

**EN**

## Information for users

**Product:** Kneepad, for working on knees, model: 6110 011 800 00 /2100-50/ (81007057)

**Description:** Kneepad **Type 2** - knee protector, (flexible liner) made of EVA material, a foamed plastic meant for knee pockets on the knees of bib pants.

**Model class 0.**

**Information for selection of a suitable model class:**

The kneepads of class 0 are suitable only for using on a flat surface and do not protect against pricking.

The kneepads of class 1 are suitable for using on a flat or uneven surface and are determined for protection against pricking with a force of at least  $(100 \pm 5)$  N.

The kneepads of class 2 are suitable for using on a flat or uneven surface in demanding conditions and are determined for protection against pricking with a force of at least  $(250 \pm 10)$  N.

Kneepads comply with the requirements of the Regulation (EU) 2016/425 and also comply with EN 14404:2004+A1:2010).

The Certificate of compliance issued by: Ente Certificazione Macchine Srl, Via Ca' Bella, 243 – Loc. Castello di Serravalle / 40053 Valsamoggia (BO) – Italy. [www.entecerma.it](http://www.entecerma.it).

**Application:** Kneeling is an unnatural working position. Workers can be exposed to discomfort and direct injury caused by hard surfaces, small stones and similar objects occurring on surfaces without protection provided by kneepads. However, no kneepads can provide absolute protection against an injury. No kneepad can also guarantee protection of workers against suffering from health complications as a consequence of their kneeling for a long time. The kneepad protects a knee against an injury and pressure sore due to working while kneeling – during paving on roads, laying parquet and flooring, and in other jobs in which kneeling is necessary. The kneepad is not water-resistant. It can't be used for protection against pricking, cut, intensive friction, chemicals, fire and heat. It is not determined for sports applications.

Avoid making any changes in the structure of a kneepad, except for adjustments of the length (depending on the knee pocket), because it could cause an irretrievable damage or reduce its protecting properties. You can adjust the length - see the scissors marked on the reverse side of the kneepad.

Useful life - it is impossible to determine a precise useful life, because it depends on the frequency and method of use, storing, and maintenance. Before you put the kneepad on, check whether it is not damaged (check any ruptures, damages, tears or pressure marks). Any damaged kneepad shall be discarded.

**Warning:** It is important so that kneepads do not prevent blood circulation in legs while kneeling or standing. For this reason it is important so that workers wearing kneepads can easily change positions and stand up frequently to restore the normal blood circulation.

**Instructions for fitting a kneepad:** The kneepad is meant for inserting in a special knee pocket of ORION, STRETCH and SIRIUS bib pants. Method of inserting - see the picture on the package. There is a mark on the outside part of the kneepad:  Only clean and undamaged kneepads may be inserted in these pockets. Any dirt or ruptures on the kneepad could pinch you unpleasantly and could endanger your health. The kneepad must not pinch you in any parts. If this type does not suit you for any reasons, try another product.

**Size:** Produced in one size only – suitable for all users with waist size not exceeding 100 cm.

**Maintenance:** Keep the kneepad clean. Failing that, its protection will be reduced. It must not be cleaned by immersing in a liquid; do not wash in a washing machine. Any dirt shall be removed using a soft brush or soft cloth and warm soap water. Let it dry after it was cleaned or used. Do not clean chemically; do not dry in tumble dryer; do not iron and do not bleach.

**Storing:** The kneepad must be kept in a dry and cool place. Avoid its exposing to heat and direct sunlight. The shelf life is 3 years from the production date, provided it is stored in suitable conditions. The year of manufacture can be found on a label on the label: ZA / year of manufacture / serial number.

**Materials:** EVA - Ethylene-vinyl acetate - foamed material.

**Disposal:** Shall be disposed of as conventional waste. It falls into the category: other waste.

**Information on the issues of using kneepads and working while kneeling.**

Positions on knees are not natural for people and knees anatomy is not adjusted to long-lasting physical burden caused by kneeling. However, a kneeling position may be very suitable for some activities, during which certain discomfort or injuries could occur. Therefore, workers want to wear kneepads with soft inner surface.

Knee protection provided by kneeling on a soft base does not prevent all problems arising due to pressure sore and discomfort and some long-lasting changes of skin can occur. When working in a kneeling position, you can always expect worsened blood circulation in lower parts of your leg(s). Inactivity of calf muscles holds down the pressure propelling venous blood circulating up to the leg and bended knees inevitably lead to pressing the below-knee veins and prevent blood to circulate. It is generally known that sitting without any movement with bended knees, for example in a plane, causes circulatory problems, even without any pressure exerted to a knee, which results in swelling of angles and deep vein thrombosis. If protection of knees is provided by kneepads fixed by straps to legs, the problems may be even worse because such pressing contributes to restriction of venous blood outflow.

**Recommendations for users:**

- Check that your kneepads comply with EN 14404 and are always in good condition;
- Kneel uprightly, do not sit on your heels;
- Move here and there, try not to keep still;
- Avoid kneeling on kneepads without getting up and walking here and there for longer than one hour;
- Walk for at least 10 minutes here and there without kneepads fixed on your knees at least once in an hour;
- If your knees or calves are swelling during working while kneeling, consult your doctor.

The Declaration of Conformity can be found here: [www.canis.cz](http://www.canis.cz); for individual products, in the bar "Documents to download".

**Manufacturer:**  **Contact address: U Tesly 1825, 735 41, Petřvald, CZ**