

## THE CENTER FOR CARDIAC FITNESS SAFETY CHECKLIST AND INSTRUCTIONAL GUIDELINES

Below are all the equipment modalities we have available as well as a safety checklist to use as a reference.

The staff will orient you on pieces of equipment that will best suit your physical capacity and/or limitations while also helping you best meet your physical, recreational, daily living and work related goals.

For your safety it is important that you comply to the safety checklist as well as let the staff know if there are any problems or issues.

<p><b>TREADMILL</b></p> <ul style="list-style-type: none"> <li>✓ With treadmill off, step on belt (preferred) or straddle to mount</li> <li>✓ Clip on emergency stop cord and check settings</li> <li>✓ Turn on &amp; step on while moving if straddled</li> <li>✓ Set speed &amp; grade as instructed</li> <li>✓ Keep back straight, hold handrail lightly</li> <li>✓ Walk near front of belt</li> <li>✓ Gradually decrease speed and push stop when time is up</li> <li>✓ Wait until belt is stopped to dismount</li> <li>✓ DO NOT jump off while moving!</li> </ul>	<p><b>ARM ERGOMETER</b></p> <ul style="list-style-type: none"> <li>✓ Adjust height of chair</li> <li>✓ Sit straight &amp; grab hand pedals</li> <li>✓ Move chair to proper arm length</li> <li>✓ Begin pedaling with no tension</li> <li>✓ Set watts (tension) and time as instructed</li> <li>✓ Maintain speed as instructed</li> <li>✓ Keep back straight &amp; torso steady</li> <li>✓ Pedal with arms, not body twisting</li> <li>✓ When time is complete, keep pedaling while turning down tension</li> <li>✓ Stop &amp; dismount from chair</li> </ul>
<p><b>STATIONARY BICYCLE</b></p> <ul style="list-style-type: none"> <li>✓ Adjust seat to proper height</li> <li>✓ Straddle to mount</li> <li>✓ If necessary step on pedals or use step-stool to reach seat</li> <li>✓ Begin pedaling with no tension</li> <li>✓ Set watts as instructed</li> <li>✓ Maintain speed as instructed</li> <li>✓ Hold on to handlebars for balance</li> <li>✓ When time is complete, stop slowly and dismount cautiously</li> </ul>	<p><b>KEISER EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>✓ Seat into proper position</li> <li>✓ Set weight as instructed</li> <li>✓ Pull/push smoothly, avoid jerky motion</li> <li>✓ Keep back straight &amp; torso steady</li> <li>✓ Exhale when lifting/pulling</li> <li>✓ Breathe in as weights are lowered</li> <li>✓ Advance to higher weights ONLY when instructed to do so</li> </ul>
<p><b>AIR DYNE BICYCLE</b></p> <ul style="list-style-type: none"> <li>✓ Adjust seat to proper height</li> <li>✓ Straddle to mount</li> <li>✓ Step on pedals to reach seat or use step-stool if necessary</li> <li>✓ Begin pedaling with legs</li> <li>✓ Loosely grasp moving handlebars</li> <li>✓ Maintain speed as instructed</li> <li>✓ Speed produces wind resistance</li> <li>✓ Push/pull handlebars steadily</li> <li>✓ DO NOT overreach, let go of handles if too far; catch on return</li> <li>✓ When time is up, stop and dismount</li> </ul>	<p><b>HANDHELD DUMBBELLS</b></p> <ul style="list-style-type: none"> <li>✓ Select size/weight as instructed</li> <li>✓ Remove from rack carefully</li> <li>✓ Grasp loosely, but securely</li> <li>✓ Find open area to stand</li> <li>✓ Perform exercise as instructed</li> <li>✓ Breathe out when lifting/pushing</li> <li>✓ Breathe in as weights are lowered</li> <li>✓ Advance to higher weights only when instructed to do so</li> <li>✓ DO NOT raise arms/weights above shoulders unless instructed to do so</li> <li>✓ When exercises are completed, replace weights securely</li> </ul>

<p><b>ROWER</b></p> <ul style="list-style-type: none"> <li>✓ Straddle seat to mount</li> <li>✓ Hold onto grab bar with one hand, use other hand to push back &amp; hold seat</li> <li>✓ Once seated, slide toward front</li> <li>✓ Put feet in stirrups and secure</li> <li>✓ Pick up row bar on chain</li> <li>✓ Push back with legs first</li> <li>✓ Then pull bar with arms to touch abdomen</li> <li>✓ Keep back straight &amp; torso steady</li> <li>✓ Move arms &amp; legs, not torso</li> <li>✓ When time is up, stop push/pull</li> <li>✓ Slide back to front &amp; replace bar</li> <li>✓ Release feet from stirrups</li> <li>✓ Slide feet all the way back</li> <li>✓ Hold seat steady with one hand, use other hand for grab bar, then stand up</li> </ul>	<p><b>NUSTEP/BIOSTEP</b></p> <ul style="list-style-type: none"> <li>✓ Adjust seat to appropriate setting and move handle to clear the way for sitting</li> <li>✓ While standing beside the apparatus, grasp back of seat with hand closest to seat and with other hand grasp arm handle</li> <li>✓ Lift leg closest to NuStep to other side of seat and sit down</li> <li>✓ Adjust arm handles to proper settings</li> <li>✓ When time is up, stop movement on machine</li> <li>✓ Move arm handle to clear the way for standing</li> <li>✓ Rotate hips and lift leg over to side of dismount</li> <li>✓ With both feet planted on floor, grasp back of seat and handle and rise</li> </ul>
<p><b>STEPPER</b></p> <ul style="list-style-type: none"> <li>✓ Face apparatus and grasp side hand bars</li> <li>✓ Lift one leg and place foot on middle of pedal</li> <li>✓ Lift up other leg while continuing to grasp side hand bars</li> <li>✓ Begin stair stepping exercise and set program and level as instructed</li> <li>✓ When program is completed, allow pedals to rest on floor and step off one leg at a time.</li> </ul>	<p><b>ELLIPTICAL TRAINER</b></p> <ul style="list-style-type: none"> <li>✓ Move handrail to clear the way for mounting</li> <li>✓ Adjust foot pedal to lowest position on mounting side</li> <li>✓ Grasp stationary handles simultaneously and lift outside leg and place firmly on foot pedal</li> <li>✓ Lift inside leg and place on remaining pedal</li> <li>✓ Transfer hands from stationary handles to moving handrails</li> <li>✓ When time is finished bring foot pedals to complete stop at lowest position</li> <li>✓ Transfer hands back to stationary handles</li> <li>✓ Then lift leg on elevated foot pedal, rotate back, and step down placing foot firmly on the floor</li> <li>✓ Step down with second leg</li> </ul>
<p><b>OXYGEN TANK TRANSPORT</b></p> <ul style="list-style-type: none"> <li>✓ O2 tubing length appropriate and not wrapped around leg/ankle</li> <li>✓ Tank strap on shoulder or across chest</li> <li>✓ Tank should be at waist when carrying</li> <li>✓ Use rolling walker or backpack if too heavy to carry</li> </ul>	<p><b>OXYGEN TANK USE WITH EXERCISE EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>✓ Tubing positioned over arm railing on treadmill</li> <li>✓ O2 tank/tubing must be positioned to not hit or be tangled by exercise machine in use</li> <li>✓ Do not touch blue valve at bottom of O2 tank</li> <li>✓ Keep liquid tank upright</li> </ul>