

# 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 12 months.**

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

PREPARED FOR YOUR SAFETY BY AOK HEALTH PTY LTD AUSTRALIA.

for information on University tested Balls go to

[WWW.AOKHEALTH.COM](http://WWW.AOKHEALTH.COM)

