

Safety Information for the Operation of WOODWAY Slat-Belt Treadmills for the Medical Sector

1. Scope of Application for Treadmills

The treadmills for the medical sector have been approved by WOODWAY for persons for the following applications:

- Endurance training
- Diagnostics and performance testing of patients in the laboratory (e.g. ergospirometry)
- Performance diagnostics for endurance
- Stress testing (for example, stress ECG)
- Gait training and gait analysis
- Physiotherapy / build-up workout in rehabilitation (locomotion therapy)

2. Operating the Treadmill

The operating instructions and the existing safety instructions must be read and understood before operating the treadmill. The treadmill may only be operated by persons who have received instructions from qualified personnel. The treadmill may only be used under supervision by a physician and/or therapist.

2.1 Important Safety Information for Before Each Use

- Keep the area behind the treadmill clear and make sure that there is a space of at least 2 meters between the rear of the treadmill and walls, furniture, or other obstacles.
- Check the position of the running surface before switching it on! If the treadmill was in the inclined position prior to being switched off during previous use, the device will automatically move back to the neutral position (incline = 0%). Persons may not be located in the immediate area around the front of the treadmill and there may be no objects under the treadmill, otherwise there is a risk of injury.
- Ensure that all safety devices function properly and in particular that no emergency stop button or emergency stop mushroom is engaged. The emergency stop magnet with rip cord must be attached to the the marked area.
- Check the treadmill for defective or loose components before use and replace or tighten if necessary.
- Before commissioning, conduct a visual inspection of the running surface belt, check for dirt and damaged slats.
- The running surface belt must not be moved during the initialization phase (about 3-4 seconds). The treadmill control electronics can interpret the movement as a malfunction and this could lead to the treadmill being switched off. For this reason it is forbidden to mount the treadmill during initialization.
- The treadmill may only be dismantled after it has returned to standby mode.

The owner or representative of the equipment is responsible for ensuring that regular maintenance and inspection of the treadmill is carried out. Defective components must be replaced immediately. The treadmill should not be used until it is repaired by a professional.

2.2 Instructions for Use

- If the drive motor is stopped when the running surface is inclined (e.g. by pressing the stop button, emergency stop, or a power outage), the user's weight and gravity may cause unexpected acceleration of the running surface. For this reason use particular caution when stopping the drive motor at an incline. The user must be informed of the risk prior to using the treadmill.

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- The user must step onto and off of the treadmill carefully. The running surface should not descend while moving. The treadmill has a railing to hold on to and slip-resistant stepping surfaces on either side of the running surface for safety reasons.
- When stepping onto the treadmill, during walking exercises and when stepping off of the treadmill the following safety instructions must be observed:
 - Never jump onto the moving belt!
 - Never jump off of the front!
 - Never turn around, walk sideways or backwards while the belt is moving!
 - Never set the level (speed) too high!
- The user should wear sports shoes with high slip resistance. Heels, leather soles or running shoes with spikes are not suited for use. There should be no stones in the shoe tread. Shoelaces should not extend beyond the bottom of the shoe sole.
- Clothing and towels should be kept away from the treadmill running surface.
- If a person with long hair, long clothing or jewelry falls, they can get caught in the pinch points on the running surface. Jewelry must be removed and long hair must be tied back before using the treadmill.
- It is forbidden to use the treadmill without its side handrails or with walking poles.
- Operation outside of the ambient conditions listed in the operating instructions (temperature, humidity, air pressure) and operation outdoors are not authorized.

2.3 Unauthorized Modes of Operation

- Children may not use the treadmill or be left near the device unattended.
- The use of the treadmill under the influence of alcohol or drugs and/or narcotics is prohibited.
- By placing weight on the rear of the running surface gravity can set it in motion. This creates a risk of falling. When stepping onto or off of the running surface the user must not step on the rear of the running surface.
- Keep hands away from all moving parts.
- Never let loose objects (balls) roll under the treadmill. They could be pulled into the device during operation.

3. Patient Safety, Indications and Contraindications

For people with health problems, contraindications (as shown below) or prior to beginning an intensive training program, using the treadmill without prior consultation and approval by health care professional is prohibited.

Contraindications include in particular, but are not limited to:

- Acute myocardial infarction or unstable angina (stress test), and cardiovascular illnesses such as severe hypertension at rest, carditis, heart failure, severe valvular defects, dangerous arrhythmias at rest or aortic aneurysm.
- Acute illnesses, febrile conditions and new occurrences of pain. The feasibility of a training program for patients with chronic illnesses can not be resolved a priori and require an accurate assessment of the risks and potential benefits.

Medications can also affect the rehabilitation (e.g. neuroleptics, benzodiazepines, barbiturates, antiepileptics, etc.).

In the following cases, the treadmill training may only be carried out after consulting a physician:

- Pregnancy, acute thrombosis, fresh wounds (e.g. after surgery), artificial joints or prostheses, broken bones, intervertebral disc damage, traumatic injury to the spine, diabetes, epilepsy, inflammation, migraine headaches, and cancer.

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- In some situations (especially in patients with coronary heart or lung disease) overexertion can lead to acute enhancement of patient's symptoms, so that a stress ECG and training only under medical supervision are essential.

Certain people have an increased risk of falling due to their illness or their physical/mental condition. Here the use of a fall protection system, support belt, (partial or full) body weight support system should be taken into consideration.

4. Safety Equipment

The treadmills are equipped with different safety equipment depending on the model and design.

- Emergency stop mushroom(s) on the railing or emergency stop button in the display.
- Emergency-magnetic switch with pull cord (emergency stop rip cord with magnetic switch) on the display or the emergency stop mushroom on the railing:
The use of the rip cord is mandatory! The magnet is to be attached to the user's clothing by means of a clip on the ripcord. A point on the clothing with the least possible play is to be selected (e.g. the waistband). The emergency stop button (emergency stop mushroom) must always be positioned in the user's running direction.
- Fall protection (safety gantry with fall stop, optional)
- The tread surface on the side panels must be checked for wear or lack of grip at regular intervals and replaced if necessary.
- The safety railing should always be used for stepping onto and off of the treadmill.

5. In Case of Emergency

In case of emergency, leave the treadmill as follows:

- Jump onto the side panels.
- The running surface can now run freely between the legs.
- Then stop the treadmill with the normal stop or the emergency stop devices.

A safety waist belt / chest harness is optionally available. When the safety waist belt / chest harness is properly applied, the user can let themselves fall in an emergency, if it is not possible to step off of the treadmill due to a fall or another reason.

Alternatively, there is the possibility to step on one of the side panels on the left or right of the running surface and to hold onto the railing. As a result the emergency stop mechanism is triggered by the ripcord and the running surface comes to a controlled standstill.

Should the user or the service personnel notice any treadmill malfunctions, after the patient leaves / steps off (see above) conduct the following with the treadmill.

- Stop the treadmill/drive immediately using an installed safety device.
- Switch off the device (power switch) and pull the power cord from the socket.
- Clarification and elimination of causes of the dangerous situations may only be determined by the WOODWAY Customer Service.
- Do not put the treadmill back into operation until approved by WOODWAY Customer Service.