

WIN  CARE



ErgoTrainer

Weight relief system

User manual

Important information!

Read this user manual carefully before using the product!

This user manual is intended as a guide for caregivers and other users, as well as for technical personnel performing service and maintenance on the product.



Scan the QR-code for further information.

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CONTENTS

1	PURPOSE AND SAFETY	3
1.1	PURPOSE	3
1.2	SAFETY INSTRUCTIONS	3
1.3	CHECK BEFORE USE	4
1.4	TERMINOLOGY	4
1.5	INSTALLATION	5
1.6	TRANSPORT	5
2	FUNCTIONS	5
2.1	PICTOGRAMS AND FUNCTIONS	5
2.2	SAFETY FUNCTIONS	6
3	USE OF THE ERGOTRAINER	7
3.1	WORK RANGE	7
3.2	ACTIVATION OF THE BRAKE	7
3.3	ADJUSTING THE WEIGHT RELIEF	7
4	MAINTENANCE	7
4.1	CLEANING	7
4.2	WATER SEPARATOR	8
4.3	STORAGE	8
5	CHECK AND TROUBLESHOOTING	8
5.1	ANNUAL CHECK	8
5.2	TROUBLESHOOTING	9
6	TECHNICAL DATA AND DIMENSIONS	9
6.1	TECHNICAL SPECIFICATIONS	9
6.2	DIMENSIONS	10
7	ENVIRONMENT AND QUALITY	10
7.1	DISPOSAL	10
7.2	BATTERY	10
7.3	QUALITY	10
7.4	SYMBOLS AND ABBREVIATIONS	11
8	ACCESSORIES	11

1 PURPOSE AND SAFETY

1.1 Purpose

The purpose of the ErgoTrainer is to offer users with reduced ability to walk, e.g., users with brain injury, sports injuries, sclerosis or after surgery of the hip/back/knee/foot, or users with obesity an effective rehabilitation.

The weight relief system ensures that users can quickly follow a rehabilitation program while minimizing the risk of strain injuries. Acquire brochure - Tips and Guidelines for exercise inspiration.

ErgoTrainer is for use in hospitals, rehabilitation centres and physical therapy.

Before using ErgoTrainer, please ensure the following:

- It is recommended to only use slings from the ErgoSling series (See section 8. Accessories).
- ErgoTrainer is intended for indoor use under normal temperatures (+2 to +40°C) and a relative humidity of 40-90%.

1.2 Safety instructions



Important - Warning!

This user manual must be read thoroughly before use of ErgoTrainer:

- The maximum load is 200 kg - do NOT exceed.
- NEVER use the ErgoTrainer if there are signs of defects i.e., abnormal noise, loose brackets etc.). In such cases the ErgoTrainer must be taken out of service immediately and then contact your dealer or Winncare.
- There must be no indication of wear or tear on the strap.
- Ensure that neither carers/helpers nor users cannot get hurt or be squeezed during use.
- Be aware of patient head safety when attaching the sling onto the spreader bar hooks.
- Carer/helper is responsible for correct use of ErgoTrainer and accessories.
- Carer/helper must carry out section 1.3 check before use.
- Service guide should be acquired at Winncare.
- ErgoTrainer is only to be used as a rehabilitation device.

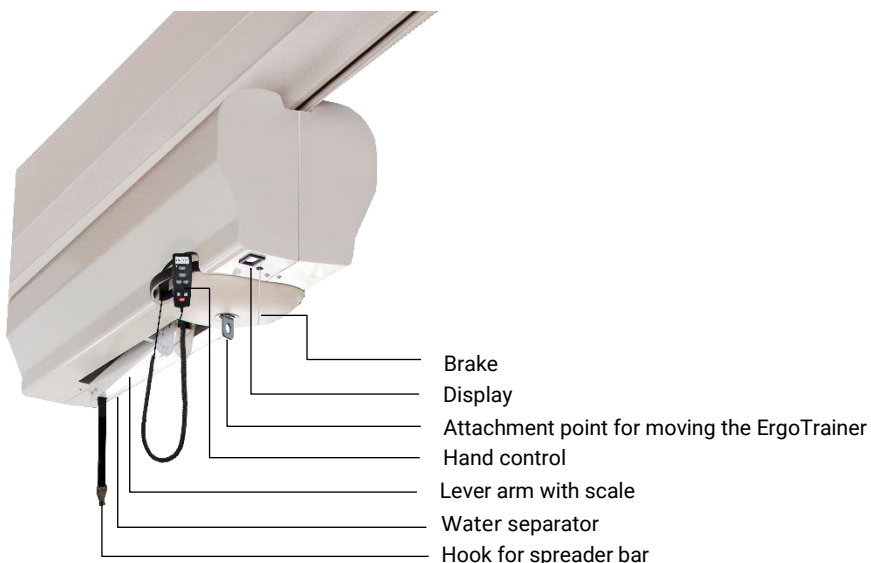
1.3 Check before use

The carer is responsible for ensuring that a check is carried out before the ErgoTrainer is used, as following:

- The carer has received instruction regarding the use of the ErgoTrainer.
- Check that the ErgoTrainer is complete and that no parts are missing.
- Check the water separator for water - See section 4.2.
- Check that the power is on.
- Check the up/down function, if any abnormal sound is heard the ErgoTrainer must not be used before it has been checked by a qualified technician.
- When the up/down function is checked, ensure that the strap does not fold or twist. Check also that the strap moves freely in and out of the lever arm.
- Check that there are no signs of corrosion, wear and tear or other defects. If there are any signs of defect the ErgoTrainer must be taken out of service immediately.

Questions regarding use of the ErgoTrainer, please contact your dealer or Winncare for advice and guidance.

1.4 Terminology

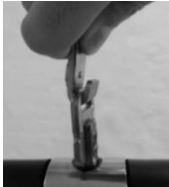


1.5 Installation

Installation of the ErgoTrainer must be carried out by qualified installers who have received proper instructions/training in safe installations of ErgoTrainer by Winnicare.

Attach and detach the spreader bar:

- 1) Attach the strap safety spring hook onto the attachment point on the spreader bar. Make sure the safety spring is intact and active.
- 2) Detach spreader bar by pressing the spring (see pictures below).



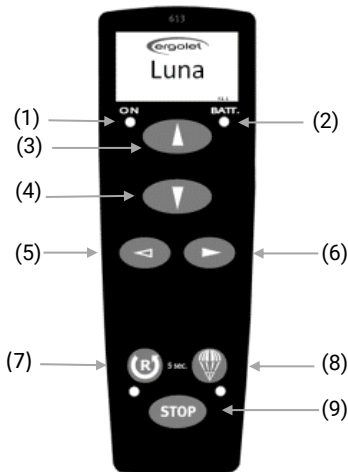
1.6 Transport

During transport the ErgoTrainer must be safely secured to prevent damage - best in original transport box.

2 FUNCTIONS

2.1 Pictograms and functions

Hand control:



(1) **ON** – When LED is lit the ErgoTrainer is ready for use.

(2) **BATT.** – Indicates the level of the battery.

(3) + (4) **UP/DOWN** – (See section 3.1).

(5) + (6) **Lower/Higher** – Regulate kilos of weight relief. (See section 3.3)

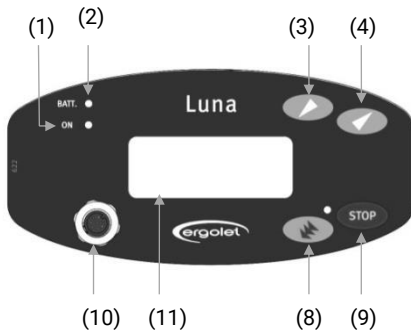
(7) **Reset** – Used after emergency STOP has been activated. Press and hold for 5 sec. to reset. LED switches off and ErgoTrainer is ready for use.

(8) **Emergency lowering** - (See section 2.2)

Note: This function works ONLY if the hand control is connected, and LED (1) is lit.

(9) **STOP** - Emergency stop (See section 2.2).

Side foil:



(10) - Plug connection for hand control.

(11) - Data plate – Information of serial number and symbols.

2.2 Safety functions

Power outage:

In case of a power failure the ErgoTrainer brakes will activate, so it cannot be moved in the track (See 3.2)

Note! The lifting function **UP/DOWN** still works.

Emergency stop:

This function is only to be used in an emergency e.g., if the lift function does not stop after releasing UP/DOWN button. The emergency STOP button is placed on the hand control and on the side foil.

If the emergency STOP is activated all functions will stop immediately and the red LED will be lit on the hand control.

The emergency STOP can be deactivated by pressing the Reset button on the hand control for 5 seconds.

Emergency lowering button:

The emergency lowering feature is only to be used in an emergency where it is necessary to safely lower the user. The emergency lowering button is placed on the hand control, illustrated as a parachute and on the Luna side foil with 3 arrows.

To activate the emergency lowering press and hold the button on the hand control or on the side panel for 5 seconds – “fast continuous beeping sounds”.



Warning! The emergency lowering does not work if the hand control is defect.

Note! When using the emergency lowering feature the strap will not stop at the lower end stop! Release the emergency lowering button before the strap is at its maximum length.

Note! If the emergency stop functions has been activated due to an emergency the ErgoTrainer must not be used before a check has been made and any defect repaired.

Note! If questions, please contact Winncare or your dealer.

3 USE OF THE ERGOTRAINER

3.1 Work range

The user's work range is indicated on the scale from 0 to 50. The number indicates how many centimetres the user can move in the vertical direction called work range.

The strap length determines the work range. This can be adjusted with the UP/DOWN buttons. The DOWN button increases the length of the strap which results in a larger work range.

The user and caregiver should experiment with different work range depending on the activity and user. Activity like walking requires low vertical movement (approx. 10 cm.).

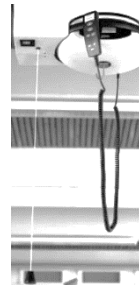
Sit-to-stand exercises require more work range (approx. 30 to 40 cm.).

Note! Low work range = low fall length, which is recommended during normal training.

3.2 Activation of the brake

Activate brake:

- 1) When connecting power to the ErgoTrainer, the brake will automatically activate.
- 2) Pull the wire to deactivate the brake. The ErgoTrainer can now be moved back and forth in the track.
- 3) Another pull activates the brake and locks the ErgoTrainer in place.



3.3 Adjusting the weight relief

The display indicates how many kilos the user is relieved with, within a span from 5 kg to 85 kg.

The LEFT button (5) on the hand control decreases the weight relief and RIGHT button (6) on the hand control increases the weight relief.



4 MAINTENANCE

4.1 Cleaning

The ErgoTrainer may be cleaned using a slightly damp cloth with a small quantity of standard household cleaning agent.

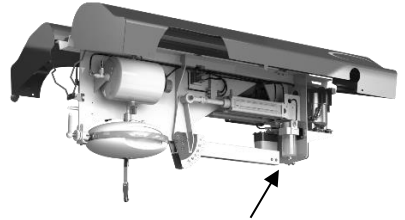
Strong chemicals or abrasive agents must not be used.

4.2 Water separator

Note! When in use the water separator will fill over time and must be emptied approximately every 14 days. Check the water level before each use.

Note! Service guide can be acquired at Winncare.

1. Hold a cup or a transparent plastic bag under/around the water separator
 2. Gently press the drain valve
 3. Water sprays out under high pressure
- Note!** Be aware of splashing



4.3 Storage

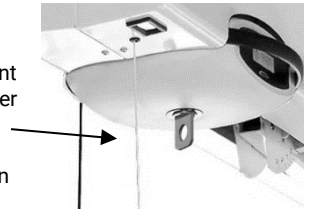
The ErgoTrainer must be stored in a dry environment with a relative humidity under 70%.

Note! The batteries will slowly discharge and therefore it is recommended to connect the ErgoTrainer to power for 5 days every 6 months to prevent damage to batteries and PLC.

Attachment point for ErgoTrainer relocation:

The bottom of the ErgoTrainer is equipped with an attachment point for mounting e.g., a rope for easily moving the ErgoTrainer back and forth in the track system.

Note! Do NOT use hand control cord for moving ErgoTrainer in the track system.



5 CHECK AND TROUBLESHOOTING

5.1 Annual check

The ErgoTrainer should be inspected at least once a year in accordance with EN/ISO 10535:2007, Annex B, which states that inspection should be carried out by a qualified person who is familiar with use of the ErgoTrainer.

The legal owner of the product is responsible for ensuring that inspection is carried out. An inspection schedule can be acquired at Winncare.

Service

If it is necessary to replace any parts due to wear or damage these parts must be acquired at Winncare.

Warranty

There is a 2-year warranty on the product conditional on annual service and maintenance being carried out.

5.2 Troubleshooting

Fault:	Possible cause	Solution
The ErgoTrainer does not react when pressing UP/DOWN buttons on the hand control. (No beep sound).	Emergency stop is activated.	Turn on the power or deactivate the emergency stop (see section 2.2).
	Defective hand control.	Inspect the cord and plug connection on the hand control for any damage. If damaged, try a different hand control.
Fault:	Possible cause	Solution
ErgoTrainer does not react when pressing UP/DOWN buttons on the hand control. (A beep sound is heard).		Call for service.
Fault:	Possible cause	Solution
No light in display.	Power supply is off.	Check power supply and if the plug is properly plugged in.

6 TECHNICAL DATA AND DIMENSIONS

6.1 Technical specifications

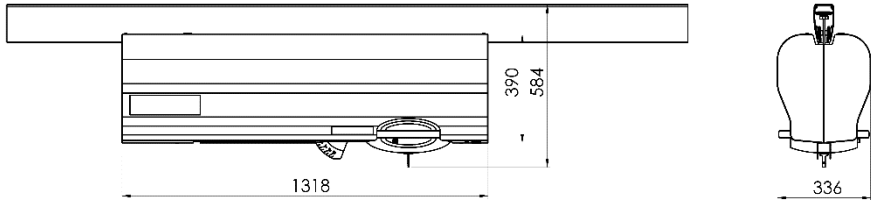
Max capacity (SWL):	200 kg.
Weight ErgoTrainer:	80 kg.
Dimension:	390 x 1318 x 336 mm.
Weight relief:	5 to 85 kg.
Strap length:	2880 mm.
Material:	Steel, aluminium, plastic
Noise level:	In use: 60 dB.
Installation height:	Optimal from 3.1 m to 4 m.

Electrical specification:

Voltage:	1x230 V, 50 Hz
Electric power:	350 W

6.2 Dimensions

Dimensions of the ErgoTrainer mounted in track:



7 ENVIRONMENT AND QUALITY

The ErgoTrainer has an expected lifetime of a minimum of 10 years conditional to recommended annual service checks and maintenance have been carried out.

7.1 Disposal

WinnCare will help to responsibly recycle the ErgoTrainer.

After ended lifetime the ErgoTrainer can be sent back to WinnCare. Here the product will be disassembled, and all parts will be recycled according to EU waste policies.



ErgoTrainer contains aluminium, steel, lead, acid batteries, ABS plastic, oil and electronics.

7.2 Battery

The ErgoTrainer is equipped with batteries which can be returned either to the local recycling station or to WinnCare after ended lifetime.

7.3 Quality

WinnCare Nordic ApS is certified according to the quality standard ISO 9001:2015 and ISO 13485:2016.

These certifications mean that the products and the company complies with the international standards for quality management and standards for traceability of medical products.

ErgoTrainer is classified as a medical device class 1 product.

7.4 Symbols and abbreviations



Direct current.



Double insulated.



Type B, User is not separated from ground.



The product should be recycled where possible.



Refer to user manual.

SWL

Safe working load = (user + sling + spreader bar).

8 ACCESSORIES

Hand control	
015-03110	Hand control, 1320 mm cable, 2 channels
015-03111	Hand control, 1620 mm cable, 2 channels
015-03112	Hand control, 1900 mm cable, 2 channels
Spreader bar	
015-01968	Spreader bar, 58 cm
015-02108	Spreader bar, 36 cm
015-02110	Spreader bar, 48 cm
015-02117	Spreader bar, straight/R2R, 36 cm
015-02118	Spreader bar, straight/R2R, 48 cm
015-02119	Spreader bar, straight/R2R, 58 cm
Tights	
006-00004	Levitate tights, size S
006-00005	Levitate tights, size M
006-00006	Levitate tights, size L
006-00007	Levitate tights, size XL
Sling	
009-09573	Walking sling, size XS
009-09774	Walking sling, size S
009-09575	Walking sling, size M
009-09576	Walking sling, size L
009-09577	Walking sling, size XL

A list of spare parts is available. Please contact Winncare or your dealer.

Winncare reserves the right to change the list of accessories without prior notice.

Manufacturer:
WinnCare Nordic ApS
Taarnborgvej 12 C
4220 Korsøer
Denmark

Phone: + 45 70 27 37 20
Fax: + 45 70 27 37 19
Email: info@winnCare.dk
www.winnCare.dk

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