



# Ergo Trainer

## Weight relief system

### User Manual

#### **Important - information**

This manual must be read carefully before the product is used.

This user manual addresses technicians, therapists and other personnel regarding the use, servicing and maintenance of Ergolet Ergo Trainer.

**Date: 07.10.2013 - Version 02**



# Table of Contents

<b>1</b>	<b>PURPOSE AND SAFETY</b>	<b>4</b>
1.1	PURPOSE	4
1.2	SAFETY INTRUCTIONS	4
1.3	DAILY CHECK	5
1.4	TERMINOLOGI <b>FEJL! BOGMÆRKE ER IKKE DEFINERET.</b>	
1.5	MONTAGE	5
<b>2</b>	<b>FUNCTIONS</b>	<b>6</b>
2.1	PICTOGRAM AND FUNCTIONS – CONTROL	6
2.1	SAFETY FUNCTIONS	7
2.2	TRANSPORT	7
<b>3</b>	<b>APPLICATION</b>	<b>8</b>
3.1	ARM AND SCALE	8
3.2	HOOK	8
3.3	HOOK FOR STORAGE	8
3.4	CORD ACTIVATION	8
3.5	DISPLAY	9
3.6	CONDENSED WATER RECEIVER	9
3.7	MULTIPLE TRAINING POSSIBILITIES	10
<b>4</b>	<b>MAINTENANCE</b>	<b>11</b>
4.1	CLEANING	11
4.2	STORAGE	11
<b>5</b>	<b>MAINTENANCE AND TROUBLESHOOTING</b>	<b>12</b>
5.1	ANNUAL INSPECTION	12
5.2	TROUBLESHOOTING	12
<b>6</b>	<b>TECHNICAL SPECIFICATIONS AND DIMENSIONS</b>	<b>13</b>
6.1	TECHNICAL SPECIFICATION	13
6.2	DIMENSIONS	13
<b>7</b>	<b>ENVIRONMENT AND QUALITY</b>	<b>14</b>
7.1	DISPOSAL	14
7.2	QUALITY APPROVALS	14
7.3	SYMBOLS AND ABBREVIATIONS	14
<b>8</b>	<b>ACCESSORIES</b>	<b>15</b>

# 1 Purpose and safety

## 1.1 Purpose

The Ergo Trainer is a body-weight- relief system providing patients with the possibility of beginning a rehabilitation programme without being physically strained.

The Ergo Trainer is designed for rehabilitation of patients with impaired walking ability due to e.g. hip /knee surgery, multiple sclerosis, obesity and brain injury.

The Ergo Trainer is applicable to e.g. hospitals, rehabilitation centers and physiotherapy. The Ergo Trainer is approved for patients weighing up to 200kg / 440lbs.

It is recommended only to use Ergo Slings with the Ergo Trainer.

**Before using Ergo Trainer, please ensure the following:**

- The personnel have received qualified instructions regarding the use of the Ergo Trainer.
- Ensure the user is not squeezed or uncomfortable.

Ergo Trainer is intended for indoor use under normal temperatures (+2 – +40 C°) and a relative humidity of 40-90%.

## 1.2 Safety instructions



**Important – warning!**

This user instruction must be read thoroughly before use.

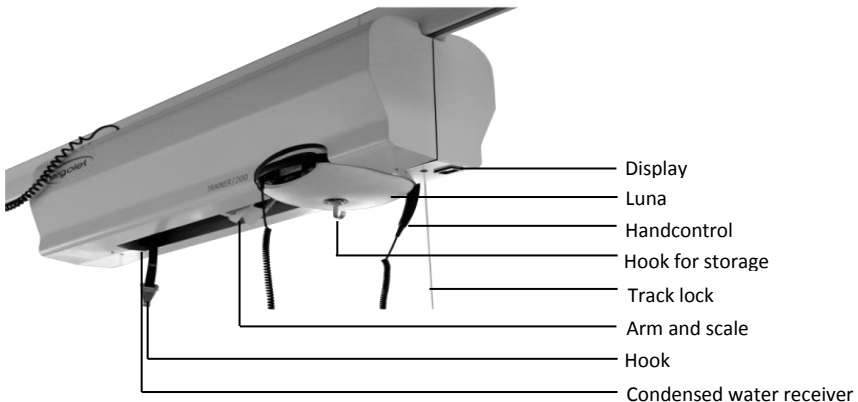
- All parts must be mounted correctly.
- There must be no indication of wear and tear.
- NEVER use the Ergo Trainer in case of defects e.g. abnormal noise, loose brackets etc. Refer to the user manual in order to identify the problem and contact Ergolet or an authorized dealer.
- The maximum load of 200kg. / 440lbs must not be exceeded.
- Precautions should be taken against injuries among care workers / therapists and patients according to section 5.1 (annual check).

### 1.3 Daily check

The care worker / user are responsible for ensuring that a daily inspection is carried out before the use of the Ergo Trainer considering the following:

- Check that the Ergo Trainer is complete and no parts are missing.
- Check that there are no signs of corrosion, wear and tear or other defects. If there is any sign of a defect the Ergo Trainer must be taken out of service immediately.
- Make sure the strap is intact. If in doubt, the strap should be replaced.
- Check the up / down function. In case of jarring sounds do not use the equipment before it has been checked by qualified personnel.
- Ensure the strap is not twisted / folded and is capable of moving unhindered.
- Check that the power is on before use.
- If in doubt please contact Ergolet or your authorized dealer for advice and guidance.
- If the condensed water receiver is full, it must be emptied, typically every fortnight.

### 1.4 Terminology

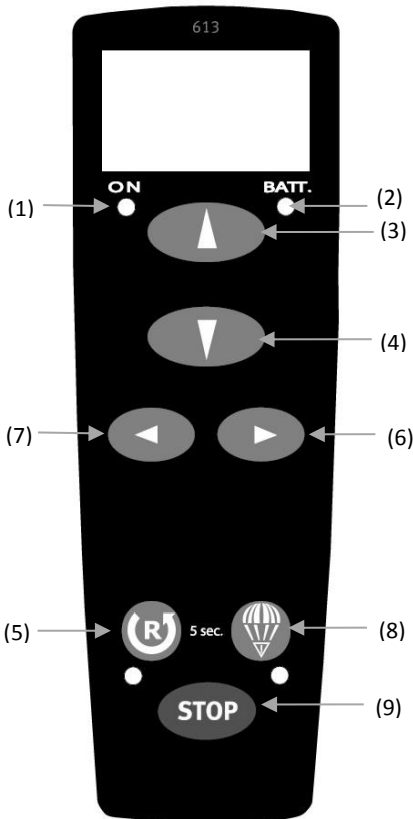


### 1.5 Montage

Installation is carried out by authorized installers of Ergolet.

## 2 Functions

### 2.1 Pictogram and functions – control



**(1) ON** – The LED light will turn on when the button up **(3)** or down **(4)** is used.

**(2) BATT.** – indicates the state of the battery.

**(3) + (4) Up / Down** – Constant hold will move the lifter in the desired direction – release to stop.

**(5) Reset** – After a stop (emergency stop) press the reset button for 5 seconds, the LED light goes out, then the Luna device activated.

Reset can also be used to lock all the functions to prevent unattended

When the reset button is pressed, the LED light below the button turns red and the functions will be locked. Deactivated and after an emergency stop.

**(6) + (7) Pressure up / down** - The weight relief system adjusted up or down.

**(8) Emergency lowering** - (See section 2.2)

**Note:** This function works ONLY if the hand control is connected and the LED lights (1) are on.

**(9) STOP** - this button stops all functions immediately (this can be reset by holding the reset/lock button for 5 second

## 2.1 Safety functions

### **Power failure:**

In case of power failure the Ergo Trainer will be disconnected.

### **Emergency stop:**

This function is only to be used in emergencies e.g. if the Luna does not react or does not stop after releasing the hand control. This button stops all functions immediately. The emergency stop is placed on the hand control and on the Luna unit. When activated, the emergency stop stops all functions and the LED button on the hand control turns red. The emergency stop can be deactivated by pressing the reset / lock button for 5 seconds.

### **Emergency lowering:**

Only to be used in emergencies where emergency lowering of a patient is required.

The emergency lowering button is placed on the hand control, shown as a parachute on the side foil, shown as 3 arrows.

To activate the emergency lowering handle hold down the button for 5 seconds and you hear an uninterrupted "beep". If Luna is in "sleep" mode, either the up or down button needs to be pressed before the emergency lowering handle function can be used.

**Warning!** Emergency lowering does not work if the hand control is defective.

**NB:** When emergency lowering handling is not active the emergency lowering button should be released when the strap is completely rolled out

In case of emergency stop or emergency lowering, the Luna device must be checked for defects and defects must be repaired before use.

If in doubt, please contact Ergolet.

## 2.2 Transport

Ergo Trainer must be transported safely using the original packaging. When returning products to Ergolet the original packaging is required.

### 3 Application

#### 3.1 Arm and scale

The scale of the arm indicates in which area the arm is working. The ideal position is between step 1 and 2 in order to decrease the fall distance.



#### 3.2 Hook

**Note:** Before use, please check the ring pin is positioned correctly as illustrated.



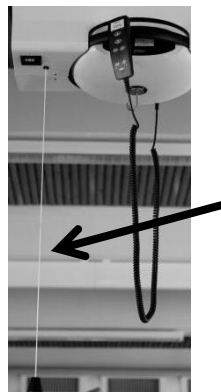
#### 3.3 Hook for storage

The hook is meant for hanging up the spreader bar when The Ergo Trainer is not in use



#### 3.4 Cord activation

When the power is on, the track-system brake is activated. Pulling the activation cord, the track-system brake is deactivated. Pull once more and the brake is reactivated.

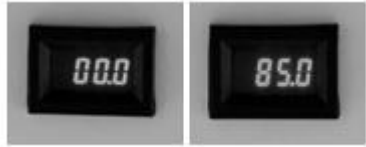




### 3.5 Display

The display indicates the provided body-weight support on a scale from 0-85kg./187lbs.

The weight- relief is adjusted by means of the hand control (see section 2.1.)



### 3.6 Condensed water receiver

During usage, water will appear in the condensed water receiver. It must be checked/emptied fortnightly.

1. Place a cup under the condensed water receiver.
2. Loosen the screw.
3. Empty the condensed water receiver
4. Tighten the screw and the Ergo Trainer is ready for use.



### 3.7 Multiple training possibilities



Treadmill training (BWST)



Exercise bike



Step machine



Balance exercises

## **4 Maintenance**

### **4.1 Cleaning**

The Ergo Trainer can be cleaned using a slightly dampened cloth added a small quantity of standard household cleaning agents. Chemicals and / or abrasive agents must not be used.

The Ergo Trainer, including the Luna unit and track-system, cannot under any circumstance be autoclaved.

### **4.2 Storage**

The Ergo Trainer must be stored in a dry environment with a relative humidity of maximum 70%.

For optimal battery performance the power must be connected even if the Ergo Trainer is not used on a regular basis.

## 5 Maintenance and troubleshooting

### 5.1 Annual inspection

The Ergo Trainer and the Luna device must be thoroughly checked at least once a year by authorized personnel approved by Ergolet regarding replacement of print cards, batteries, straps etc.

.The rightful owner is obliged to ensure that the annual check is carried out as recommended by the European standard (EN/ISO10535).

When replacement of spare parts is required, these parts must be purchased / supplied by Ergolet

### 5.2 Troubleshooting

<b>Error:</b>	<b>Possible Cause:</b>	<b>Solution:</b>
Luna does not respond when hand control UP / DOWN keys are pressed. (There is no beep from the Luna device).	The Luna is switched off or emergency stop is activated	Turn on the power. Deactivate the emergency stop (see sec. 2.2).
	Defective hand control	Try the up / down keys on the Luna device. If it doesn't work, try another hand control or order a new one from Ergolet or dealer.
<b>Error:</b>	<b>Possible Cause:</b>	<b>Solution:</b>
Luna does not respond when hand control UP / DOWN keys are activated (There is a beep from the Luna device).	The strap has not been correctly coiled	Call a service technician.
<b>Error:</b>	<b>Possible Cause:</b>	<b>Solution:</b>
No light in display.	Check the power supply.	Make sure the plug is properly installed.

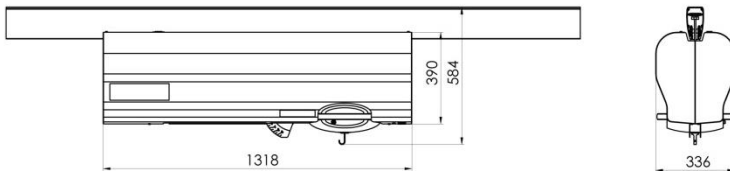
## 6 Technical specifications and dimensions

### 6.1 Technical specification

- Max. capacity: 200 kg / 440lbs
- Weight: : 72 kg / 158,4lbs
- Weight relief :: 85 kg / 187lbs
- Sterile: No
- Material : Steel, aluminium, plastics
- Strap length: 2880 mm
- Dimensions: 390 x 1318 x 336 mm
- $V_{input}$ : 230 V
- Power:: 350 W
- Noise level: max. 60 dB

### 6.2 Dimensions

Dimensions of the Ergo Trainer mounted on the track:



## 7 Environment and quality

The Ergo Trainer has an expected lifetime of approximately 10 years provided that the recommended service and maintenance checks have been carried out.

### 7.1 Disposal

The product can be returned to Ergolet for disposal. Ergolet will split the individual fractions in an environmentally friendly way either via reuse or recycling.

Fractions containing halogens, aluminum, lead acid batteries, ABS plastics and steel are damaging to the environment if not handled in an environmentally responsible way.

### 7.2 Quality approvals

Ergolet is certified according to the ISO 9001 and ISO 13485<sup>th</sup>.

These certifications mean that the products and the company meet the international standards for quality management and standards for traceability of medical products. Ergo Trainer is classified as a Medical Device Class 1 product.

Ergo Trainer is classified as a Medical Device Class 1 product.

### 7.3 Symbols and abbreviations



Direct current



Double isolated



The patient is not separated from the ground and the chassis



The product should be reused when possible



Refer to the user instruction

**SWL**

Safe working load =(user + harness sling)

## 8 Accessories

### Hand controls

015-03106	Hand control, 1320 mm cable, 2 channel
015-03107	Hand control, 1620 mm cable, 2 channel
015-03108	Hand control, 1900 mm cable, 2 channel



### Standard spreader bar, Luna

015-01970	Spreader bar/200 kg(440lbs) /Strap, 58 cm
015-01971	Spreader bar/200 kg (440lbs) /Strap, 48 cm
015-01972	Spreader bar/200 kg (440lbs) /Strap, 36 cm
015-01968	Spreader bar/275 kg (605lbs) /Strap 58 cm



### Special sling harnesses

009-09582	Walking harness ( women) XXS
009-09583	Walking harness (women) XS
009-09584	Walking harness (women) S
009-09585	Walking harness (women) M
009-09586	Walking harness (women) L
009-09587	Walking harness ( women) XL
009-09572	Walking harness ( men) XXS
009-09573	Walking harness (men) XS
009-09774	Walking harness (men) S
009-09575	Walking harness (men) M
009-09576	Walking harness ( men) L
009-09577	Walking harness (men) XL

*All listed parts are available. Contact Ergolet for further information.*

*Reservations are made regarding changes in items and goods out of stock.*

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93/42/EØF CLASS I

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910-00771DK