Safety information - Redcord Slings and Straps

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



Redcord Wide Sling



Redcord Narrow Sling



Redcord Split Sling



Redcord Strap

General Safety Principles:

- Before starting exercises, inspect the product and ensure that there are no visible defects or damage.
- Perform a safety test before starting exercises and repeat it regularly as part of routine use.
- Stop exercising if you feel pain or discomfort and consult a doctor or physiotherapist.
- Ensure that the slings and straps are correctly attached to the Redcord ropes using a carabiner.
- Use only original Redcord components and accessories.
- Do not modify any Redcord components and accessories.
- Never place the slings/straps around your neck, since this may cause strangulation, injury, or harm.
- Never let children play with or use the Redcord products unsupervised.
- Avoid using slings/straps as a swing. Repetitive movements increase wear and may reduce strength permanently.
- Avoid heat, chemicals, and UV/sunlight during use and storage, as these factors may degrade materials.

Respect the maximum load limit:

Wide Sling	Narrow Sling	Split Sling	Strap
150 kg	150 kg	100 kg	100 kg per strap

When should you replace the slings/straps?

The intended lifetime for Redcord Slings and Straps is 4 years.

We recommend replacing slings/straps when they exceed the intended lifetime for safety reasons, or/and if they show any signs of wear or damage. Sunlight/UV, humidity, heating and sweat reduce durability and shorten lifetime.

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

- The slings/straps 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



Split/divided ring



Frayed webbing

Do NOT use old versions of slings and straps – see below (!)

Their lifetime has already expired.





Red webbing without extra UV protection





Redcord Strap without the plastic sleeve, plastic d-ring





Slings and straps equipped with a cleat (rope lock).

Safety Test

To test the strength of your equipment, Redcord recommends that you perform these tests before first use and then regularly as routine. All Redcord products must be used properly, in a safe manner, and only for their intended use. Please note that the testing of slings/straps will also give an implicit test of the rope, the apparatus, and the suspension points.

Safety test – Slings and Straps

- Attach the Sling/Strap to the ropes.
- Lower the rope so the Sling/Strap is approx. 15cm above the floor.
- Put one foot in the Sling/Strap and bounce carefully up and down using your full 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.


Safety test of sling


Safety test of strap