

For The Long Run[®]

WOODWAY[®]

Fall Protection System

**Accessories for WOODWAY Motorized
Sport & Fitness Treadmills – 4Front/Pro/Pro XL**



Original Version of the WOODWAY Sport & Fitness Accessories Operating Instructions

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Table of Contents

Table of Contents

1	Introduction.....	5
1.1	Operating Instruction Information.....	5
1.2	Model Designations.....	6
1.3	Limitation of Liability.....	7
1.4	Copyright.....	7
1.5	Replacement Parts.....	7
1.6	Customer Service.....	8
1.7	EC Declaration of Conformity.....	9
2	Safety.....	10
2.1	General.....	10
2.2	Description of Warning Notices.....	10
2.3	Intended Use.....	11
2.4	Unauthorized Modes of Operation.....	12
2.5	Safety Requirements for Chest-Shoulder Harnesses.....	12
2.6	Intended Use / Indications.....	13
2.7	Contraindications.....	13
3	Technical Data.....	14
3.1	Name Plate.....	14
3.2	Chest-Shoulder Harness.....	15
3.3	Technical Specifications.....	16
3.4	Dimensions.....	17
4	Transportation and Storage.....	19
4.1	Safety Notices for Transportation.....	19
4.2	Storage.....	19
5	Product Description.....	20
5.1	Main Components.....	20
5.2	Function Description.....	21
5.3	Chest-Shoulder Harness.....	22
6	Commissioning.....	24
6.1	General.....	24
6.2	Installation.....	24
6.3	Chest-Shoulder Harness.....	25
6.3.1	Safety Buckle.....	26
6.3.2	Applying the Chest-Shoulder Harness.....	26
6.3.3	Connecting the Chest-Shoulder Harness with the Fall Protection System.....	29
6.4	Adjusting the Fall Protection System.....	30
6.5	Fall Protection Emergency Stop.....	31
7	Maintenance and Cleaning.....	33
7.1	Cleaning.....	33
7.2	Maintenance Intervals.....	34
7.2.1	Daily Maintenance.....	34
7.2.2	Weekly Maintenance.....	34
7.2.3	Annual Maintenance.....	35
7.3	Chest-Shoulder Harness.....	35
7.3.1	Maintenance.....	35
7.3.2	Cleaning.....	36

Table of Contents

8	Disposal.....	37
9	Maintenance Report.....	38
10	Table of Figures	39

Introduction

1 Introduction**1.1 Operating Instruction Information**

Read these accessories operating instructions before using the WOODWAY Sport & Fitness fall protection system in conjunction with a WOODWAY motorized Sport & Fitness treadmill. These operating instructions contain important information regarding safety, operation and maintenance. Ensure these instructions are available to all persons who are responsible for the operation and maintenance of the unit.

NOTE

These operating instructions and the WOODWAY motorized Sport & Fitness treadmill instructions must always be read before using the WOODWAY Sport & Fitness fall protection system!

⚠ ATTENTION**Danger of Injury Through Improper Application!**

If the Sport & Fitness fall protection system is not used in conjunction with a WOODWAY motorized Sport & Fitness treadmill, or it was not installed by a trained expert, serious accidents can occur.

- ▶ The WOODWAY Sport & Fitness fall protection system may be used exclusively with **4Front, Pro or Pro XL** treadmills!
- ▶ The installation may only be carried out by **WOODWAY GmbH** employees or authorized experts.

One condition for safe commissioning is compliance with all safety and operating instructions.

⚠ CAUTION**Improper operation can cause accidents!**

Not using the WOODWAY Sport & Fitness fall protection system as intended according to the manufacturer's instructions can cause accidents and equipment damage.

- ▶ These operating instructions must be completely read and understood before using the treadmill.
- ▶ Keep these instructions close at hand for all users of the device.

Read and observe the operating instructions!

Read these instructions carefully before beginning any work on the treadmill! It is a part of the device and must be kept accessible at all times and in the immediate vicinity of the treadmill for operating and maintenance personnel.

WOODWAY GmbH accepts no liability for accidents, equipment damage and consequences of equipment failure that are a result of failure to follow the operating instructions. In addition, the local accident prevention regulations and general safety conditions for intended use of the treadmill apply.

Introduction

The manufacturer reserves the right to make technical changes in the context of improving the performance properties and further development without prior notice. Illustrations are for basic understanding and may differ from the actual design of the device.

Accessories from other suppliers have further safety regulations and guidelines. These must also be observed.

1.2 Model Designations

The fall protection system must be selected according to the associated WOODWAY motorized Sport & Fitness model:

- STS 4Front (STS 4F)
- STS Pro (STS 4P)
- STS Pro XL (STS 4X)

The fall protection system is an accessory and may only be used in combination with the WOODWAY motorized Sport & Fitness treadmills.

The following designates which fall protection systems and treadmill models (motorized Sport & Fitness) may be used in combination:

Model Designations	
Fall Protection Systems	WOODWAY Motorized Sport & Fitness Treadmills
STS 4F	<ul style="list-style-type: none"> • 4Front • 4Front with ProSmart Touchscreen
STS 4P	<ul style="list-style-type: none"> • Pro • Pro with ProSmart Touchscreen
STS 4X	<ul style="list-style-type: none"> • Pro XL • Pro XL with ProSmart Touchscreen

1.3 Limitation of Liability

All information and instructions in this manual have been compiled in accordance with applicable standards and regulations, the current state of technology and our knowledge and experience.

WOODWAY GmbH accepts no responsibility for damages resulting from:

- Disregarding the operating instructions.
- Improper use.
- Use by non-authorized persons.
- Use of replacement parts which were not approved by **WOODWAY GmbH**.
- Unauthorized modifications to the device or accessories.

The **WOODWAY GmbH** general terms and conditions and delivery conditions apply, as well as the legal regulations valid at the time of contract establishment.

1.4 Copyright

The release of the operating instructions to third parties without the written permission of **WOODWAY GmbH** is prohibited.

NOTE

All contents, text, drawings, images or other illustrations are copyright protected and are subject to intellectual property rights.
Any misuse is punishable by law!

Duplication in any manner or form - including excerpts - as well as use and/or communication of the content are not permitted without written permission from **WOODWAY GmbH**.

1.5 Replacement Parts

WOODWAY GmbH recommends the use of original replacement parts. Original replacement parts have particular qualities and ensure reliable and safe operation;

- Developed for specific use with the device.
- Manufactured in high quality and excellence.
- Ensure the legal warranty period (excluding wear parts) or other reached agreements.

NOTE

The use of NON-original replacement parts may change the characteristics of the device and interfere with the safe use!
WOODWAY GmbH does not accept liability for damages resulting from this.

DISPOSAL! Wear parts are considered hazardous waste!
After being replaced, wear parts must be disposed of according to country-specific waste laws.
For further information on disposal, see Sec. 8 page 37.

1.6 Customer Service

For service questions contact the following:

WOODWAY GmbH
Steinackerstr. 20
79576 Weil am Rhein
Germany

Contact: Tel. +49 (0) 7621 - 940 999 - 14
Fax. +49 (0) 7621 - 940 999 - 40
E-mail: service@woodway.de
Web: www.woodway.de

For faster processing of your request please have the following data and information available:

- Information from the device nameplate (specific model/serial number).
- An accurate description of the circumstances.
- Customer number (if available)
- What action has already been taken?

Servicing: When servicing the WOODWAY Sport & Fitness fall protection system and connected devices on site, all devices must be disconnected from the power supply by a qualified electrician so that the device(s) cannot switch on accidentally.

The address of your local service provider can be obtained from the manufacturer. After repair or re-commissioning, the actions listed under "Installation" and "Commissioning" are to be performed as during commissioning.

Introduction

1.7 EC Declaration of Conformity

WOODWAY®		<i>For The Long Run®</i>
CE		EU-Konformitätserklärung <i>EU-Declaration of Conformity</i>
Hersteller: Manufacturer:	WOODWAY GmbH Steinackerstraße 20 D-79576 Weil am Rhein Tel: +49-7621-940 999-0 E-Mail: info@woodway.de Web: www.woodway.de	
<p>Hermit erklärt der Hersteller in eigener Verantwortung, dass die nachfolgend aufgeführten Produkte in der gelieferten Ausführung der folgenden Verordnungen, Richtlinien und weiteren anwendbaren Rechtsvorschriften der Union entsprechen.</p> <p><i>Hereby the manufacturer declares in sole responsibility that the product in the form as delivered and described below, comply with the following regulations, directives and the other applicable legal provisions of the Union.</i></p>		
Richtlinie 2006/42/EG / <i>Directive 2006/42/EC</i> Richtlinie 2001/95/EG / <i>Directive 2001/95/EC</i> Richtlinie 2011/65/EU / <i>Directive 2011/65/EU</i> Richtlinie 2012/19/EU / <i>Directive 2012/19/EU</i>		
Produktbezeichnung:	Sturzsicherungssystem für WOODWAY motorisierte Sport & Fitness Laufbänder	
Product designation:	<i>Fall protection system for WOODWAY motorized Sport & Fitness Treadmills</i>	
Typenbezeichnung:	STS 4F	
Product types:	STS 4P STS 4X	
<p>Das CE Kennzeichen wird auf den Produkten angebracht.</p> <p><i>The CE mark gets affixed to the products.</i></p>		
<p>Die Konformitätserklärung gilt für alle oben gelisteten Modelle, die ab dem 01 Dezember 2023 durch WOODWAY GmbH hergestellt worden sind. Die entsprechende Technische Dokumentation wird in den Räumlichkeiten des Herstellers aufbewahrt. Die Gültigkeit dieser Konformitätserklärung endet mit der Veröffentlichung einer Konformitätserklärung neueren Datums, falls dies durch technische Änderungen oder durch gesetzliche Änderungen der Normen und Standards erfolgen muss.</p> <p><i>The declaration of conformity is valid for all the models listed above, which were produced on/after the 1st of December 2023 by WOODWAY GmbH. The associated technical documentation will be kept at the manufacturer's premises. The validity of this declaration of conformity ends with the publication of a new declaration of conformity if this becomes necessary due to technical modifications or changes in the standards.</i></p>		
Ort, Datum: Place, date:	Weil am Rhein 10/24/23	WOODWAY GmbH Steinackerstraße 20 D-79576 Weil am Rhein Telefon 07621/940999-0 Telefax 07621/940999-40 www.woodway.de Jonathan Bayert Managing Director / Geschäftsführer
© WOODWAY Seite 1 von 1, Revision 3, gültig ab: 01.04.2019		

Fig. 1 EC Declaration of Conformity

2 Safety

2.1 General

The WOODWAY Sport & Fitness fall protection system has been reliably designed, manufactured and tested according to the latest state of technology and is in safe and technically perfect condition. Nevertheless, the device can cause risk to persons and property if it is operated improperly.

For this reason the operating instructions should be read completely and safety instructions must be observed.

Warnings attached directly to the device must be observed and kept in a legible condition.

Inappropriate use will result in the rejection of any liability or guarantee by **WOODWAY GmbH**.

2.2 Description of Warning Notices

Warning notices indicate potential hazards or safety risks. They are indicated in this manual by a color-coded signal word panel (symbol with the appropriate signal word).

All warning notices have the same design and the same standardized content design.

Sample of a Warning Notice:

! SIGNAL WORD	
Warning Text, Type and Source of Danger	
Description of the consequences of ignoring the danger.	
▶ Measures, instructions and forbidden actions to avoid the hazard.	
▶ Further measures.	

Classification:

NOTE	NOTE or WARNING (no danger symbol). No risk of injury, pertinent information and warning against material damage.
! CAUTION	CAUTION (with danger symbol). Slight possibility of injury.
! WARNING	WARNING (with danger symbol). In a dangerous situation a serious accident is possible with the possibility of injury or death.
! DANGER	DANGER (with danger symbol). In the event of an accident immediate danger of death or serious injury.

2.3 Intended Use

WARNING

Danger from Improper Use!

Any improper use and/or other use of the device can lead to dangerous situations with significant personal injury and/or property damage.

- ▶ Only use the WOODWAY Sport & Fitness fall protection system for its intended use.
- ▶ WOODWAY Sport & Fitness fall protection systems may only be used in combination with the associated WOODWAY motorized Sport & Fitness treadmills.
- ▶ Read and observe all information in these instructions and in the WOODWAY motorized Sport & Fitness treadmill instructions.

The fall protection systems for WOODWAY motorized Sport & Fitness treadmills are designed to prevent falling and accidents.

The WOODWAY Sport & Fitness fall protection serves exclusively as a safety system in case a user falls. The rope pull triggers the treadmill emergency stop and the user's body weight is held by the user harness.

The operating instructions are an integral part of the device and are to be available to all users at all times. The exact observance of the instructions is a prerequisite for the intended use of the **WOODWAY GmbH** device.

ATTENTION

Claims to the manufacturer of any kind due to damage from improper use are excluded.

The representative alone is liable for all damages resulting from improper use!

2.4 Unauthorized Modes of Operation

The WOODWAY Sport & Fitness fall protection system may only be used for the aforementioned purpose. Any additional uses may result in serious personal injury and/or property damage.

The following restrictions and prohibitions must be strictly adhered to:

- The WOODWAY Sport & Fitness fall protection system may not be used without prior instruction by qualified personnel.
- Children may not use the device or be left near the device unattended.
- The use of the WOODWAY Sport & Fitness fall protection system under the influence of alcohol or drugs and/or narcotics is prohibited.
- The lifting of objects with the WOODWAY Sport & Fitness fall protection system is prohibited.
- The WOODWAY Sport & Fitness fall protection system may not be used on animals!
- When being used in conjunction with a WOODWAY motorized Sport & Fitness treadmill, the safety instructions in this manual and in the WOODWAY motorized Sport & Fitness treadmill manual must be observed.

2.5 Safety Requirements for Chest-Shoulder Harnesses

The following instructions are to be observed for the safe use of chest-shoulder harnesses:

- Never use the chest-shoulder harness differently than described in the operating instructions.
- The harness may only be used under the supervision of trained support staff.
- The staff (operator) must have the necessary expertise to select and use the appropriate harness.
- Check the harness for the correct size and shape in relation to the user; use only the recommended user harnesses.
- Ensure that the harness is not too big for the user. Otherwise there is a risk that the user will slip out or body parts will be crushed.
- Use only included snap links.
- Check for safe condition of the harness before using it. The material must not be torn and the seams must not be damaged.
- The recommended maximum load must not be exceeded.
- When selecting the size of the belt, the user's physical condition is to be considered.
- Always ensure that the belt is applied properly.
- Discontinue use immediately if the user experiences nausea, dizziness, chest or body pain.
- Persons may not be in the immediate vicinity of moving parts.
- Maintenance and repair work may only be performed by authorized specialists!

2.6 Intended Use / Indications

The WOODWAY Sport & Fitness fall protection system and its individual models are accessories for WOODWAY motorized Sport & Fitness treadmills. The fall protection system may be used exclusively in combination with WOODWAY motorized Sport & Fitness treadmills.

Since the fall protection system is an accessory for the WOODWAY motorized Sport & Fitness treadmills, the same indications apply, which have already been mentioned in the intended use of WOODWAY motorized Sport & Fitness treadmills.

In addition, a fall protection system with emergency stop is recommended / required for the following fields of application:

- Performance analysis (step test, ramp tests for maximum exertion of the athlete).
- Running analysis with direction reversal.
- Insufficient safe distance behind the treadmill (Less than 200 x 100 cm) or in front of the treadmill, if direction reversal is used.
- Treadmills with running surfaces larger than 150x55 cm.

The use of fall protection is not required for everyday use in sports and fitness applications, such as warming up for cardiovascular training.

2.7 Contraindications

Since the fall protection system is an accessory for the WOODWAY motorized Sport & Fitness treadmills, the same contraindications apply, which have already been mentioned in the intended use of WOODWAY motorized Sport & Fitness treadmills.

Furthermore, use is prohibited under the following conditions:

- Body weight less than 200 kg (chest-shoulder harness sizes M, L and XL)
- Body weight less than 100 kg (chest-shoulder harness size S)
- Body weight less than 15 kg (triggering force rope pull switches)
- Osseous instability in the chest area (non-consolidated fractures, unstable spine, severe osteoporosis)
- Open skin lesions in the torso area.

3 Technical Data

3.1 Name Plate

The nameplate contains the device's main technical details. For service questions, the technical information on the nameplate must be kept handy.

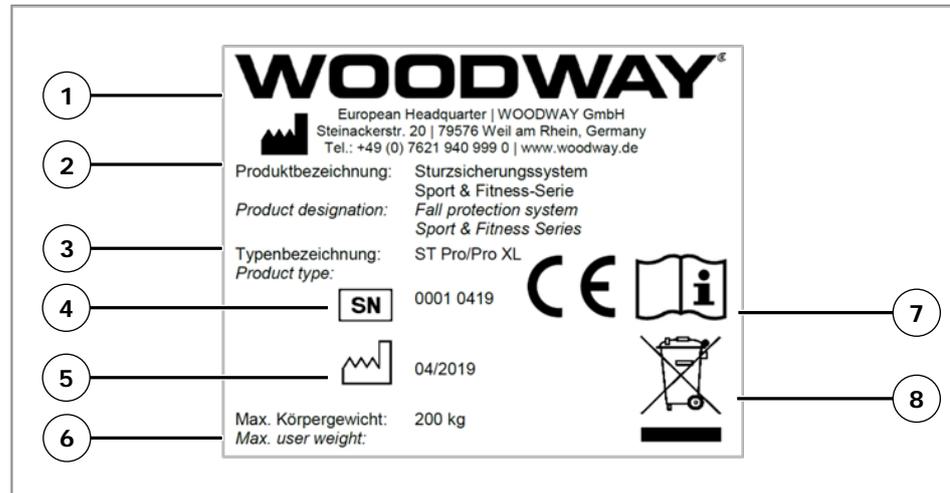


Fig. 2 Nameplate, Sport & Fitness Fall Protection System

1. Manufacturer information (logo, name, address, telephone number and website)
2. Product designation
3. Product type
4. Serial number
5. Year manufactured
6. Max. user weight
7. CE symbol and note to read and observe the operating instructions!
8. Disposal note

3.2 Chest-Shoulder Harness

On the inside of chest-shoulder harness there is a patch containing information on the harness and instructions for care.

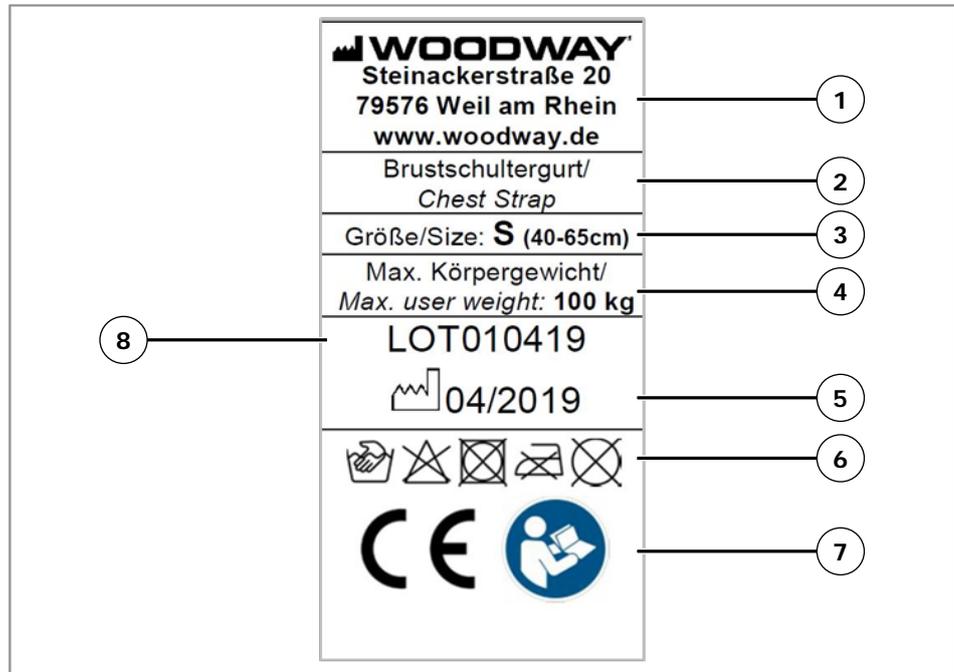


Fig. 3 Label, Chest-Shoulder Harness

1. Manufacturer information (logo, name, address and website)
2. Product description
3. Size specifying chest size
4. Max. user weight
5. Year of manufacture (calendar week/year)
6. Instructions for care
7. CE symbol and note to read and observe the operating instructions!
8. Production code

3.3 Technical Specifications

Designation:	Fall protection 4Front	Fall protection Pro	Fall protection Pro XL
Name Plate	STS 4F	STS 4P	STS 4X
Mode of operation	Continuous		
Range of adjustable height	12 cm (3 adjustable positions)		
Height extension (option)	5 cm		
Overall dimensions – assembled (W x L x H)	111x184x249±6 cm	107x185x248±6 cm	107x236x252±6 cm
Minimum ceiling height - Lowest setting (LS) - Medium setting (MS) - Highest setting (HS)	LS → 249 cm MS → 253 cm HS → 258 cm	LS → 245 cm MS → 251 cm HS → 257 cm	LS → 256 cm MS → 260 cm HS → 263 cm
Total weight (without treadmill)	54 kg	49 kg	50 kg
Pull-rope switch triggering force	≥ 15 kg		
Fall-stop line length	Individually adjustable		
Max. user weight	200 kg		
Maximum user height	210 cm		
Standard color	Black (custom color available upon request*)		
Ambient conditions for operation	Temperature: -10°C to +40°C Relative humidity: 30 to 80% (not condensed) Air pressure: 800 to 1050 hPa		
Chest-shoulder harness design	Sz. S, chest size 40 – 65 cm, color markings, blue Sz. M, chest size 65 – 90 cm, color markings, yellow Sz. L, chest size 90 – 115 cm, color markings, red Sz. XL, chest size 115 – 140 cm, color markings, white Special designs upon request		
Chest-shoulder harness max. user weight	Sz. S → 100 kg Sz. M → 200 kg Sz. L → 200 kg Sz. XL → 200 kg Special designs → 200 kg		

*Additional charges may be applied.

Technical Data

3.4 Dimensions

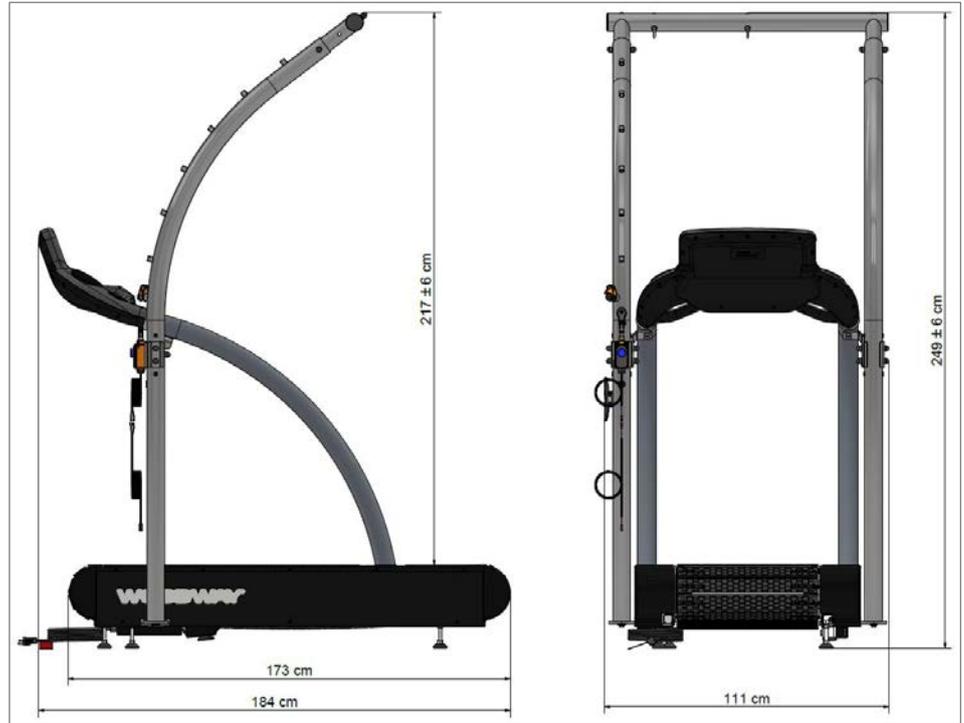


Fig. 4 Dimensions, Fall Protection System for 4Front Treadmill

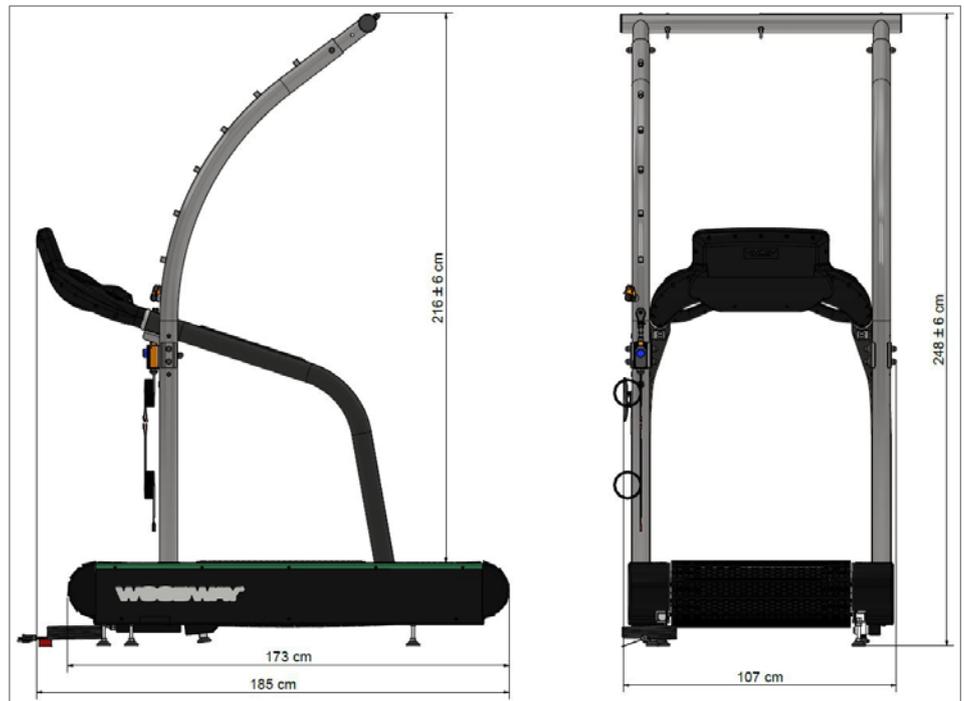


Fig. 5 Dimensions, Fall Protection System for Pro Treadmill

Technical Data

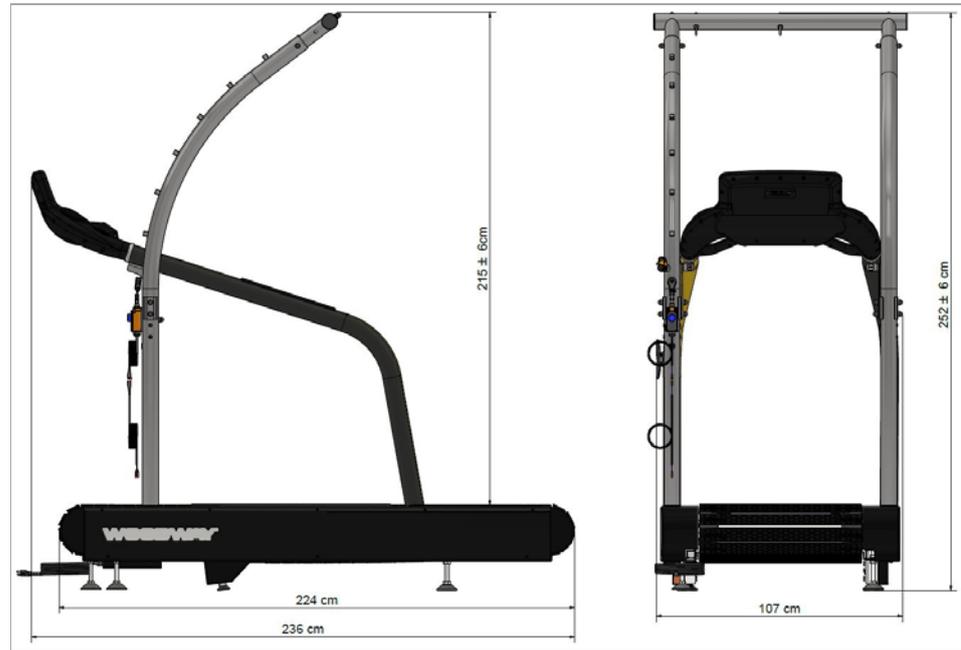


Fig. 6 Dimensions, Fall Protection System for Pro XL Treadmill

Transportation and Storage

4 Transportation and Storage

4.1 Safety Notices for Transportation

Check the Sport & Fitness fall protection system for damage upon arrival. Also check and compare supplied accessories with the corresponding delivery note.

The manufacturer is not liable for damages and missing parts if this information was not recorded in writing on the delivery note upon delivery of the unit. Damage or defects must be reported to the carrier and to the responsible **WOODWAY GmbH** dealer immediately.

WARNING

Risk of Injury by Machine Falling Over!

Improper transportation of the device may lead to it falling over and causing injury or equipment damage.

- ▶ Only transport in compliance with the safety regulations.
- ▶ Carry the device components with at least two persons.
- ▶ Ensure stable center of gravity and steadiness in all described modes of transportation.

WOODWAY Service: If necessary, transport or relocation can be carried out by authorized **WOODWAY GmbH** service partners.

For further information please contact **WOODWAY GmbH** customer service.

4.2 Storage

The device may only be stored in closed, dry rooms. It is absolutely necessary to prevent contact with moisture (rain, fog, etc.)

The following environmental conditions are prescribed for transportation and storage:

- Temperature: -30°C to +70°C
- Atmospheric pressure: 700 to 1060 hPa
- Relative humidity: 20 - 95% (not condensed)

5 Product Description

5.1 Main Components

The following figure shows the main components:



Fig. 7 Components

1. Height adjustment, on both sides (3 positions)
2. Bearing rope / pull cord
3. Suspension frame
4. Frame mounting bracket, on both sides
5. Rope pull switch with emergency stop and release
6. Mount to substructure
7. Rope winding
8. Rope length adjustment via cable lock with pawl mechanism
9. Snap link for chest-shoulder harness

Product Description

5.2 Function Description

Despite compliance with all safety requirements, there is still the risk of injury to the user when using a treadmill. During intense exercises and practices, or prolonged exercise duration, the user's constitution and concentration can decrease which increases the risk of falling.

To minimize the risk of injury on the treadmill, a fall protection system with

- a suspension frame,
- a chest-shoulder harness,
- and an emergency stop system

can prevent the user from falling. The use of a fall protection system can prevent serious injury/abrasions which are caused by the impact of the whole body on the moving running surface or backwards movement.

Emergency Stop

The additional integration of the fall protection system in the emergency stop control circuit causes the running surface to stop immediately in case of a fall.

In addition to the emergency stop function, the fall protection system catches the user in case of a fall.

Chest-Shoulder Harness

The chest-shoulder harness is designed so that the body cannot tip forward. The harness does not cut into the user or constricted the user's movement. The chest-shoulder harness is available in sizes S, M, Land XL and is connected via a pull line (rope) with emergency stop system on the suspension frame. If there is more than 15 kg force on the emergency stop system, the treadmill stops immediately. The maximum body weight (working load) is 200 kg. The length of the line (rope) can be individually adjusted to different body sizes.

! ATTENTION

There is a risk of injury from not observing the weight limit!

If too little weight is applied the emergency stop will not be triggered! There is a danger of injury!

- ▶ The Sport & Fitness fall protection system may not be used below a weight of 15 kg.

Product Description

5.3 Chest-Shoulder Harness

The chest-shoulder harness is used to hold the user's weight in the event of a fall when the emergency stop function is triggered. The harness is attached to the user's upper body and shoulder region. Upper body, hip, leg, knee and ankle mobility is maintained without restriction.

Sport & Fitness fall protection system chest-shoulder harnesses are available in three sizes. The sizes are color coded.

	Chest-Shoulder Harness, Size S	
	Color code	blue
	Dimensions	40 – 65 cm
	Maximum load	100 kg
	Safety belt	25 mm
	Padded shoulder strap	approx. 6 x 45 mm
	Harness adjustment	Chest and shoulder region
	Chest-Shoulder Harness, Size M	
	Color code	yellow
	Dimensions	65 – 90 cm
	Maximum load	200 kg
	Safety belt	40 mm
	Padded shoulder strap	approx. 6 x 60 mm
	Harness adjustment	Chest and shoulder region
	Chest-Shoulder Harness, Size L	
	Color code	red
	Dimensions	90 – 115 cm
	Maximum load	200 kg
	Safety belt	40 mm
	Padded shoulder strap	approx. 6 x 60 mm
	Harness adjustment	Chest and shoulder region

Product Description



Chest-Shoulder Harness, Size XL	
Color code	white
Dimensions	115 – 140 cm
Maximum load	200 kg
Safety belt	40 mm
Padded shoulder strap	approx. 6 x 60 mm
Harness adjustment	Chest and shoulder region

ATTENTION
<p>Special Sizes</p> <p>If needed, special sizes can be requested at WOODWAY GmbH.</p>

6 Commissioning

6.1 General

Commissioning is the initial intended use of the device, see Sec. 2.3 page 11. Ensure that the conditions applicable to basic safety and health requirements are met. Before commissioning these instructions and the treadmill instructions must be read completely.

Before commissioning, the proper installation as well as operating and functional safety must be checked. This includes the correct installation and operator instruction.

ATTENTION

Danger of injury through improper application!

If the Sport & Fitness fall protection system is not used in conjunction with a WOODWAY motorized Sport & Fitness treadmill, or it was not installed by a trained expert, serious accidents can occur.

- ▶ The Sport & Fitness fall protection system may be used exclusively with a corresponding WOODWAY motorized Sport & Fitness treadmill; see model overview (Sec. 1.2 page 6).
- ▶ The installation may only be carried out by **WOODWAY GmbH** employees or authorized experts.

6.2 Installation

ATTENTION

Consider Ceiling Height During Installation!

Before installing the device, check that the room ceiling height is at least 2.70 m! see Sec. 3.4 page 17.

The installation and assembly of the Sport & Fitness fall protection system may only be carried out **WOODWAY GmbH** or by an authorized dealer/service provider. Otherwise shipping damage or improper installation and assembly could cause a hazard when using the device.

ATTENTION

Prepare a stable surface

Before the device is installed the surface must be prepared. The total weight of the fall protection system and the treadmill is to be considered.

- ▶ Prepare a stable and sturdy surface.
- ▶ Only install the device on a level, stable and sufficiently sturdy surface.
- ▶ If necessary, install an additional base plate/floorboard.

Commissioning

The following further instructions for installation are to be observed:

- When installed on upper floors, the device must be placed as far as possible in a corner of the room so that sufficient stability is guaranteed, even at max. speed. The structure of the building must be checked in advance.
- The installation surface must be flat so that there are no shear forces on the frame. Due to the weight of the fall protection system with a treadmill, the ceiling or floor must have the necessary load bearing capacity or the station must be installed near a support point. If necessary, a structural engineer should be consulted.
- Due to the moving parts on the underside, the device must not be placed directly on thick carpeting. In this case a mat should be placed under the device. This will prevent lint from entering into the device and at the same time reduce carpet wear.
- For further information on installation please refer to the treadmill operating instructions.

6.3 Chest-Shoulder Harness

ATTENTION

Ensure the following prior to each chest-shoulder harness use:

- ▶ The chest-shoulder harness shows no signs of damage or wear.
- ▶ The harnesses and their couplings are mounted correctly and securely.
- ▶ A defective chest-shoulder harness is never to be used.

ATTENTION

For optimum safety function, it is necessary that the harness is firmly closed and lies tight against the body. In case of a fall the belt must not slip!

Ensure that the user feels comfortable and breathing is not impaired.

It is also important to ensure that there are no objects between harness and body. Also avoid wrinkled fabric under the belt, which can lead to pressure sores or chafing.

6.3.1 Safety Buckle

The chest-shoulder harness closed in front of the upper body using a steel/brass safety buckle. The closing system is specially designed to prevent unexpected opening.

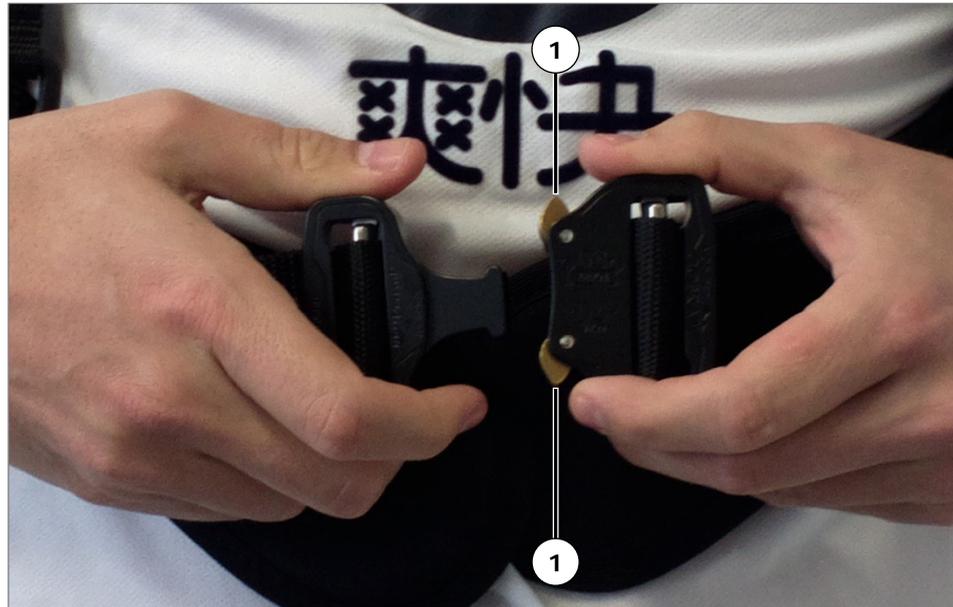


Fig. 8 Safety Belt Buckles

1. Locking tabs

To open the buckle, unlock the mechanism by pressing the locking tabs (Pos. 1).

NOTE

Use two fingers to press the locking tabs!
It is not possible to open the buckle when it is under pressure.

6.3.2 Applying the Chest-Shoulder Harness

The following is a description of the application of the chest-shoulder harness.

NOTE

The following figures provide examples of the order of belt application.
In a real case the user's chest-shoulder harness is applied by the attending trainer.

Commissioning



1. Apply the harness from behind (like rucksack).
When applying the harness, the buckle must be open.
The harness can be applied while seated or standing.



2. View from behind with mounting clip for the snap link.
The harness is only closed and adjusted in the front.

NOTE!

The WOODWAY lettering must be on the back and readable (right side up).



3. Close safety buckle.
Ensure that the safety buckles clicks when closing.

Commissioning

	<p>4. The harness is closed. Pull clothing under the belt taut to prevent wrinkles, which can lead to pressure sores or chafing.</p>
	<p>5. Now tighten the chest strap evenly on both sides using the tightening straps. Carefully tighten the chest straps. It should not hinder or impede breathing and should provide enough room to move. The harness upholstery should rest just firmly enough that excessive slippage is prevented in case of a fall.</p>
	<p>6. Now tighten both shoulder straps evenly, preferably by a second person. The chest strap should be under slight tension to give the belt the most stable fit.</p>
	<p>7. Then check for correct positioning of the harness. If the harness is uncomfortable readjust the straps ensuring even settings.</p>

To open the harness, proceed in the reverse order.

Commissioning

6.3.3 Connecting the Chest-Shoulder Harness with the Fall Protection System

After applying the chest-shoulder harness (Sec. 6.3.2 page 26) the user can be connected to the fall protection system.

To pull the rope towards the user in case the length is not sufficient, the rope lock (Fig. 9) must be released. For this, pivot the lock pawl with thumb and forefinger, and move it into the lock. Now the rope can be pulled over the rope guide.



Fig. 9 Rope lock, Locking Pawl Open

Now the user can be connected to the fall protection system:

	<p>Before training, the user's mounting ring is hooked into the fall protection system snap link.</p>
	<p>Ensure that the safety line is not twisted and the snap link hook is securely locked.</p>

6.4 Adjusting the Fall Protection System

After applying the chest-shoulder harness (Sec. 6.3.2 page 26) and connecting the user to the fall protection system, the rope lengths can be adjusted.

The rope length adjustment plays a major role in the emergency stop behavior in case of a fall.

⚠ CAUTION

Risk of injury through improper application!

When setting the rope length ensure that the fall protection system does not relieve the user's weight or lift of the user, but is only used as fall prevention.

- ▶ The fall protection system rope must not be under tension during usage.

Rope Length

When adjusting the fall protection system, the user should be in a normal, upright position on the treadmill directly under the suspension bar. The rope should be as vertical as possible.

A second person is now to slowly pull the rope to through the rope lock. Locking must be in the "locked" position, see Fig. 10.

Due to the locking mechanism, the rope can only be pulled in one direction. If the rope needs to be released, shortly release the locking pawl and pull the rope back (Fig. 9).

⚠ CAUTION

Risk of Injury Due to Incorrect Adjustment

If the rope is set too tight, it is possible that the emergency stop could be triggered during training.

- ▶ In this case, extend the rope a bit.
- ▶ The rope clamp must be locked into place.

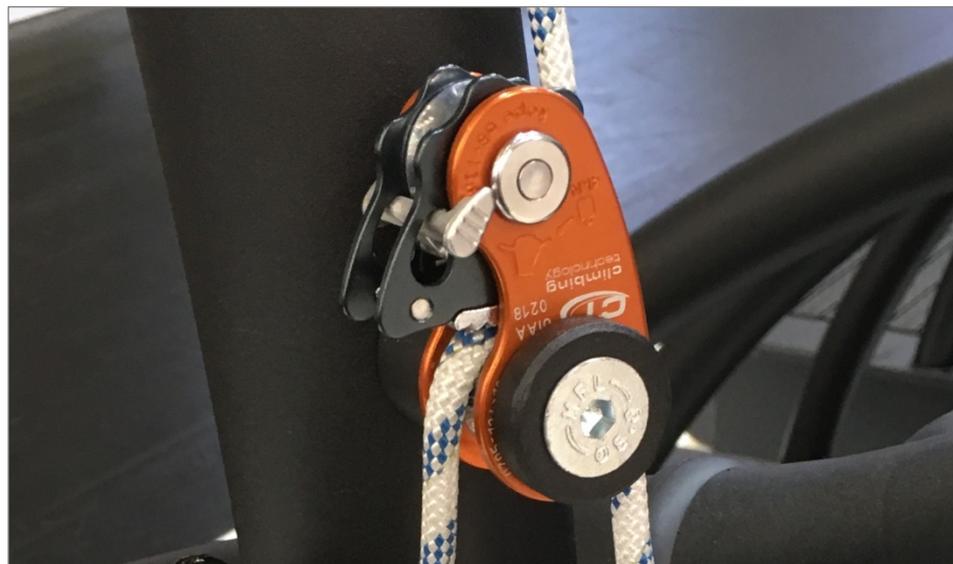


Fig. 10 Rope lock, Locking Pawl Locked

Commissioning

Winding the Rope After the rope length has been set, the remaining rope is to be wound up at the rope lock.

For this, tightly wrap the remaining rope around the belaying cleat (Fig. 11).



Fig. 11 Winding Up the Rope

The rope length adjustment is complete.

! ATTENTION**Risk of injury through improper application!**

The rope may not come into contact with the running surface. There is a risk of injury from being clamped in running equipment parts.

- ▶ Fully wind the remaining rope at the rope lock around the belaying cleat.

NOTE

The rope length must be reset for each user's physical constitution.

6.5 Fall Protection Emergency Stop

If the pull rope is subject to a pulling force of more than 15 kg, of the treadmill emergency stop pull switch function is triggered and the treadmill stops immediately. However, running at extremely high speeds causes residual energy in the running surface, so it may take a moment until the running surface comes to a standstill.

To restart the treadmill, the release button on the pull switch must be pressed (Pos. 1).

The treadmill can be switched on again after approx. 10 seconds.

Commissioning



Fig. 12 Pull Switch with Release Button

Maintenance and Cleaning

7 Maintenance and Cleaning

! WARNING**Danger of Injury Due to Lack of Qualification!**

If maintenance or repairs are not carried out by professionally qualified personnel, this may cause material damage and serious injury.

- ▶ Maintenance and repair work may only be performed by qualified personnel!
- ▶ It is the sole responsibility of the representative to assign qualified personnel for maintenance and repair work.
- ▶ In case of doubt or questions, always contact the **WOODWAY GmbH** customer service or dealer!
- ▶ The manufacturer is not liable for personal injury and material damage caused by a lack of qualifications!

7.1 Cleaning

! DANGER**Danger of Death by Electric Shock!**

The use of water and liquid detergents as part of cleaning work can cause serious or fatal electrical shock when used with a treadmill.

- ▶ No liquids may come in contact with electrical parts such as motor, power cord and power switch, control monitors.
- ▶ Do not spray the device with a water jet.
- ▶ Pull power plug before cleaning, equipment must not be connected to power! Ensure the device cannot be switched back on.

The fall protection system should be thoroughly cleaned as part of the periodical cleaning of the WOODWAY motorized Sport & Fitness treadmill, depending on usage.

Remove light dirt and dust with a soft cloth. Dirt can be removed with damp cloth and mild soapy water. After cleaning dry with a dry cloth!

Cleaning Notes:

- Do not use sharp tools for cleaning (knife, metal scraper) or aggressive solvents.
- Do not clean with a high-pressure cleaner.
- Clean all surfaces with a non-abrasive, mild detergent.
- Only use dermatologically tested detergents.
- Do not use alkaline detergent.
- Observe the instructions and precautions from the detergent manufacturers.

Disinfection:

- For wipe disinfection only use mild and gentle agents in accordance with the disinfectants listed by the DGHM (German Society for Hygiene and Microbiology). Observe the instructions and precautions from the detergent manufacturers.

Maintenance and Cleaning

7.2 Maintenance Intervals

The Sport & Fitness fall protection system service life is substantially influenced by handling. Frequent use reduces the service life as well as improper handling or faulty maintenance. To ensure safe operation a visual and functions test must be performed at least annually.

All maintenance work must be carried out by appropriately qualified personnel. If the Sport & Fitness fall protection system is not properly maintained, safe use cannot longer be guaranteed. Wear, damage or loosening of connecting elements cannot be detected.

The specified maintenance intervals or the replacement of parts specified by the manufacturer must be carried out earlier if there are signs of wear.

For proper inspection and regular review, we recommend a **WOODWAY GmbH** maintenance contract.

ATTENTION

Worn or damaged components must be replaced immediately. If the observed deficiency can cause danger to the user or operator, it may not be used until it has been repaired.

! WARNING

Safety Relevant Components

The rope and guide rollers are safety relevant components. Should they fail there is a risk of injury to patients and users by uncontrolled load release!

- ▶ The rope and guide rollers are to be replaced **every three years** regardless of their condition.
- ▶ If signs of wear appear, the WOODWAY Sport & Fitness fall protection system is to be shut down immediately! The rope is to be replaced immediately. Then the device can be put back into operation.

7.2.1 Daily Maintenance

- All cable guides, pulleys and the return stop should be checked before the daily use.
- All knots and rope connections are to be checked.
- The emergency stop functions should be checked each day before use. For this, pull the pull rope while the treadmill is running until the pull switch is triggered.

7.2.2 Weekly Maintenance

- Check the rope for wear
- Control of the suspension rollers
- Check all pulleys for damage or wear
- Check all safety-relevant screw connections
- Cleaning and disinfection

Maintenance and Cleaning

7.2.3 Annual Maintenance

- Maintenance / inspection of the entire system (treadmill and fall protection system) by **WOODWAY GmbH** employees or authorized personnel.

7.3 Chest-Shoulder Harness**! WARNING****Danger of Injury Due to Defects in Chest-Shoulder Harness!**

Defects in the chest-shoulder harness can lead to serious injury caused by tripping or falling.

- ▶ Check the harness regularly for damage, see Sec. 7.3.1 page 35.
- ▶ If defects are found the harness is to be taken out of service and replaced.
- ▶ Never attempt to repair the harness.

7.3.1 Maintenance

Using the points listed below; check the condition of the fabric, seams and straps. The chest-shoulder harness must be carefully checked by a responsible and trained person monthly, or more often depending on the frequency of use. The results of the chest-shoulder harness check must be noted on the check sheet and confirmed with a signature. The chest-shoulder harness should also be checked by the operator before each use.

Outer Wear: This is inevitable under normal use and can be identified by a slightly downy fiber surface. This is not critical unless the area becomes too large.

Spot Wear: This can be caused by rubbing the stretched fabric over sharp edges or protrusions. Minor damage to the outer fibers can still be considered safe, but more severe cases, particularly reduction of the width or thickness or deterioration of the fabric should result in immediate replacement of the chest-shoulder harness.

ATTENTION

Cuts, holes or burns in the fabric are potentially dangerous! In this case replace the chest-shoulder harness immediately!

Chemical Effects: Oil, grease or paint stains are acceptable, but other types of chemical effects at a certain degree can lead to deterioration or the extreme softening of the fabric under certain circumstances. This can lead to fabric wear (like a powder in extreme cases). Avoid acid and alkali vapors, sprays or fogs and organic solvents.

Note!

In case of suspected contamination, wash the chest-shoulder harness in warm water. Avoid contact with excessive heat, which could affect the chest-shoulder harness under certain conditions.

Maintenance and Cleaning

Accessories: Accessories include: Snap links, hooks, buckles, etc.
 Inspect the accessories carefully for ease of movement and for signs of rust, bends and cracks. Hooks and snap links must be checked for ease of movement. The mechanism needs to open and close smoothly.

Check the buckles for easy movement and sharp edges or burrs that could damage the fabric.

Checking the Seams: Check seams for tears, wear and pulled out or torn stitching. Replace every sling with excessive abrasions or on which threads or seams are torn.

Knots and Snap Links: Knots and snap links should be checked by the operator before each use. If a snap link does not close, it must be replaced.

The rope end in a knot must extend at least 5 cm. If the length shortens or the knot constantly loosens, the device may not be used anymore.

7.3.2 Cleaning

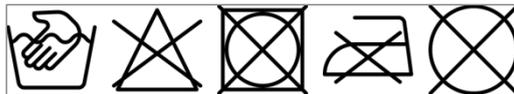
The service life of the chest-shoulder harness can be extended through regular cleaning and inspection. Operational safety is increased through regular inspections. The chest-shoulder harness should be hand washed at 40°C using commercial detergent.

ATTENTION

Velcro connections must be closed during washing otherwise they lose their ability to function.

The outside of the chest-shoulder harness can be wiped down with a moist cloth. Machine washing is not recommended due to the metal parts as these can cause damage.

Washing Instructions: Instructions for washing and care are located on the chest-shoulder harness label:



Disposal

8 Disposal

Electrical and electronic devices must be disposed of separately from normal household waste.

An appropriate waste disposal company should be contacted. Properly dispose of the device at the end of its service life (e.g. the local collection point for waste separation):



- The device packaging is disposed of through resource recycling.
- The metal parts of the machine go to scrap metal disposal.
- Plastic parts are given to plastic recycling.
- Rubber parts are disposed of as hazardous waste.



The disposal of the equipment must be in accordance with the respective national regulations.

Wear parts are considered hazardous waste! After being replaced wear parts must be disposed of according to country-specific waste laws.



Do not put batteries into the house waste after use. Dispose of them at a battery collection point.



Table of Figures

10 Table of Figures

Fig. 1	EC Declaration of Conformity	9
Fig. 2	Nameplate, Sport & Fitness Fall Protection System	14
Fig. 3	Label, Chest-Shoulder Harness.....	15
Fig. 4	Dimensions, Fall Protection System for 4Front Treadmill	17
Fig. 5	Dimensions, Fall Protection System for Pro Treadmill	17
Fig. 6	Dimensions, Fall Protection System for Pro XL Treadmill	18
Fig. 7	Components	20
Fig. 8	Safety Belt Buckles.....	26
Fig. 9	Rope lock, Locking Pawl Open	29
Fig. 10	Rope lock, Locking Pawl Locked	30
Fig. 11	Winding Up the Rope	31
Fig. 12	Pull Switch with Release Button	32