

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