



Wood Rings & Straps Safety Information



ALL STRAPS AND RINGS MUST BE CHECKED PRIOR TO EACH USE

Straps and Wood products must be inspected before every use and need to be replaced when visible damage and/or wear is found. Not doing safety checks prior to every use can lead to serious injury. The following guidelines will help to protect you from harm, and prevent damage to your bands.

1. Strap Damage and Wear Check:

- a. Check to ensure Straps are free from damage or wear. Check for frayed strap, cuts, cut strands, fused fibers, thinly worn fibers and discoloration.
- b. Check strap for dry rot and sun deterioration.

2. Wood Ring Damage and Wear Check:

- a. Check wood rings for chips, gouges, and splintering
- b. Check wood rings for hollow spots
- c. Check wood rings for dry rot and deterioration

*Do not leave straps or wood rings in the sunlight, exposed to weather, or in damp places. Always store in a clean and dry area.

3. Buckle Functionality Check:

- a. Check to ensure that the buckle clamps tightly on the strap and that there is no visible damage on the teeth or to the springs.

4. Stitching Damage and Wear Check:

- a. Check all stitching for fraying or damage. Check for smooth spots or stiff sections.

5. Check Anchoring Point for Smooth Surface:

Straps and rigging must ONLY be anchored to an appropriate anchoring point.

- a. All anchoring points for straps and rigging must have a smooth surface with no abrasive spots.
- b. Anchor points must NOT have sharp edges or shearing surfaces.
- c. Check strength of the anchoring point. Anchor Point must be strong enough to support dynamic loads and jerking movements.

6. Make Sure You Are Setting up the Rings and Straps Properly:

- a. Buckle must NOT make contact with the ring or the anchor point. Only the strap should be making contact with anchor point (resting flush).

7. Do Not Use Rings or Straps for Purposes Other Than their Intended Use:

- a. No exercises should be done where the user is upside down.

DISCLAIMER

All exercise may cause injury. American Barbell, LLC is not responsible for the choice of exercise or programming and will not be responsible for any injuries incurred as a result of improper training or use. Anyone using American Barbell's equipment personally assumes full responsibility for any and all damage or injury which may result from the use of any equipment purchased from American Barbell, LLC.