Safety information - Redcord Ropes

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



Redcord Rope 30 cm



Redcord Rope 60 cm



Redcord Rope 5 m

General Safety Principles:

- Before starting exercises, inspect the product and ensure 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 rope is correctly attached to the Redcord apparatus/Redcord rope.
- Use only original Redcord components and accessories.
- Do not modify any Redcord components and accessories.
- Never place the ropes around your neck, since this may cause strangulation, injury, or harm.
- Never let children play with or use the Redcord products unsupervised.
- Avoid heat, chemicals, and UV/sunlight during use and storage (they degrade materials).

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CAUTION: Rope 30/60 cm **cannot** be used together with **Redcord Mini** and **Redcord AXIS.**
CAUTION: Rope 5m is not compatible with the **Redcord Mini.**

The ropes always:

- shall have a uniform thickness all over.
- shall be smooth, clean, and not frayed.
- the carabiner shall lock properly, with no gap.

Respect the maximum load limit:

Redcord rope, 30 cm	Redcord rope, 60 cm	Redcord rope, 5 m
150 kg	150 kg	150 kg *

**Note that 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: Max load 100 kg per rope; Redcord Axis: Max load 100 kg per rope.

When should you replace the rope?

The intended lifetime for Redcord Ropes is 4 years.

We recommend replacing the ropes when they exceed the intended lifetime for safety reasons, or if they show any signs of wear or damage (see below). Sunlight/UV, humidity, heating, and sweat reduce rope durability and shorten its 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 the hook 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

- If the cleat (i.e., rope lock) is damaged or worn out.
- If the cleat is sliding on the rope.



Loose thread

Do NOT use old versions of ropes shown below

Their lifetime has already expired.



Rope with cleat





Rope with strap

Safety Test

To test the strength of your equipment, Redcord recommends performing 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 – Rope 30/60 cm

- Attach the cleat of the 30/60cm rope to the 5 m rope.
- Attach the strap/sling to the carabiner of the 30/60 cm rope.
- Lower the rope so the strap/sling is approx. 15 cm above the floor.
- Put one foot in the strap/sling and bounce carefully up and down using your full body weight.





Safety Test – Rope 5 m

- 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 approximately 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.