Redcord Ceiling Suspension, Mini

REF 120725

Instructions for use / EN



Redcord AS
Teknologiveien 11
4846 Arendal, Norway

This accessory is intended solely for mounting Redcord Mini (REF 110020-2) to solid concrete ceilings or structural wooden joists. Do not install Redcord Mini in lightweight aerated concrete (Ytong, Siporex or Leca) ceilings. Verify that your ceiling is sound and capable of supporting the required load before installation.

⚠ **CAUTION:** Check the ceiling condition before installation.

Redcord Ceiling Suspension, Mini includes	
Ceiling height	Recommended installation height for Redcord Mini is between 220 cm and 260 cm.
Distance between the ropes	The recommended distance between the ropes is the user's shoulder width.
Concrete ceiling	Drill two holes 70 mm deep with a 12 mm masonry bit. Ensure that the hole is deep enough for the plastic plug to fill the entire hole. Screw in the installation screws.
Wooden ceiling	Make sure you are installing the screws in the ceiling joists and not just in panels or wallboard. Use the accompanying installation screws and pre-drill with a 6 mm bit.
Storage	Store dry, indoors; avoid corrosive environments
Environmental (for ceiling suspension)	Indoor and dry
Disposal	Dispose of the product as metal / plastic waste in accordance with local regulations.
WARNINGS AND PRECAUTIONS:	▪ The maximum load limit for Redcord Mini is **200 kg (100 kg per rope).** ▪ Stop using it if you notice any looseness, corrosion, cracks, deformation or damage of screws/anchors. ▪ **Do not install** into drywall/gypsum boards, ceiling tiles, claddings or hollow/weak concrete. ▪ **Do not install** into ceilings made of porous or lightweight aerated concrete (e.g., YTONG, SIPOREX, LECA). ▪ **Do not install** into ceiling panels, wall plates or plasterboard only; it must be fixed into solid concrete or into structural wooden joists.

Redcord AS takes no responsibility for the suitability or condition of the ceiling on which the equipment is installed. Redcord takes no responsibility for third-party suspension legs, attachments, or components. Redcord takes no responsibility for any personal or physical damage that might arise due to incorrect installation, and/or due to the ceiling, and/or incorrect use of Redcord equipment.

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. For contact details, see the end of this instruction for use.

SAFETY TEST

After installing the ceiling suspension and before you start exercising with Redcord Mini, you must test the installation and the load capacity.

- Attach the device to the ceiling suspension.
- Grab the suspensions and try to move them in vertical and horizontal directions. 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 one strap and bounce carefully up and down using your full body weight. Repeat the test on the other ceiling suspension.
- The ceiling suspension should be inspected regularly.



Explanation of symbols and abbreviations

	Symbol Glossary
CE	Conformity with applicable EU legislation
UDI	Unique device identifier (UDI) The product label includes a UDI for traceability.
REF	Catalogue number (REF)
	Manufacturer
LOT	Batch code
	Caution
	Keep dry
	Keep away from sunlight
	Consult Instructions for use



Contact and technical support
Redcord AS,
Teknologiveien 11, NO-4846 Arendal, Norway
redcord@redcord.com +47 37 03 00 00
Local Distributors: www.redcord.com