

Safety precautions, safety regulations, prohibitions and warnings for the use of running machines treadmill ergometers



- Use the running machine and accessories only under supervision of your doctor or/and trainer. Using the running machine and the accessories without supervisory staff and introduction is forbidden.
- Before using the running machine, read the operation manual, safety precautions and safety regulations carefully.
- Start with slow walking. After some minutes increase the speed slowly according to your fitness level.
- Do not jump onto the rotating running belt. Do not jump off the rotating running belt (not even towards the front). Do not stop moving on the rotating running belt. Do not turn around on the rotating running belt. Do never run sideways or backwards. Do nothing, which could interfere with your balance. Do not set too high loads (speed, elevation).
- Always train with sports or running shoes (no spikes) - never run barefoot - and sports clothing.
- At the time of use the emergency-stop has to be in reach for the subject and the supervisory staff at any time.
- Use emergency-stop only if in danger or in danger of falling.
- When stopping the drive motor at set elevation (e.g. by pressing the stop-button or the emergency-off-button, power failure, etc.), the bodyweight of the subject and the force of gravity may cause an acceleration of the running belt. Do not step on the slant of roller when getting on or off the running surface; the gravity force might cause a movement of the running belt.
- Dangerous capture areas/gaps at the elevation system as well as at the rear end and the sides of the running belt. (At reverse belt rotation: danger as well at the motor hood and the front area).
- Please make sure that, in case of a fall, subjects with long hair, wide clothes, jewellery, etc. do not get caught in the capture area at the rear end of the running belt. Possibly use a hairnet and make the subject aware of the danger or secure the person with a safety harness against fall. Do not deposit any clothes, towels, jewellery, etc. at the running machine – because of danger of tripping over and danger of capturing.
- Children and animals are not allowed to use the running machine and must not get near (4 m distance) to it.
- Using the running machine under the influence of alcohol, drugs and/or anesthetic is prohibited.
- Interrupt the training immediately if you start feeling sick, dizzy or pain and see your doctor.
- Improper or excessive training or strain by tests may cause serious health injury or even death.
- Subjects with a cardiac pacemaker or who suffers from any kind of physical restriction must see a doctor and get a permission before using the running machine.
- The subject has to be secured by chest-belt and fall-stop at the ceiling or the safety arch while performing sprints, max. endurance test and while training on wide running surfaces and/or other higher dangers in any medical application.
- Please keep a safety area of at least 2 m in length and 1 m width directly behind the running machine. At running machines equipped with reverse-belt-rotation keep a safety area of 2 m in length and 1 m width in the front and the back of the running machine and always use the pull-rope emergency-stop or better the chest belt with fall-stop.
- Explicit warning of improper and forbidden use.
- Ensure that all cables (power connection, interface, potential equalization, etc.) and accessories are installed proper and safely and that nobody can stumble or fall over the cables and/or accessories.
- Pay attention to further safety regulations and operation instructions in the appendix of this instruction manual. Pay special attention to all maintenance and service instructions (also in manuals of accessories).
- In case of any detected and/or assumed malfunctions and/or defects or unreadable safety warning labels the device has to be taken out of operation, the device has to be marked and secured against operation and the supplier and authorized service personnel has to be informed in writing.
- Disregard of warnings, disregard of intended and forbidden use, safety precautions and also unauthorized or lack of maintenance and/or regular safety checks may lead to injuries or death and/or can damage the device and will result in loss of any liability and warranty.
- Do not drink and eat any lubrication material and no other material or parts of this device, and keep all lubrication material and all other parts away from children and animals.
- These safety precautions and regulations are to be displayed within sight of the running machine. The warnings, safety regulations and dangers have to be pointed out to every user and operator. The manufacturer does not undertake any liability for any injury to persons or damage to property.