension Minimalift is a modular design that allows for various configurations to accommodate different mounting requirements and user needs. The base model assembly has an overall height of 104" (8'8") to fit under a typical 9' garage ceiling but by adding available 4' column extensions (sold separately) the overall height can be increased to 152" (12'8") or 200" (16'8").



Also, various accessory platforms can be used to configure the Ascension Minimalift for specific applications. The example to the right shows a dirt bike platform and a cargo carrier.



2. SAFETY

- 2.1. Never place your body beneath a suspended load.
- 2.2. Never exceed the weight capacity of the lift or the torque load capacity of the carriages as explained in Section 3.
- 2.3. Ensure that assembly and installation are done properly as explained in Section 4.
- 2.4. Be aware of the general envelope of the load being lifted to avoid collisions with surrounding items or ceilings.
- 2.5. Inspect cable regularly and replace if showing any signs of wear or damage.

3. WEIGHT CAPACITY, LOADING AND TORQUE.

3.1. WEIGHT CAPACITY

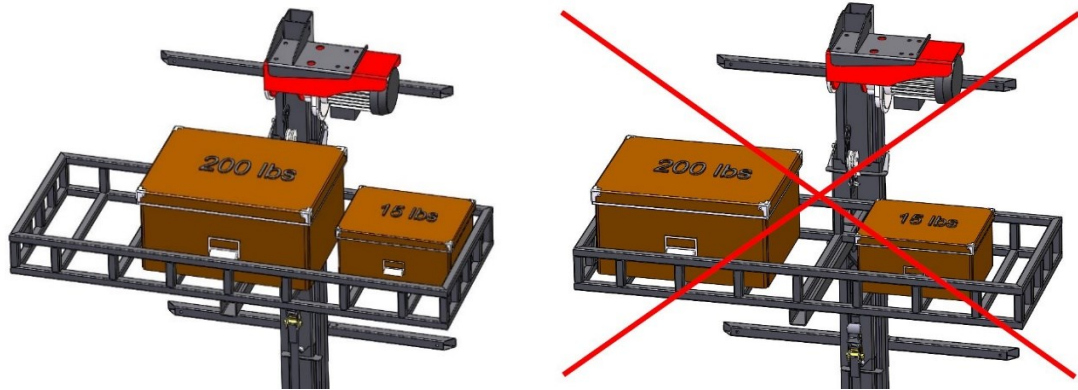
The Ascension Minimalift has a lifting capacity of 880 lbs. that should never be exceeded. The weight of the carriages, any accessory platform or bike rack etc. must be included in the total weight.

3.2. CENTER OF MASS aka CENTER OF GRAVITY

Center of mass is defined as a single point at which the whole mass of the body or system is imagined to be concentrated and all the applied forces act at that point. In other words, the center of mass is the 3 dimensional balance point of the item. When only gravity is acting on the system such as is the case with the Ascension Minimalift, this is basically the balance point.

When loading cargo to be lifted it is important to position the combined balance point close to the center of the main vertical column to avoid

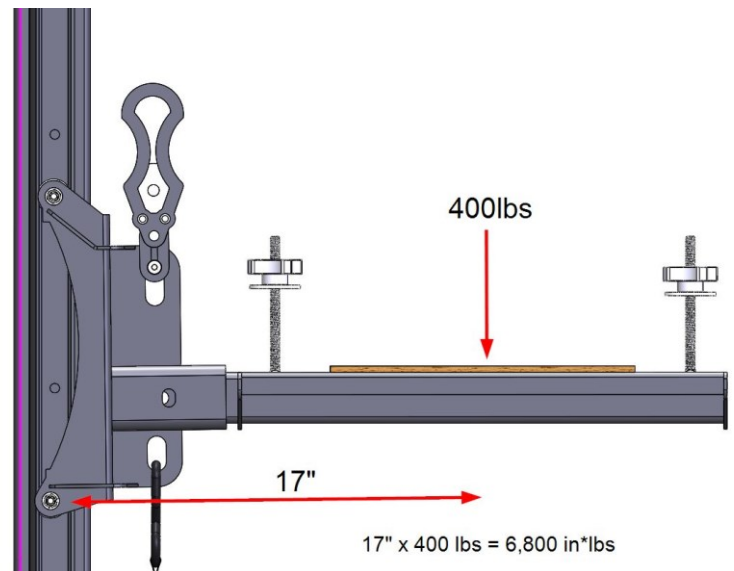
excessive side loading of the track rollers. This applies to all types of cargo. When loading multiple items such as in the cargo carrier examples below, position the loads so that their combined weights are balanced near the main vertical column.



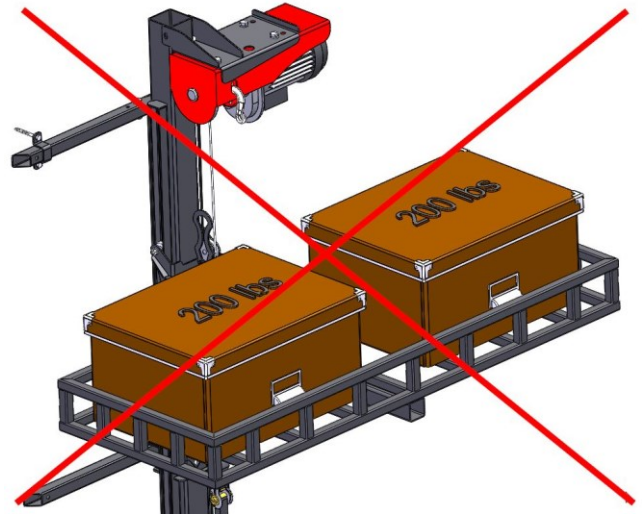
3.3. TORQUE

The Ascension carriages are rated for 6,800 in*lbs of torque loading resulting from mass supported in front of the main vertical column.

The torque is determined by multiplying the weight of the cargo by the distance from the center of the track rollers to the Center of Mass or balance point of the cargo as shown below.



Accessories Various accessories or cargo specific attachments can be used with the Ascension Minimalift and it is important to remember that they may have their own capacity rating that is higher than the capacity rating of the Ascension or can cause a torque that exceeds the capacity of the Ascension carriage. For example, the image to the right shows a cargo carrier loaded with 400lbs which is well within the cargo carrier's capacity but with a center of mass 20.6" from the rollers it generates a torque of 8266in*lbs which exceeds the capacity of the carriage.



Note: Always go with the lowest capacity rating whether it be the Ascension Minimalift or the accessory being used with it.

A properly installed and loaded Ascension Minimalift will exert a total force of less than 100lbs pulling on the wall and a force on each stud less than 33lbs.

4. ASSEMBLY AND INSTALLATION

WARNING

WARNING: Due to the potential hazards of improper installation, Bear Bones Systems recommends that the installation of the Ascension Minimalift be performed by a trained professional only. Bear Bones Systems will not be responsible for damage or injury resulting from improper installation.

4.1. RECOMMENDED ASSEMBLY AND INSTALLATION TOOLS

- 1- 1/8" hex wrench
- 2- Measuring tape
- 3- Level
- 4- Stud Finder
- 5- 9/16" and 5/8" open end wrenches or adjustable wrenches.

- 6- 16mm wrench
- 7- Step ladder or man lift
- 8- Phillips Screw driver or ½" socket, depending on anchor type.
- 9- WD-40 or other light lubricant.
- 10- Plumb bob or vertical layout laser.
- 11- Appropriate drill bit depending on wall type. ½" for concrete block or metal stud, and 3/16 for wood stud.
- 12- Drill motor
- 13- Plastic or rubber mallet
- 14- Pencil

4.2. FASTENERS AND HARDWARE KIT

- (1) Swivel Foot (6) 5/16 x 1-3/4" Hex bolt (7) 5/16 lock nuts



- (2) 3/8 x 3/4" Button socket head screws.



- (4) 1/4 x 1/2 set screws



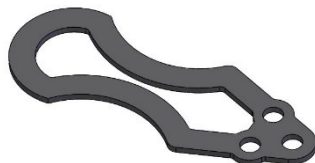
- (1) 3/8 Shoulder bolt



- (1) 5/16 Flat washer



- (1) Limit switch tripper



- (2) Pulley links



- (1) Hoist mount pack (included with hoist) containing 4 hex bolts M10 x 25mm, 4 flat washers and 4 split washers.

- (1) Pulley assembly (included with hoist).
- (1) Extension cord.

Recommended anchors purchased separately

- (6) 5/16 x 3" lag bolts for wood stud walls



- (6) ¼-20 Snaptoggle® Item #50425 by Toggler® Anchors for steel stud or concrete block walls.



Note: Additional accessories may include and/or require additional fasteners and hardware.

4.3. Assembly and installation

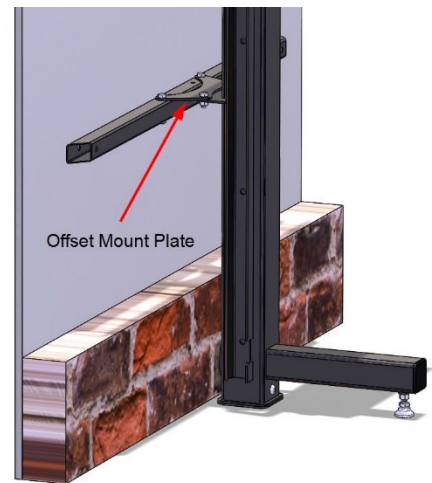
Assembly of the Ascension Minimalift can be done using one of two basic approaches. It can be assembled on the floor and raised into position against the wall or assembled and mounted to the wall in steps starting with the lower column assembly and adding column pieces on top. The first approach may be done with a column containing no extensions but is not recommended for an extended column. Either way the hoist should be installed after the column is attached to the wall.

Selecting an installation location

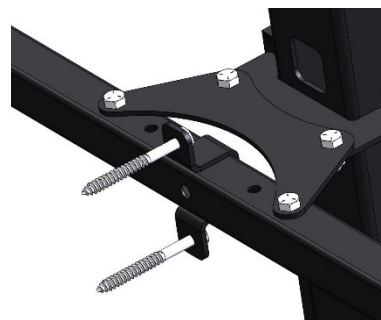
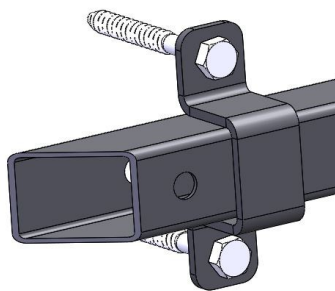
The Ascension Minimalift can be mounted to different wall construction types such as wood stud, steel stud, hollow concrete block, brick and concrete. Others types of wall construction may also be possible but are not addressed in this guide.

Note: It is the responsibility of the installer to ensure that the wall is adequate for mounting.

Walls may have foundations or other structure protruding at their base. An available Offset Mount Kit (sold separately) can be used to offset the Ascension Minimalift an additional 2-3/8" from the wall. See example.



The Ascension Minimalift must be secured to the structural members of a wall. There are three holes for anchors in each of the mounting bars that are 16" apart to align with typical stud spacing. Select your preferred installation location and ensure that a stud aligns with the center of the column. Use the stud finder and plumb bob to verify that the stud runs straight and vertical from the bottom to the height of the top mounting bar. If it does not, I suggest you find another stud that does to use as the center stud. With a center stud selected, use the measuring tape to measure 16" from center of the center stud to either side then use the stud finder and plumb bob to determine if the studs on either side run parallel to the center stud. If they do not, there is an alternative mounting bracket that can be purchased separately that will accommodate the misalignment. See example below. The alternate mounting bracket can be used at the center position if necessary but requires the use of the offset mount plates mentioned above.

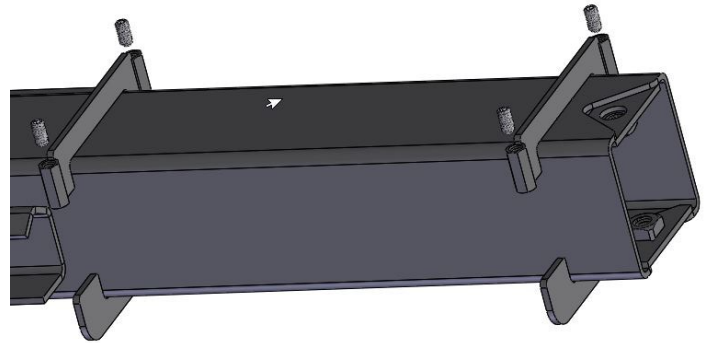


Warning: Use a voltage sensor or a stud finder with metal and ac power sensing capabilities to ensure that you don't drill into electrical wires.

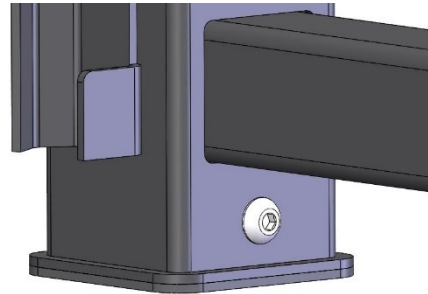
Lower Column Prep



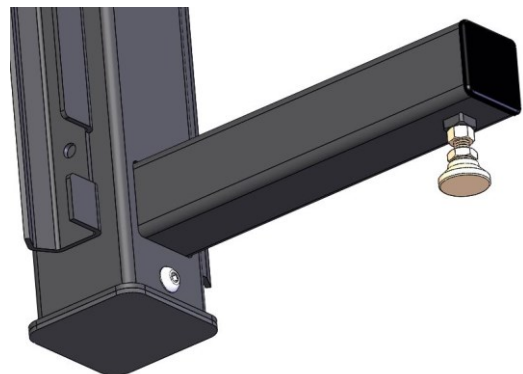
1. Begin by locating the $\frac{1}{4}$ " x $\frac{1}{2}$ " set screws and screw them into the track support brackets from the rear until they are buried in the nut but not protruding out the front side of the nut.



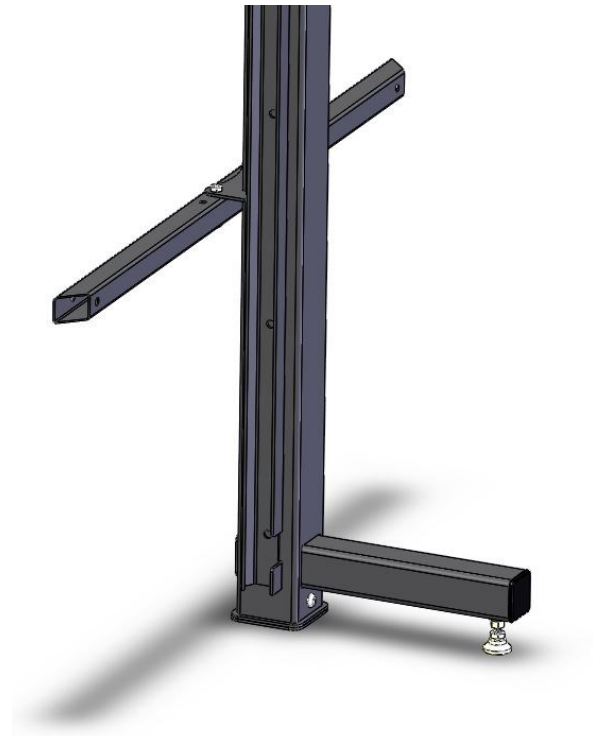
2. Next, if you have the bolt on column foot style, insert the column foot and secure in place with a button head screw from each side.



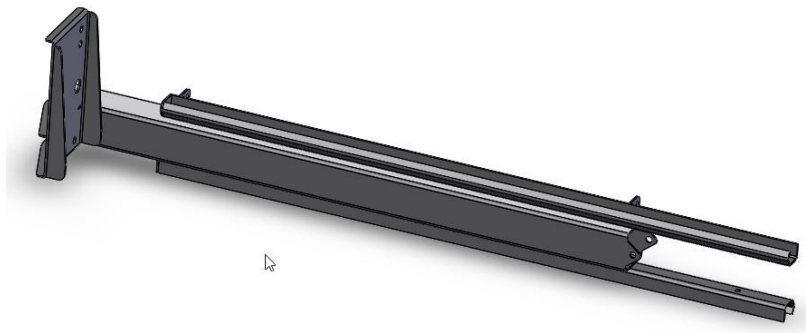
3. Now install the swivel foot into the weld nut on the underside of the column leg. Screw it all the way in for now but don't tighten it.



4. Attach the wall mount bar to the lower column using two of the 5/16 x 1-3/4 bolts and two 5/16 lock nuts with the bar positioned below the bracket on the column. Position the lower column assembly with the mounting bar against the wall at the desired location, check plum and level and mark the outer anchor hole locations on the wall. Remove the assembly, verify the center hole aligns with the center stud and drill all three anchor holes. Detach the mounting bar from the assembly and anchor it to the wall using the appropriate anchor type as noted in Sec. 4.2



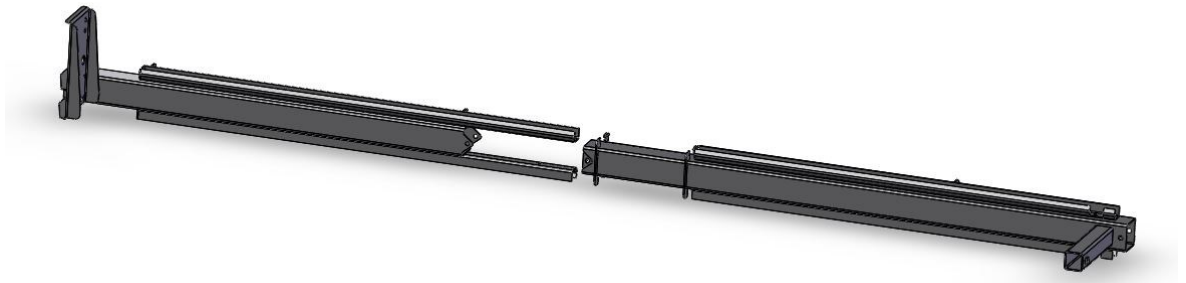
Column Sections Joining



Now you must decide if you will join the column sections on the ground and raise them into position against the wall which should be done as a two person operation or join the two column sections by stacking one onto the other in the vertical which requires 14" of additional ceiling clearance.

To join on the ground

1. Lay both column sections on a piece of cardboard or other protective surface that will not damage the powder coat finish but will allow the columns to slide. Position both on their sides and lined up end to end as shown.



2. Apply a coat of WD-40 or other light lubricant to the inside surfaces of the rails where they will overlap the lower column. This should be a tight fit and the powder coat does not slide well on its self.
3. Slide the two column sections together while carefully guiding the rails between the brackets of the lower column. A plastic or rubber mallet may be needed to encourage the union. With the two sections fully engaged, use two of the 3/8x3/4 button head screws to secure them at the joint on either side. A silver button head screw may be included and can be used here as an accent according to your visual preference.
4. With the assistance of a second person, position the foot of the column at the wall in front of the installation location and raise it up and maneuver it so that it can be bolted to the already mounted wall mount tube.

To join vertically,

1. Bolt the lower column to the wall mount tube. Apply WD-40 to the inside of the rails as described above and using a ladder, lift the upper column above the lower column then guide the rails down between the brackets of the lower column. Again a plastic or rubber mallet may be required to encourage the union. Bolt together as described above.

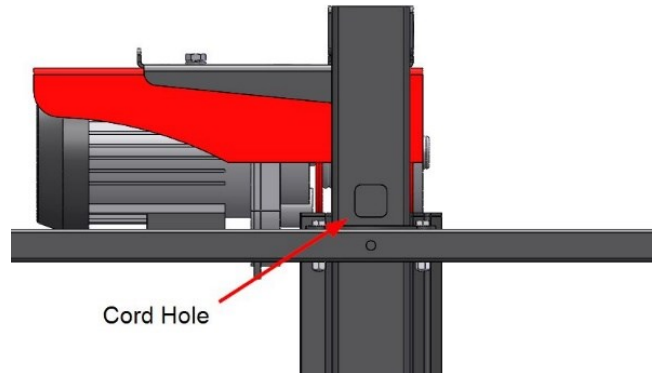
Note: If extensions are being added, the process is the same but with the extension or extensions inserted between the upper and lower column sections.

Upper wall mount bars.

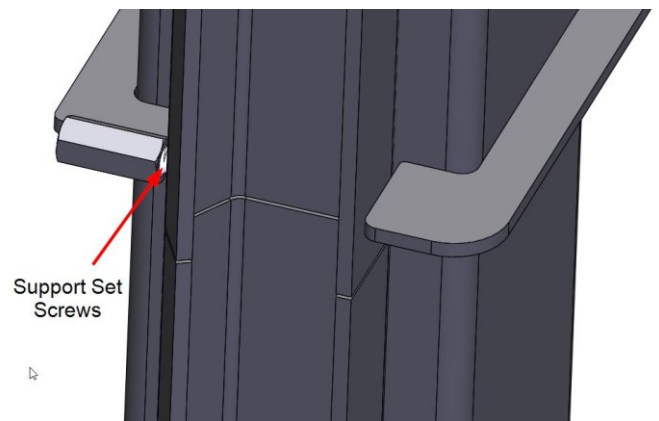
1. With the lower column section attached to the wall via the lower wall mounting bar and the bolts loosened, you should be able to pull the

top of the upper column away from the wall to give some working room. Using 5/16 x 1-3/4 bolts and 5/16 lock nuts, attach the upper wall mount bars to the brackets on the back side of the upper column with the bars below the brackets as before. Push the column against the wall and check plum and level of the column and bars, verify that the center of the wall mount tubes align with the center of the center stud and mark the outer anchor holes. Then pull the column away and off to a side and drill the anchor holes.

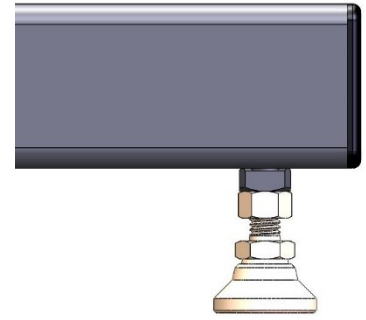
2. This is a good time to fish the extension cord through the cord holes in the back of the column from top to bottom. Leave a foot or so of the female end dangling out of the upper cord hole so you can plug the hoist in later.



3. Anchor the wall mount bars in place and bolt the column to the wall mount bars.
4. With the column mounted securely to the wall, use the hex wrench to advance the rail support set screws forward until they contact the rails. Use the set screws to align the upper and lower rails. Blue thread locker can be applied to the set screws to keep them set.



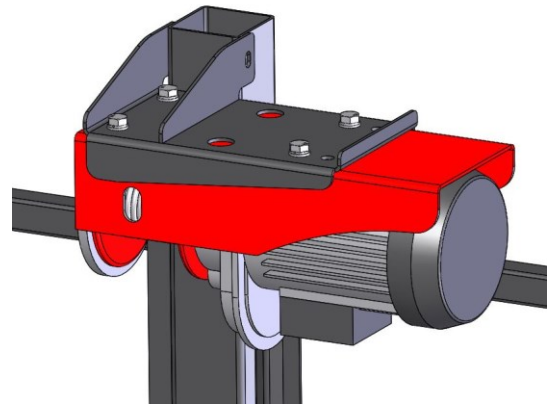
5. Next screw the swivel foot out until it is tight against the floor and taking some load but not quite lifting the column off the floor. Use wrenches to lock it in place with the lock nut.



Installing the hoist.

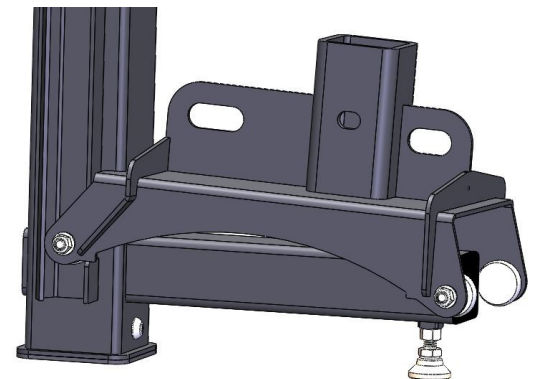
Warning: The hoist is heavy and awkward and should be installed as a two person operation.

1. Using a ladder and a second person on a separate ladder, hold and align the hoist with the bolt pattern in the hoist bracket while a second person inserts and tightens the M10 bolts with washers as shown.



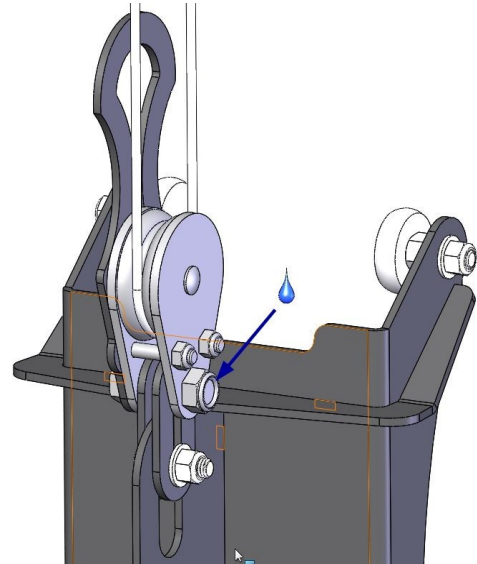
2. Plug the hoist power cord into the extension cord and slip the connection into the column. It may be necessary to remove the bolts in the upper wall mount brackets so that you can pull the column away from the wall enough to get the connection into the hole.
3. Using the remote switch, unspool a few feet of cable while maintaining tension on the line with a gloved hand. Hook the hook into the cutout in the front of the hoist. Continue to maintain tension on the cable and unspool enough cable so that it can nearly reach the ground.

4. Install a carriage assembly onto the rails by orienting it horizontally while passing the upper rollers through the rail cutouts located near the bottom. Then raise it up and pass the lower rails through the cutouts.



5. Assemble the pulley as shown using the fasteners included with the pulley,

the switch tripper, the two pulley links, the 3/8" socket head shoulder bolt, a 5/16" locknut, a 5/16 washer and the carriage assembly. Add a drop or two of blue thread locker to the threads of the 10mm nut. Tighten only enough to secure the bolts with the nuts.



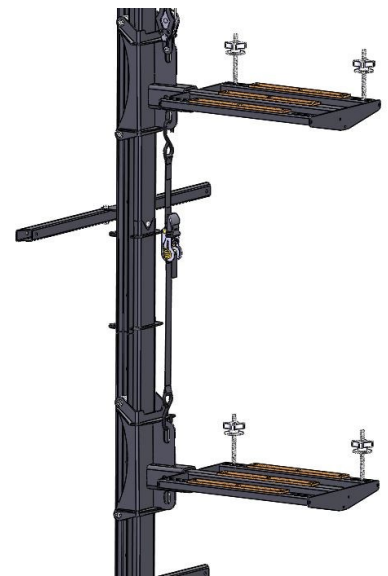
Note: Do not overtighten the three fasteners that pass through the pulley. Overtightening will pinch the pulley wheel and restrict its movement. Ensure that the pulley wheel rotates freely before continuing.

Note: During the assembly process the cable on the hoist spool may have become loose or unevenly wound. If so, unwind the cable and with a gloved hand around the cable to give tension rewind it making sure that the wraps are tight with no gaps. An unevenly wound cable will cause a rough and jerky lift.

After completion of the installation, perform a load test to verify the adequacy of the installation using a low value load.

5. MULTIPLE CARRIAGES AND ACCESSORY PLATFORMS

- 5.1. Multiple carriages can be installed on the Ascension Minimalift at a time for lifting multiple loads. They are connected with a strap and travel up and down the column together. In some cases, such as with the dirt bike platforms, it is necessary to remove a carriage completely from the column in order to lower the carriage above it enough that it can be unloaded. An organized person might have a hook mounted to the wall nearby for hanging carriages as they are removed.



5.2. Various different accessory platforms can be used with the Ascension Minimalift by simply inserting the tube into the receiver tube of the carriages. There may be a hole through the tubes that can be used to store a hitch pin or lock the accessory platform to the carriage but it typically isn't necessary to have them pinned together. Some possible accessory platform options are:

- Moto dirt bike platforms
- Cargo carriers
- Mega-pannier box hanger
- Hitch receiver type bicycle carrier
- Kayak or Canoe hangers
- Maintenance platform or work bench
- etc. etc.

Notice: Do not apply a lateral torqueing force to the carriages.

The Ascension Minimalift is a great way to position an item like a motorcycle or lawn mower etc. at a comfortable level for doing maintenance or making repairs but it is important that you don't pull against the column or torque the carriage by applying a lateral force to a platform.

6. SPECIFICATIONS

- 1- Height Min = 104-1/4" + 48" for each additional extension.
- 2- Weight Capacity Max = 880lbs
- 3- Max Torque = 6,800 in*lb/carriage =(weight * distance from CG to roller)
- 4- Wall Pull Force = Less than 100lbs when fully and properly loaded.