

BEAVERFIT EQUIPMENT

Operating & Maintenance Manual

VERSION: 4.0

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IMPORTANT SAFETY INFORMATION

Important Safety Instructions for Using the Equipment

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the BeaverFit equipment. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not attempt to service the BeaverFit yourself except for the maintenance tasks described in this guide.
- Always check the unit before each use. Make sure that there is no damage to the Functional Training Rig.

IMPORTANT SAFETY INFORMATION

Personal Safety During Assembly

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required. If the equipment is not installed by a qualified dealer, no responsibility for the effects of install on the equipment are held by BeaverFit Ltd.

- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

- Assemble and operate the BeaverFit Training Rig on a solid, level surface. Unless the equipment is wall-mounted, locate the unit a few feet from walls or furniture to provide easy access.

The BeaverFit Functional Training Rig is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your new equipment.

Obtaining Service

Do not attempt to service the BeaverFit Training Rig yourself except for the maintenance tasks described in this guide.

For information about product operation or service, visit the BeaverFit web site at www.beaverfit.com or contact an authorized BeaverFit distributor. To locate the distributor or service person nearest you, call +44 (0) 1694 751 265.

If you call or e-mail Customer Service on the number above, have the SO Number for citation. You can find the SO Number printed on your Manual Delivery Note. For future reference, write the SO Number in the space provided below.

SO Number: _____

INTRODUCTION

Introduction to BeaverFit Ltd

BeaverFit is an International Institution of world class training equipment. We design, manufacture, and distribute functional training equipment along with professional education specific for strength and endurance development in all athletes.

Founded by Tom Beaver in 2010 out of a challenge by the British Military, BeaverFit developed a unique appreciation in providing training equipment that is original in design and manufacture.

Description

The Functional Training Rig range by BeaverFit are world class training facilities that are heavy duty, self-stabilizing or wall mounted, industrial strength and multi functional. The range has been carefully designed to suit all types of units and facilities. They are original in design & manufacture.

Audience

The BeaverFit Functional Training Rig can be used by anyone, subject to the safety instructions outlined in this document.

Thank you for purchasing a BeaverFit Functional Training Rig. Before using this product please read this user manual in its entirety to ensure that you have the knowledge to safely and properly operate all of the features on your rig.

CAUTION:

Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease; or is over the age of 45; or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

TERMS

Terms & Conditions of Supply of Goods

- 1) The 'Seller' means BeaverFit of The Old Mill Farm, Walkmills, Church Stretton, SY6 6NJ
- 2) 'The 'Buyer' means the person buying Goods
- 3) 'Goods' means goods being sold by the Seller to the Buyer
- 4) 'Delivery Date' means the date given by the Seller to the Buyer
- 5) 'Payment Date' means when Goods are ordered and prior to Delivery Date
- 6) 'Price' means the price give by the Seller to the Buyer
- 7) The Buyer orders and the Sellers agree to sell to the Buyer the Goods at the price for delivery by the Delivery Date
- 8) The sale of the Goods by the Seller to the Buyer that is constituted by and recorded by these Terms and Conditions shall be governed solely by the express provisions in these Terms and Conditions
- 9) An order for the Goods shall be deemed to be an offer by the Buyer to purchase Goods pursuant to the provisions of these Terms and Conditions
- 10) The Seller shall have accepted that offer only when it has indicated in writing to the Buyer that it has accepted that offer
- 11) Acceptance of the delivery of the Goods shall occur and be deemed to occur immediately on the entry of inscription shall immediately constitute, and be deemed to constitute, conclusive evidenced of the Buyer's satisfaction with and acceptance of the Goods
- 12) No purported variation of any obligation arising under or in connection with these Terms and Conditions nor become binding on the Seller, unless and until the Seller has agreed to it in writing
- 13) The Buyer acknowledges and agrees that any description which is given or applied to the Goods:
 - a) is solely for purposes of reference and does not constitute or afford the basis for any express or implied undertaking that the Goods correspond with or conform to such reference
 - b) is not and has not been relied on by the Buyer when entering into these Terms and Conditions
 - c) some Goods will be delivered ready to be assembled and detailed assembly instructions will be with the Goods. It is the responsibility of the Buyer to comply with the assembly instructions
 - d) the use of the Goods is at the Buyer's sole risk and the Buyer must take appropriate advice from qualified instructors regarding the use of the Goods
 - e) the Buyer is solely responsible for ensuring that the Goods are suitable for the Buyer and must consult with their GP before beginning any exercise programme
- 14) Payment for the Goods shall be made on the Payment Date
 - a) All amounts stated are exclusive of VAT and any other applicable taxes or levies, which shall be charged in addition at the rate in force at the date any payment is required from the Buyer
 - b) If payment is not received by the due date, the Seller at its exclusive discretion shall be entitled:
 - i) to charge interest on the outstanding amount at the rate of 4% per annum above the base lending rate of Barclays Bank Plc, accruing daily; and/or
 - ii) to require that the Buyer make a payment in advance of any delivery not yet made; and/or
 - iii) not to make any delivery

TERMS

Terms & Conditions of Supply of Goods

15) The Seller shall deliver the Goods to the address of the Buyer on the Delivery Date

a) The cost of delivery shall be subject to the method of delivery, and shall be payable at the same time and in the same manner as the Price

b) For the avoidance of doubt, both the Delivery Date and any other date given under or pursuant to this Agreement is no more than an estimate, and the Seller's conformity with such date is not, and shall not be in any event or circumstance be or become, of the essence of these Terms and Conditions

16) The risk in the Goods shall pass to the Buyer on the Delivery Date

17) The property in the Goods shall not pass to the Buyer until the Seller has received the full amount of the Price and any other sums that are owed to the Seller by the Buyer

18) The Buyer agrees:

a) that the Buyer will have a reasonable opportunity to inspect the Goods before signing the Seller's delivery note

b) the Buyer will have an opportunity to have satisfied itself as to the condition of the Goods before signing the Seller's delivery note

c) the Seller gives no representation or undertaking, and shall be bound by no condition, warranty or other obligation (whether express or implied, and whether imposed or implied by statute, at common law or otherwise) concerning the condition, quality, physical state or attributes, location, origin, fitness or suitability for any purpose, or conformity with description or sample, of the Goods

d) that the entry or inscription of the Buyer's signature on the Seller's delivery note on delivery of the Goods to the Buyer shall be conclusive evidence that the Buyer has examined the Goods and that the Goods correspond in every respect with the Goods that the Buyer is entitled to receive under these Terms and Conditions

19) The Seller may, at the Seller's exclusive and unqualified discretion, make good either by repair or by the provision of a replacement, and defect which, following proper use of the Goods, appears in the Goods within a period of 5 years after the Goods have been delivered, provided that:

a) the Buyer notifies the Seller in writing of the claimed defect(s) immediately on their appearance; and

b) the Seller is satisfied that the sole cause of the defect(s) is:

i) faulty design; and/or

ii) faulty materials; and/or

iii) faulty workmanship; and

c) all Goods claimed to be defective are returned to the Seller within the period stipulated by the seller, following the Seller's receipt of notice in accordance with clause 19, sub-clause a)

d) Repaired or replacement Goods shall:

i) be delivered to the Buyer at the original place of delivery; and

ii) be subject in all other respects (mutatis mutandis) to the provisions of these in particular, without limitation and in accordance with clause 18, sub-clause c, the Seller undertakes no responsibility for the condition, quality, physical state or attributes, location, origin, fitness or suitability for any purpose, or conformity with description or sample, of such repaired or replacement Goods or any portion, part or component of them

TERMS

Terms & Conditions of Supply of Goods

e) As an alternative to the discretion expressed in clause 19, and in the event that the Buyer has already paid the Price when the Buyer notifies the claimed defect to the Seller, the Seller may, at its exclusive and unqualified discretion:

- i) refund the Price of the Goods to the Buyer; and
- ii) recover possession of the Goods from the Buyer

20) Neither party shall owe or incur any liability under or in connection with, or be deemed to be in breach of, these Terms and Condition by reason of any delays in, revisions to, or failures in performance of the Agreement that result from circumstances beyond the reasonable control of that party

21) The validity, construction and performance of these Terms and Conditions and of all other rights and liability arising in connection with these Terms and Conditions shall be governed by English Law

MAINTENANCE INSTRUCTIONS

Daily Care:

- Check all equipment to ensure that it is suitable for use.
- Wipe down any upholstery with a mild 10% soap to 90% water mixture and a clean cloth.

WARNING: Do not use any ammonia or abrasives.

- Inspect all attachments, pop pins and hand grips to ensure they do not contain water.

Weekly Care:

- Inspect all bolts & nuts and tighten if necessary.
- Clean any excessive dirt from the attachments.

Every 3 Months:

- Thoroughly wipe and dry frames, tubes and areas of heavy contact with a mild 10% soap and 90% water mixture.

WARRANTY INFORMATION

Our warranty and guarantee is extended to the original customer/purchaser only. Please retain your sales receipt/invoice and provide it to BeaverFit Ltd in the event of a claim. BeaverFit Ltd equipment is warranted to be free from defects in materials and workmanship.

However, in the unlikely event of a problem please contact BeaverFit Ltd on +44 (0) 1694 751 265. This warranty covers the following items. The warranty does not apply to a product that becomes defective due to misuse, abuse, failure to perform normal maintenance or improper installation. Warranty is void if equipment has been modified, altered or contains parts not supplied by BeaverFit Ltd.

DURATION OF WARRANTY

Frames
5 years

Welds
5 years

Attachments
5 years

All BeaverFit Ltd products have been examined prior to shipment to ensure they meet the exact specifications of the order and quality standards, including packaging. It is our responsibility to contact the shipping company if anything is damaged during shipment.

No returns of equipment will be accepted by BeaverFit without prior written authorization. There are no additional warranties, either expressed or implied, arising out of the sales of this product other than those contained herein;

WARRANTY INFORMATION

Important Notes

- Warranties apply to the defects in material and workmanship only.
- Warranty extends to the original purchaser and is non - transferable.
- Any modifications to BeaverFit Ltd equipment will void the warranty.
- Use of authorised, non-BeaverFit Ltd parts will void the warranty.
- Coatings are not warranted on any product.
- Abuse or normal wear and tear is not covered by these warranties. Preventative measures such as routine checkups and proper equipment handling will ensure long-lasting quality.
- Limited lifetime warranty time frame is calculated from the original date of purchase.
- Does not cover rust.

Limited Lifetime Warranty

- If, at any time, a component part is defective, BeaverFit Ltd shall repair or replace it (at BeaverFit Ltd's option) within a reasonable period.
- This warranty does not cover costs of removal, transportation (related to removal or installation), or re-installation. This warranty shall not apply if the defect was caused by misuse, neglect, or normal wear and tear.
- BeaverFit Ltd's sole responsibility shall be to repair or replace the component within the terms stated above. BeaverFit Ltd shall not be liable for any loss or damage of any kind including incidental or consequential damages resulting, directly or indirectly, from any warranty expressed or implied or any other failure of this product.
- This warranty does not apply to you if you have purchased this product for resale. The warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage.

Limited Lifetime Warranty Contd;

- BeaverFit Ltd does not warrant against any damage or defects that may result from repair or alterations made to the product by a repair facility.
- This warranty shall terminate if you sell or otherwise transfer this product.
- Consequential and incidental damage are not recoverable under this warranty.
- THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL THE EXPRESSED WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES FOR MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. BEAVERFIT LTD IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING IN DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES, BEAVERFIT LTD'S SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM.

WHAT IS NOT COVERED BY THIS WARRANTY:

BeaverFit Ltd is not responsible for the repair or replacement of any parts that BeaverFit Ltd determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear and tear, accident, damage during transit or installation, fire or an act of God.

WARRANTY INFORMATION

Warranty Registration Card

For your Warranty to be effective, please fill in the below form and return to:

BeaverFit Ltd
Old Mill Farm
Walkmills
Church Stretton
Shropshire
SY6 6NJ

BEAVERFIT WARRANTY REGISTRATION

Thank you for purchasing a BeaverFit product. In order that we may continue to serve you in the future, please take a few minutes to complete and return this warranty registration.

For your protection, complete the BeaverFit Limited Warranty Registration Card within 30 days from the date of purchase and mail it to BeaverFit. In the event of a safety modification or for other reasons BeaverFit might deem necessary, we will contact you directly.

NAME OF FACILITY:

CONTACT NAME:

PHONE NUMBER:

ADDRESS:

CITY:

POSTCODE:

PURCHASED FROM:

PURCHASE DATE:

PURCHASER SIGNATURE: _____

INSTALLATION REPORT

Installation Report Information:

LOAD TEST INFORMATION

Load Test Information

BeaverFit have undertaken extensive assessment into the structural and architectural integrity of Functional Training Rigs.

Below is a summary of the works undertaken by Andrew R. Owen Ltd for the load testing of the rig.

Static Loadings

Superimposed loading : -
Maximum of 4 persons at 100kg each

Operating to each 8' section

Dynamic Loadings

Maximum of 2 person at 100kg each
Operating to each 8' section

KEY CONTACTS

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TEMPLATE RISK ASSESSMENT

Risk Assessments - Standard Lifting Operations (BS7121: Part 4:2010) Basic Lift - Installation or Removal

BeaverFit- Ltd

Location:	Site	System/Activity:	INSTALLATION OF	Assessment No:	
Assessor(s):	A	Date of Assessment:	Risk Assessment Rating Low		
Signature(s):					

INSTRUCTIONS FOR USE

- Each hazard must be assessed and qualified for the likelihood of harm occurring and the severity of any injury or illness so caused. The numeric assessments are then multiplied to achieve a risk rating for each of the hazards identified.
- Likelihood of Harm (L): Unlikely = 1; May happen = 2; Likely = 3; Very Likely = 4; Certain = 5
- Severity of Harm (S): First Aid injury or illness = 1; Minor injury or illness = 2; 3-day injury or illness = 3; Major injury or illness = 4; Fatality, disabling injury, etc. = 5
- With a Likelihood of Harm rating of 5 and an Initial Risk Rating of over 4 then controls should be implemented to reduce the degree of risk. A Post Control Risk Rating of 12 or over will result in an immediate cessation of work until the risk is reduced.
- If operations are likely to affect pedestrians or the safe operation of a public transport, the control measures must reduce the likelihood of significant harm to the level that existed before our work commenced.

Risk Rating Matrix

Likelihood of Harm (L)	Certain				
	Very Likely				
	Likely				
	May Happen				
	Unlikely				
		First Aid injury or illness	Minor injury or illness	3-day injury or illness	Major injury or illness
					Fatality, disabling injury, etc.
		Severity of Harm (S)			

Risk Rating Table

Score	Priority	Action
1-4	LOW	This represents a low risk although the control measures must be maintained
5-10	MEDIUM	Action required soon to control the risks. Interim measures may be necessary in the short term.

Hierarchy of Controls

1. Eliminate
2. Substitute
3. Engineering Controls
4. Administrative
5. Personal Protective

Hazards with a potential to create harm					
P ⁺ Adverse Weather	F Asbestos	F Confined spaces	F Contaminated ground	F Collapse of structures	F Deep excavations
F Demolition	F Dust	r Electricity	17 Falls from height	17 Falls on the level	F Fall of materials
F Fire/Explosion	F Flying particles	F Fumes/Gases	F Hand tools	F Heat/Cold	ki Hazardous substances
F Infected material	.17 Lifting operations	1 Lighting levels	p ⁻ Lone working	P ⁺ Manual handling	F Mobile plant/Vehicles
F Mobile scaffold towers	I ⁺ Noise/Vibration	FI Overhead services	F Power tools	17 Soft ground	P ⁻ Vehicles/plant overturning

TEMPLATE RISK ASSESSMENT

Risk Assessments - Standard Lifting Operations (BS7121: Part 4:2010) Basic Lift — Installation or Removal

BeaverFit-Ltd

Identified Hazards	Who is at risk?	Controls currently in place	Initial Risk Rating			Additional Control Measures to be Implemented in order of priority	Residual Risk Rating		
			L 1-5	S 1-5	L x S 1-25		L 1-5	S 1-5	L x S 1-25
Injury due to not wearing of PPE	Operator & site personnel	Method statement states the minimum requirement for PPE for carrying out a lifting operation which must be adhered to				Client on site to assess method statement PPE minimum requirement and advise of any additional PPE required for that specific site over and above what is stated. Operator to ensure the PPE is fit for purpose and is comfortable to wear and carry out tasks associated with the lifting operation.			
Falls working from height	Operator	Safe Systems of work for high and low level lifting; high level lifting incorporates the use of a fall restraint system.				Low level lifting should always be the first consideration for lifting loads in to position, only if this is not reasonably practicable to de-attach low level lifting equipment should the high level lifting be considered. Fall restraint equipment if required should be inspected prior to use to ensure it is fit for purpose.			
Slips, trips and falls on a level	Operator	None				Operator to inspect working area to ensure it is clear of obstructions and liquid spillages. Operator to contact site contact to ensure obstructions are removed and spillages cleaned up prior to commencement of operations			
Fuel, Hydraulic oil and Oil spillages	Environment	Vehicle servicing and 12 monthly thorough examination				Operator to notify site contact in the event of a spillage, dependant upon location of spillage emergency services and environmental agency.			
Unauthorised personnel in working area	Operator & site personnel and public	None				Working area to be cordoned off prior to carrying out lifting operation. Lifting procedure to be suspended in the event of unauthorised persons entering the working area. Persons who fail to cooperate with being asked to leave the working area need to be reported to the site contact.			
Manual Handling	Operator	Manual handling training				Mechanical lifting equipment to be used to lift/push/pull objects if possible. Objects to be assessed for the weight and shape prior to lifting. route if carrying objects distances to be clear of obstructions and liquid spillages. Additional labour to be used to lift, push/pull heavy or awkward objects.			
Moving Plant/Vehicles	Operator & site personnel	Reversing beepers, speed restrictions				Operator to assess vehicle access & egress route prior to manoeuvring vehicle. Banksman to be allocated to assist drivers reversing. Banksman to wear appropriate high visibility clothing and agree hand signal with driver prior to commencing manoeuvres.			

TEMPLATE RISK ASSESSMENT

Risk Assessments — Standard Lifting Operations (BS7121: Part 4:2010) Basic Lift — Installation or Removal

BeaverFit-Ltd

Identified Hazards	Who is at risk?	Controls currently in place	Initial Risk Rating			Additional Control Measures to be implemented in order of priority	Residual Risk Rating		
			L 1-5	S 1-5	L x S 1-25		L 1-5	S 1-5	L x S 1-25
Unfamiliar Site	Operator & site personnel	Scheduled delivery communication				Report to site contact upon arrival and discuss site safety arrangements, attend a site induction, don't proceed with lifting operation until site contact has been made.			
Lifting Operations	Operator & site personnel	Safe Systems of Work				Environmental considerations to be assessed i.e. wind conditions, ground conditions, lighting levels, overhead obstructions, working area obstructions. Lifting procedure not commence until all environmental factors have been assessed and deemed to be safe to continue. Operator and third party has the authority to stop procedures should conditions not be suitable to continue			
Failure of lifting equipment	Operator & site personnel	6 monthly thorough examination				Lifting equipment to be inspected prior to each use looking to ensure it's operating with the SWL and is free from cuts abrasions and or distortion. Items with any defects are to be quarantined and not used under any circumstances. Lifting equipment to be used as per manufacturers instructions.			
Overturning Vehicle	Operator & site personnel	Training on the set up and operation of the lorry loader following manufacturers specification using outrigger mats				Operator to inspect ground conditions prior to setting up outriggers to ensure ground conditions are suitable, client to advise operator on underground services in set up area. Out rigger mats to be used as per set up procedure. Test lift the load and observe outrigger movement			
Overhead obstructions	Operator	Pre vehicle set up checks				Operator to assess lifting operation prior to set considering overhead obstructions such as power lines, scaffold overhangs. Client to advise at site induction/briefing stage of potential issues. Operator and third party have the right to stop procedures going ahead if in any doubt			
Crush injury	Operator	Safe system of work				Operator or site personnel to ensure they do not stand beneath or between any adjacent building or structure during the lifting operation			
Adverse Weather	Operator & site personnel	Training for operator				Operator to assess weather conditions prior to commencement of vehicle set up and lifting operation. Operator and third party has the right suspend or abandon vehicle operation if the weather conditions are deemed as not safe to proceed.			

INSTALL CERTIFICATE: 3-MONTH CHECK

BeaverFit recommends that a recorded 3 month check of the Functional Training Rig is to be enforced in accordance with this manual.

A template form is provided below:

[illegible]

FOR ANY QUERIES:

Please contact:

info@beaverfit.com