

**Safety Instructions on Operation of WOODWAY Slat-Belt Treadmills
for the Sport and Fitness Sector**

1. Scope of Application for Treadmills

Treadmills for sport and fitness are motorized and non motorized treadmills. They serve to train athletic running to increase stamina, physical fitness and can be used for running or walking. These treadmills are not designed for medical applications.

2. Operating the Treadmill

The operating instructions and the existing safety instructions must be read and understood before operating the treadmill. The treadmill may not be used without prior instruction by qualified personnel.

2.1 Important Safety Information Before Each Use

- Familiarize yourself with treadmill operation and operating principles before the first training.
- Check the treadmill for defective or loose components before use and replace or tighten if necessary.
- Ensure that the safety equipment is functioning.

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

- Mount and dismount the treadmill carefully. Never mount or dismount the treadmill when the running surface is moving. For safety reasons hold on to the railing and straddle the running surface with your feet on the left and right. Do not dismount the treadmill until the running surface stops moving.
- When stepping onto the treadmill, during walking exercises and when stepping off of the treadmill the following safety instructions must be observed.
 - Never jump off of the front!
 - Never stop walking when the belt is moving!
 - Never turn around, walk sideways or backwards while the belt is moving!
 - Never set the level (speed) too high!
- Wear suitable running shoes with a high degree of grip. Do not use shoes with heels, leather soles or running shoes with spikes. To protect your device, there should be no stones in the shoe tread. Ensure that shoelaces do not extend beyond the bottom of the shoe sole.
- Keep hanging clothing and towels away from the running surface.
- 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.
- 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.

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.
- 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. User Safety

The use of the treadmill can pose health risks for certain people. For this reason, check for personal restrictions before using the treadmill (especially if you have not been physically active for a longer period of time). For people with health limitations the use of a treadmill without prior consultation by a health care professional is prohibited. Physical limitations can include:

- History of cardiac problems.
- High blood pressure.
- Diabetes.
- Chronic respiratory illness.
- Elevated cholesterol levels.
- Smokers.
- Other chronic illnesses or physical impairments.
- Pregnancy.

Should you experience dizziness, chest pain, nausea, or any other abnormal symptoms while training on the treadmill, stop training immediately. Consult a physician prior to continuing training.

Take a few minutes to get your heart rate in the desired training range. Walk slowly for some time after a training session to give your body enough time to cool down. During this time your pulse rate will go back to the normal range.

4. Safety Equipment

The treadmills are equipped with various safety equipment. They are used to prevent dangerous situations and reduce the risk of injury to a minimum during use. The treadmill users must always be positioned so that they can reach the safety equipment. The safety equipment must be mounted correctly and completely on the treadmill.

4.1 Existing Safety Equipment

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

- **Emergency Stop with Safety Cord (safety magnet)**
The use of the safety cord is mandatory! The safety cord must be properly secured to the user's clothing before training using the provided clip. A point on clothing with the least possible play is to be selected (e.g. the waistband). When the magnet (trigger) is removed, the drive motor is switched off and the running surface stops. At higher speeds immediate stopping of the running surface is avoided, but it will still be an abrupt stop. The safety magnet can also be used to stop the treadmill.
- **Anti-slip Coating on the Side Panels**
This coating provides extra grip when stepping onto or off of the treadmill and prevents slipping/sliding of the feet on the side panel. The tread surface on the side panels must be checked for wear or lack of grip at regular intervals and replaced if necessary.
- **Fall Protection with Emergency Stop**
The optional fall protection should be used in case of increased risk of falling (e.g. during performance diagnosis, intensive sprint and long term running).

4.2 Behavior in Emergencies

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.