Redcord Slings and Strap

Instructions for use / EN



Redcord Wide Sling
REF 111001



Redcord Narrow Sling
REF 111002



Redcord Split Sling
REF 111003



Redcord Strap, one pair
REF 111200

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CE

1. Intended Purpose

Redcord Slings and Straps are accessories to the Redcord Workstation, Redcord Trainer, Redcord Axis, and Redcord Mini. It is used to suspend the limbs and the trunk for:

- Performing body-weight-bearing exercises (closed kinetic chain).
- Performing open kinetic chain exercises reaching from pendular movements with little or no resistance to movements resisted by elastic cords providing different levels of resistance.
- Providing a helping hand offloading the health care professional while performing passive or active assisted movements and techniques, or enabling pain-free positioning of the body.



The Wide Sling is good for supporting the back, chest, lower back, and pelvis/hip during treatment and training. One side of the sling has an anti-slip net. This sling can be used with rope or elastic cords. Redcord Wide sling allows for more exercise and is ideal for relaxation. Designed to provide stability and comfort during use.



The Narrow Sling makes it easy to find the right loading for each exercise. This is ideal for arm or leg support. It supports comfortable positioning during exercises and can be used together with ropes or elastic cords for treatment and self-training. Allow more exercises and better-adjusted training.



The Split Sling is primarily for placement on the head for weight relief, exercises, and treatment of the neck. It can be used together with ropes or elastic cords.



The Strap is a multifunctional and high-quality suspension point that provides comfort during exercise and allows adjustment of resistance when moved on the extremities. The size of the stopper provides a good grip with both hands and feet. It can be used together with ropes or elastic cords for treatment and self-training.

Intended patient population: Orthopedic, traumatological, rheumatological, neurological, and chronic pain patients, generally deconditioned rehabilitation patients, and individuals with motor deficits, in all age groups and levels of functional limitations.
Intended user: Healthcare and exercise professionals. Non-professional users can also use it for the purpose of all levels of prevention. This accessory is intended for multiple-patient, multiple-use. Follow the cleaning and maintenance instructions.
Environment of use: Redcord Slings and Straps should be used only in an indoor environment.



2. Proper Use

- Attach the sling/strap to the rope using the carabiner.
- Ensure that the ropes are securely locked before loading the sling.
- Perform safety tests regularly as part of routine (see safety information above).
- Maintain proper friction between the ground and body to avoid slipping or injury.

How to use straps correctly

Insert your hands or feet into the strap from the side with the narrower opening. The strap should cradle your hands or feet comfortably and securely.

⚠ **CAUTION**: Make sure the strap is positioned correctly before starting the exercise to avoid slipping or injury.

Place your hand in the strap



Place your foot in the strap



3. Safety information

Contraindications to use

- Use in case of injuries and diseases where loading is contraindicated should not involve the affected area. E.g., acute fractures and acute tendon ruptures.
- If you have any doubts concerning your health, consult your specialist doctor before you start the training/therapy.
- Stop exercising if you feel pain or discomfort and consult a doctor or physiotherapist.

Precautions

- Patients and health professionals should follow general guidelines for exercise therapy when using Redcord equipment, including contraindications related to the patient's diagnosis.

- Individuals suffering from medical conditions that predispose them to potential risks during physical exertion should only engage with the device after consulting with their treating physician or a qualified healthcare practitioner.

Safety information

- Before starting the exercises, check the quality of the material. Make sure that the material has no defects.
- After attaching accessories to the device and before starting the exercise, perform a safety test.
- Check the sewing and webbing for damage before every use.
- Use only Redcord components/accessories.
- Do not modify any component/accessories.
- Never place the ropes/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 (they degrade materials).
- **Possible reactions:** The materials used for slings are generally considered safe and non-toxic compared to other plastics, but it may still cause allergic reactions in some people. In rare cases, skin contact with slings may cause allergic reactions. Direct skin contact is therefore not recommended. For hygiene reasons, it is recommended to perform training or therapy in light, loose clothes made from natural materials, such as cotton.
- 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?**

We recommend replacing slings/straps every 4 years for safety reasons or if shows any signs of wear or damage (see below). Sunlight/UV, humidity, heating and sweat reduce rope durability and shorten lifetime. **Stop using** and replace 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

Safety test

Attach the sling/strap to the ropes. Lower to 15 cm above the floor. Place one foot in a strap and gently bounce up and down, using your full body

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

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 slings



Safety test of straps

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.

4. 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 slings and straps away from chemical agents, especially acids, which can cause invisible fiber degradation.
- **Disposal:** The device 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 device to wear out sooner than expected,

leading to potential slipping or breakage during use. Prolonged storage can also reduce the device's overall lifespan, causing it to wear out faster and potentially break during use.

5. Cleaning and disinfection - reprocessing information

Not intended to be sterilized.

Before cleaning: visually inspect the slings and straps for any cracks, damage, or signs of wear.

Between uses: clean the contact surfaces. If required by local hygiene procedures, disinfect them. Use only a non-bleach, non-corrosive disinfectant compatible with textiles. Allow the product to dry completely before use.

Hand washing: use a soft brush and hand-hot soapy water or a mild household detergent.

Drying: air-dry only: avoid direct sunlight, drying cabinets, or heat sources (e.g., radiators).

After cleaning: ensure accessories are completely dried before storage/use; do not wring/twist.

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.

6. Product variants and replacement parts

The slings and straps are sold as a complete product. If your product shows visible signs of wear, you should replace it with a new product.

Product	REF	Max load
Redcord Wide Sling	111001	150 kg / Sling
Redcord Narrow Sling	111002	150 kg / Sling
Redcord Split Sling	111003	100 kg / Sling
Redcord Strap, one pair	111200	100 kg / Strap

7. Warranty terms

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 to claim. Redcord's obligations pursuant to this warranty are limited to repair or replacement

8. Explanation of symbols and abbreviations

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



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