Safety Information - Redcord Elastic Cords

This page provides general safety information for Redcord Elastic cords. It does not replace the official Instructions for Use (IFU). Always read and follow the IFU supplied with each product.



Elastic Cord 30cm, red, high resistance



Elastic Cord 60cm, red, high resistance



Elastic Cord 30cm, black, low resistance



Elastic Cord 60cm, black, low resistance

General Safety Principles:

- Before starting treatment/exercises, inspect the product and ensure there are no visible defects or damage.
- Stop exercising if you feel pain or discomfort and consult a doctor or physiotherapist.
- Inspect the elastic cords regularly and carefully, at least once a month in frequent use.
- Avoid frequent stretching of the elastic cords to their maximum length, as this increases wear and tear.
- Ensure that the elastic cord is correctly attached to the Redcord Ropes.
- Use only original Redcord components and accessories.
- Do not modify any Redcord components and accessories.
- Never place the elastic around your neck, since this may cause strangulation, injury, or harm.
- Never let children play with or use the Redcord products unsupervised.
- Avoid using elastic as a swing. Repetitive movements increase wear and may reduce strength permanently.
- Avoid heat, chemicals, and UV/sunlight during use and storage (they degrade materials).

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CAUTION: Elastic cords contain natural rubber latex, which may cause an allergic reaction in individuals sensitive to latex.

LATEX

CAUTION: Elastic cords **cannot** be used with **Redcord Mini** and **Redcord AXIS.**

The elastic cords always:

- should have a uniform thickness all over.
- should be smooth, clean, and not frayed.
- the carabiner shall lock properly; there is no gap.
- ensure the metal end cap (the ferrule) is securely fastened and does not slide along the elastic cord.
- the end of the elastic shall be 1cm visible outside the ferrule.
- the cleat should not be worn out, damaged, or have dust in the groove.

Respect the maximum load limit:

Elastic Cord, red 30 cm High resistance	**Elastic Cord, red 60 cm** High resistance	**Elastic Cord, black 30cm** Low resistance	**Elastic Cord, black 60cm** Low resistance
20 kg	20 kg	10 kg	10 kg

When should you replace the elastic cords?

The intended lifetime for Redcord Elastic cords is **2 years**.

We recommend replacing elastic cords when they exceed the intended lifetime for safety reasons, or if they show any signs of wear or damage (see below). Sunlight/UV, humidity, heat, and sweat reduce durability and shorten lifetime. Stop using and replace immediately if any signs of wear or damage are present:

- If inspection reveals or even indicates damage to the core.
- If it has been in contact with any active or dangerous chemicals.
- If there is the slightest doubt about its security.
- If the maximum load limit is exceeded.
- If expanded to maximum length.
- If the core is damaged.
- If the hook is damaged.
- If the cleat (rope lock) is sliding on the rope.
- If the cleat is damaged or worn out.



Damaged core



Hook not locked properly

Do NOT use elastic cords shown below

Their lifetime has already expired.



Rope equipped with this cleat (rope lock).