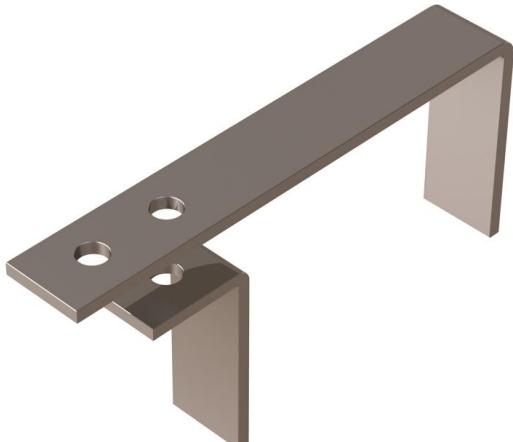


## Head Restraints

These type of products are generally used to restrain the tops of free-standing walls by tying them securely to an overhead structure, thus preventing sideways movement.



## Product

### VHR Head Restraint

The VHR head restraint is designed to restrain the top of the inner leaf of cavity walls.

The standard restrain can be used to restrain both 100mm and 140mm lead thickness and consists of two angles fixed using a single M8 bolt which effectively clamps the top of the wall.

Vista recommend using an M8 M.D. Anchor when fixing to concrete and either a M8 isolated setscrew (universal beams) or M8 H.S.M bolt (hollow sections) into structural steelwork.

The VHR is capable of restraining loads up to 1.126kN and are generally positioned at 450mm or 900mm centres depending on the load at the head of the wall.

The VHR can also be manufactured to fit 215mm blockwork.

## Installation

1. Position larger angle, mark, then drill the hole.
2. Build up inner leaf.
3. Reposition larger angle, offer up the smaller angle and fix through both angles with the selected fixing ensuring the anchor is tightened to the correct torque.

Tightening Torque:	
M8 M.D. Anchor	<b>15Nm</b>
M8 Isolated setscrew	<b>14Nm</b>
M8 H.S.M. Bolt	<b>25Nm</b>

\*Each VHR provides a design resistance of 1126N, with the maximum deflection for the quoted design resistance being 1.49mm and the load capacity to failure at 3380N.

## Safety Precautions

VIR Internal Head Restraints are manufactured from sheared plate and strip so may contain sharp edges. Suitable personal protection should always be used when handling/installing these products.