

# IMPORTANT SAFETY NOTICE



## IMPROPER CARE & USE OF SWISS BALLS MAY CAUSE INJURY FROM FALLS OR SUDDEN DEFLATION

- !** Inspect the Swiss Ball surface before each use. If you find gouges, cracks, peeling or other blemishes **DO NOT** use the ball. Report any damage to your Gym supervisor.
- !** Check the inflation of the Swiss Ball and **DO NOT** use if over inflated or under inflated by more than 10% of maximum diameter (see ball label). Report poor inflation to your Gym Supervisor.
- !** Burst resistance (Your Safety Factor) is greatly reduced if you use a damaged or incorrectly inflated Swiss Ball.
- !** **DO NOT** use a Swiss Ball unsupervised if you have any balance or musculo-skeletal problems, as this may lead to injury.
- !** Exercise away from exercise equipment, sharp objects or high traffic areas.
- !** Always exercise on a padded floor
- !** If you use resistance aids such as dumbbells or medicine balls ensure you train with a partner to act as safety catcher.
- !** Check the inflation date and do not use balls that have been inflated more than 6 months.

If you are unsure about any of the above points, ask your gym supervisor for guidance