



Instruction Sheet for flexion disc swing

Store these instructions in a safe place with the enclosed maintenance checklist. You may also access them on our website. Flexion Disc Swing 1910 Take time to familiarize yourself with the use and maintenance of this equipment before using.

IMPORTANT: Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact OT4YOU immediately.

MATERIALS LIST

1 - Carpeted Base 1 - Padded Body 4 - Safety Snap 1 - Instruction Sheet 1 - Maintenance Checklist 1 - Safety Snap Instruction Sheet 1910. A SAFETY ROTATIONAL DEVICE MUST BE USED TO PREVENT DAMAGE TO YOUR FLEXION DISC SWING
MINIMUM HEIGHT REQUIREMENT: 8 ft. Use care to assure a clear distance of 6 ft. from walls and other obstacles. **WORKING LOAD:** 60kg.

Turn the Flexion Disc Swing over and hang from your Safety Rotational Device, that is attached to your suspension system, using a Safety Snap attached to the cable at the top of the swing.

MAINTENANCE CHECKLIST

All of the following wear points should be checked on a monthly basis and recorded on the checklist enclosed.

- Frequently check the base attachment bolts for tightness. If loose, tighten securely before use. Extensive use will loosen bolts.
- Check safety snap for wear where it contacts the rotational device and the top “eye-nut” of the swing. (See Safety Snap Instruction Sheet for maintenance checklist).
- A Safety Rotational Device must be used at all times. Rotational Device must be checked before each use. (See Safety Snap Instruction Sheet for maintenance checklist).
- Check the Control Strap to see that both ends are securely stitched. If stitches do not look secure, discontinue using.
- Check for torn cover or ripped seams. If torn cover or ripped seams are found, discontinue use until repaired.
- Check padded edges for loose spots.



STORAGE PROCEDURES

- Store out of direct sunlight.
- Store where not accessible by clients without proper supervision. **CLEANING**

INSTRUCTIONS

- Check with your infectious disease department before using these procedures.
- Check for client allergies first. Do not immerse in water. Carpet is not machine washable.
- Clean with a damp cloth, using soap and water or disinfectant.
- Vacuum carpet often, and clean with foam carpet cleaner.
- Dry before using.

CAUTION

◆ Check ceiling eye bolt for wear and movement. Use a Safety Rotational Device to prevent abnormal wear. ◆ Floor mats of proper thickness should be positioned properly under and around all suspended equipment. Safety Precautions - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision. This sheet is for example only. It is not meant to, any regional or national standards and safety standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility. shelley@ot4you.co.nz.