



Thank you for purchasing a BedEx® Slider Mat Product.

The Base Mat and Mobile Pads are made of premium quality low friction material and are proudly manufactured in Australia.

Safety First

Low friction surfaces are potentially destabilising. Due to the low friction properties of the BedEx® Slider Mat, please observe the following precautions:

- To ensure safety, select exercises carefully to suit individual capabilities.
- Commence use of the BedEx® Slider Mat only after training / instruction in its use by a qualified Physiotherapist, Occupational Therapist or Exercise Professional
- Remove the Base Mat and Mobile Pads from the floor or bed as soon as the exercises have been completed.
- Use the BedEx® Slider Mat only as instructed.
- Wear nonslip footwear while performing wall squats and other similar wall-based exercises.
- Cease the exercise and contact your treating health professional for advice if any difficulties are experienced with the exercises / stretches.
- Supervise children at all times.
- If additional exercise tools are incorporated into the BedEx® Slider Mat Exercise Program, follow the safety instructions which accompany those products.

Product Care

Keep away from:

- abrasive objects such as sand between the Base Mat and the Mobile Pads
- sharp or uneven objects in contact with the BedEx® Slider Mat
- flames / heat

Do not:

- spray with chemicals
- use with talcum powder.
- expose to oils and creams.
- iron the BedEx® Slider Mat
- fold the mobile pads as they will crease.

Cleaning:

- To disinfect surfaces, use 70% Isopropyl alcohol wipes (Azowipes, Cliniwipes, Liv-Wipes)
- To remove dust / powder, use a damp cloth.
- To remove marks, use Chux Magic Eraser or similar.
- Dry flat in the shade

Storage:

- Store in a dry place away from dust and heat
- Do not fold or crease the Mobile Pads – to fit the large Mobile Pad in the bag, curve it around the internal perimeter of the bag.
- It is easier to fold base mats with the low friction material on the outside.

Mat Suspension:

- Attach the suspension clips to the black webbing of the Standard and Large Base Mats only.
- Hang the suspension clips from suitably mounted wall hooks.
- Remove suspension clips during floor, table and bed applications.

For Further Information on the BedEx Slider Mat or other BedEx products:

- Speak with your Physiotherapist, Occupational Therapist or Exercise Professional
- Check the BedEx website on www.bedex.com.au
- Send your request / feedback to GillBartley@bedex.com.au