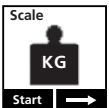


Quick Guide – Trainer Module



When the user is ready to start training, activate the hoist by pressing any one button on the hand control, at which point the Guldmann logo will appear. Click the "**Menu**" button.



Press on → until the "**Trainer**" menu appears in the display.

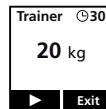


Select "**Start**" in the Trainer menu.

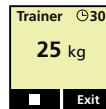


The Trainer Module will now display a weight in kg.

Using the up/down buttons on the hand control, select the number of kg you wish to relieve. Note that the ceiling hoist will move slower than normally in order to facilitate a precise weight setting. The desired amount of weight relief is determined by the users individual needs and function level.



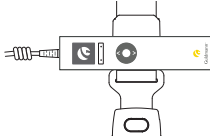
Once the weight relief has been selected, the training begins by pressing the left menu button "▶".



Automatic weight relief is activated and the training begins. This is indicated by a yellow display. The user may now carry out the exercises with their selected weight relieved.

The weight may be adjusted as needed during training using the up/down arrows on the hand control. Adjustments are done in intervals of 1 kg.





For hands-free control, the hand control may be clipped on to the holder on the strap. Hands-free control leaves the therapist with both hands free to help the user during the training and prevents the cord from being wrapped around the strap, risking damage.

Do **not** place the hand control on the hanger: the cord will wrap itself around the strap!



If you wish to terminate the automatic training function and return to normal “hold to run” mode, activate either one of the two menu buttons “■” or “Exit” below the display (both buttons may be used).



When the training is over: select “Exit” to leave the Trainer Module – the ceiling hoist will now function as normal (for lifting and transfer).



Scan here for user manual, etc. concerning use of the GH3 ceiling hoist.

Error notifications



Dynamic weight relief overload. Allowed dynamic weight relief max 100 kg. Please reduce load to activate dynamic mode.



Dynamic weight relief underload. Allowed dynamic weight relief min 5 kg. Please load strap to activate dynamic mode.



Upper or lower limit has been reached. Please make sure nothing is activating the upper limit and that the strap has been fully unwound.



Battery level low. Indicating there is less than 60 seconds of training time available.



Battery level critical. Training module will shut down.



Time indicator. Indicating remaining training time in minutes.



Training time is less than 1 minute or has been exceeded.

| Time to care |

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