

Redcord slings are made of strong fabric and the work load limit is given with robust safety factors according to the EU directives. Still, fabric can be exposed to wear and tear over time and in some cases wrong cleaning, storage, shock loads or wrong use may reduce the strength of the slings.



Redcord Wide Sling



Redcord Narrow Sling



Redcord Split Sling



Redcord Strap



Redcord PowerGrip

To keep the strength of your slings please follow the guidelines below:

Inspect your slings and straps visually

Your slings and straps should always be without any visible damage. We also recommend that the safety test on page 2 is performed before first use and then on a monthly basis to test the strength of your equipment.

Replace slings and straps with visible damage such as:

- Bleached webbing around the D-ring
- Flossy or crispy webbing around the D-ring
- Divided D-ring
- Cracks in the plastic tube of PowerGrip



← D-ring

Respect the work load limit

The maximum load limit of 100 kg for each sling or strap is given for your safety. Even though the Redcord slings and straps are tested and constructed for much higher load, please respect the maximum load to give your equipment a longer life and keep your workouts safe.

Clean the slings correctly

- You may wash the slings in washing machines with programs up to 60°C using normal washing powder
- You may clean the slings with a soft brush and lukewarm soapy water
- You may dry the slings in normal room temperature without sun exposure
- Do NOT use rinsing agents when washing/cleaning the slings
- Do NOT use benzine and other stain removers to clean the slings and do NOT disinfect with hot steam
- Do NOT dry in sunlight or by using a drying cabinet

Store the slings correctly

- The slings should be stored indoor without exposure to direct sunlight
- The slings should be stored in normal humidity and temperature without exposure to heating elements

Avoid shock loads

Shock loads may damage your slings permanently.

Avoid using the slings as a swing

Repetitive movements will involve much more wear and tear than any normal use and may reduce the strength permanently.

Follow recommended exercises by Redcord

Redcord's recommended exercises on the www.redcord.com are carefully selected and should be followed to train your body with caution, low risk and high effect.

For more information on how to take care of sling equipment, please download the "safety and maintenance information" from www.redcord.com

Safety Test

Test the load capacity of your Redcord equipment.

To test the strength of your equipment Redcord recommends that you perform these tests before first use and then on a monthly basis.

All slings must be used properly, in a safe manner and for the use they are intended for.



Testing the load capacity of your straps

Please pull the straps to the top position. Put your hands in one strap and pull your body up from the ground. Repeat the test in the other strap.

You have now tested that each strap tolerates a load of your full bodyweight.



Testing the load capacity of your slings

Please attach the sling to the ropes and lower the sling to about 6 inches above floor level. Put one foot in the sling and bounce up and down using your full body weight.

You have now tested that the sling tolerates a load far exceeding your bodyweight.