Redcord Rope set

REF: 140001

Instructions for use / EN



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Intended Use

The Redcord Rope Set is an accessory used to replace worn-out 5m ropes and Redcord Straps used in a Redcord Trainer and Redcord systems that include Redcord Trainer. As part of compatible Redcord Trainer systems, the Redcord Rope 5m and Redcord Strap contribute to the intended use of those systems during treatment, rehabilitation, exercise, and prevention.

The Redcord Rope Set includes:



1. Redcord Rope 5m, 2 pcs.
2. Redcord Rope Release, 1 pc
3. Redcord Strap, 2 pcs.
4. Redcord Pull Cord, 1 pc

⚠ **When should you replace Redcord Rope 5m and Redcord Strap?**

We recommend replacing the Redcord Rope 5m and Redcord Strap every 4 years for safety reasons or if it shows any signs of wear or damage (see below). Sunlight/UV, humidity, heating, and sweat reduce the product's durability and shorten its lifetime.

Stop using rope and replace it 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 the hook/carabiner does not lock properly.
- If loose thread or the white kernel is visible on the rope.
- If the shape of the rope kernel is oval instead of round.



Broken carabiner



White core



Loose thread

Stop using the strap and replace it immediately if any signs of wear or damage are present:

- The slings are bleached.
- The webbing is flossy, crispy or frayed.
- The metal ring is split or divided.
- The webbing shows signs of abrasion, cutting, or chemical damage.
- The stitching is frayed or broken.
- They have been exposed to active or aggressive chemicals.
- There are doubts about their safety



Frayed webbing



Bleached sling



Frayed webbing



Split/divided ring

Instructions on how to replace the rope in Redcord Trainer:
Rope replacement can be performed by the user following the instructions provided below.




Step 1 – Insert the Redcord rope release into the Redcord Trainer (see below).




Step 2 – Remove the warning triangle at the end of the rope by turning it counterclockwise while holding the rope (see below).



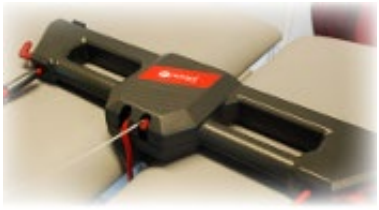

Step 3 – Pull the rope out of the Redcord Trainer (see below).



Step 4 – Insert the plastic end (without hook) of the Redcord pull cord into the outer openings in the Redcord Trainer. Slide the pull cord through the apparatus until the cord appears in the center part of the Trainer (see below).




Step 5 – Attach the metal hook at the end of the pull cord to the end of the new rope. Pull the cord to lead the new rope through the Redcord Trainer (see below).

Step 6 – Remove the Redcord pull cord from the rope and attach the warning triangle by turning it clockwise onto the rope (see below).



Step 7 – Repeat these instructions with the second Redcord Rope 5m.

⚠ **CAUTION**: Each time the rope is replaced, a Safety Test must be performed (see below)

Safety information

- Ensure that the ropes in the Trainer are securely fixed before loading them.
- Adjust the rope height by pulling the ropes down before angling and releasing them from the locking mechanism. This prevents excessive wear in the rope locks.
- Verify that the ropes are locked before loading any accessories.
- Perform regular safety tests as part of routine inspection.
- Do not modify or tamper with any Redcord components or accessories.
- Before each use, check the quality of the material. Make sure that the material has no defects. Never use ropes/straps with any visible damage.
- Never let children play with or use the Redcord products unsupervised.
- Never place the ropes/straps around your neck, since this may cause strangulation, injury, or harm.
- Do not use ropes/straps as a swing.
- Respect the maximum load:
  Redcord Strap: 100 kg / strap
  The Redcord Rope 5m has a max load of 150 kg. But when it is used with Redcord Trainer and Redcord Axis, you should respect the max load of Redcord Trainer and Redcord Axis as stated below:
  Redcord Trainer: 100 kg / rope
  Redcord Axis: 100 kg / rope
- **Possible reactions:** The materials used for the ropes/straps are generally considered safe and non-toxic, but they may still cause allergic reactions in some people. In rare cases, skin contact may cause allergic reactions. For hygiene reasons, it is recommended to perform training or therapy in light, loose clothes made from natural materials, such as cotton.
- The Redcord Rope 5m always:
  - shall have a uniform thickness all over.
  - shall be smooth, clean, and not frayed.
  - the carabiner shall lock properly, with no gap.



Safety Test

- Attach the device to the suspension.
- Grab the suspension points and try to move them vertically and horizontally. The suspension should be stable in all directions. Tighten the screws if necessary.
- Lower the strap to about 15 cm above the floor.
- Place one foot in a strap and carefully bounce up and down using your body weight.

Frequent use: If the device is used regularly or frequently, we recommend that a safety test be conducted at least once a week.
Infrequent use: if the device is used after a prolonged period of inactivity, it is important to perform a safety test before each use to ensure the device is in proper working condition.

Any **serious incident** that has occurred in relation to the device should be reported to the **manufacturer** and to the competent **authority of the Member State** in which the user or patient is located, in accordance with applicable national requirements.

Storage

- Store in a dry, cool place away from potential sources of contamination, mechanical impacts, and strong temperature variations.
- Avoid exposure to UV radiation and direct sunlight.
- Keep the product away from chemical agents, especially acids, which can cause invisible fiber degradation.
- **Disposal:** The product does not contain hazardous substances. Components made of plastic, metal, and textile can be disposed of or recycled in accordance with local regulations.

⚠ **CAUTION**: Frequent exposure to direct sunlight, temperature variations, or high humidity while in use or storage can cause the product to wear out sooner than expected, leading to potential slipping or breakage during use. Prolonged storage can also reduce the product's overall lifespan, causing it to wear out faster and potentially break during use.

Cleaning and disinfection - reprocessing information

Not intended to be sterilized.

Before use	Inspect the external surfaces for damage or signs of wear.
Between uses	Clean the contact surfaces. If required by local hygiene procedures, disinfect them with a non-corrosive, hospital-grade disinfectant compatible with fiber, metal and plastics. Wipe off residues and let the product dry completely.
Hand washing	The ropes/straps can be cleaned with a soft brush and hand-hot soapy water or with a solution of household detergent (e.g. washing-up liquid).
Drying	**Air-dry only**. Avoid direct sunlight, drying cabinets, or heat sources (e.g., radiators).
After cleaning	Ensure the products are completely dry (no moisture in the core) before storage/use; do not wring/twist ropes.
End of use (withdrawal)	Do not reuse if there are cuts, fraying, seam damage, or other visible signs of wear (see safety information).

Important Precautions:

Do NOT use fabric softeners/rinsing agents.
Do NOT use benzine and other stain removers to clean.
Do NOT disinfect with hot steam.
Do NOT dry in sunlight or by using a drying cabinet.
Do NOT use chlorine-based bleach (sodium hypochlorite).
Avoid contact with chemical agents, especially acids, which may invisibly damage the fibers.

Maintenance of carabiners of the Redcord Rope 5m

If the carabiner does not close completely or bounces slowly back, some grease/oil can be used to lubricate the carabiner. The oil and grease should only be applied to the carabiners and must not contaminate other parts of the rope.



Variants and replacement parts:

Redcord Rope 5 m	REF: 112100
Redcord Strap	REF: 111200

Warranty

2 years.

The warranty covers any faults in materials or manufacture. The warranty period runs without interruption for a period of 24 months from the delivery date of the products from Redcord AS. Exclusions from the guarantee: normal wear and tear, modifications or alterations, incorrect storage, poor maintenance, negligence, improper or incorrect usage. The warranty is valid only if the product shows material or manufacturing defects, and only if used in accordance with its intended purpose and technical specifications. Incorrect use and normal wear and tear are not eligible for a claim. Redcord‘s obligations pursuant to this warranty are limited to repair or replacement.

Explanation of symbols and abbreviations

	Symbol Glossary
CE	Accessories for medical devices comply with the general safety and performance requirements of Regulation (EU) 2017/745 for medical devices.
REF	Catalogue number (REF)
UDI	Unique device identifier (UDI) The product label includes a UDI for traceability.
	Manufacturer
LOT	Batch code
	Caution
	Keep dry
	Keep away from sunlight
	Consult Instructions for use



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