

EN

USER MANUAL

# STAIRTRAINER

EN VS. 03.03



liftup

lifting people

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January 2024



# 1. Foreword

Congratulations on purchasing the StairTrainer.

This is an original user manual for the StairTrainer. Hereinafter we also use the term training aid for the StairTrainer.



It is important to read this manual before using the training aid. Any incorrect use may cause unintended hazards.

Always keep the user manual available near the StairTrainer.

The StairTrainer is a mobile rehabilitation aid which offers opportunities for training with adjustable step height, e. g. after illness or hospitalization. The StairTrainer is also ideal for senior citizens and the walking-impaired who require training in safe and secure surroundings.

Where an “authorized service technician” is referred to below, this refers to a service technician who has completed a product and service course at Liftup.



## 2. EC declaration of conformity

### Directive 2006/42/EC on machinery

**Manufacturer:** Liftup A/S  
**Address:** Hagensvej 21, DK-9530 Støvring, Denmark  
**Telephone:** +45 9686 3020

hereby declares that:

**Device:** StairTrainer

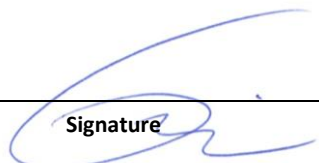
**Year:** 2008

**conforms to the key health and safety requirements of the Machinery Directive:**

The following was used in the assessment:

EN ISO 12100- 1: 2003 Basic terminology and methodology  
EN ISO 12100- 2: 2003 Technical principles  
EN 1050: 1997 Principles for risk assessment

**conforms with Directive 2006/42/EC on machinery of 15th December 2004 on the approximation of the laws of the Member States relating to Electromagnetic Compatibility.**

Director	Flemming Eriksen
Position	Name
Liftup A/S, Hagensvej 21, DK-9530 Støvring, Denmark	
	Sted
1 December 2009	
Date	Signature



### 3. Factory Acceptance Test (FAT)



**FACTORY ACCEPTANCE TEST**

*Certificate*

is hereby issued to StairTrainer with serial no.

*(insert serial number / copy of CE certification mark here)*

The validity of the CE certificate is subject to correctly performed installation, cf. the manufacturer's instructions.

To certify that all safety tests, performance tests and other tests specified by our certified ISO 9001:2015 Quality Management System have been successfully passed and documented.

\_\_\_\_\_

Issue date

\_\_\_\_\_

Test responsible

\_\_\_\_\_

Liftup A/S | Hagensvej 21 | 9530 Støvring | Denmark  
T: +45 96 86 30 20 | M: mail@liftup.dk  
www.liftup.dk | CVR: DK-1015 3964



## 4. Terms of use

The StairTrainer is exclusively for the use of persons in need of rehabilitation and/or maintenance training.



It is important to read this manual before using the training aid. Any incorrect use may cause unintended hazards.

Always keep the user manual available near the StairTrainer.



**IMPORTANT!**

The StairTrainer must NOT be used for goods transport, including loaded pallets or other forms of heavy loads.



**IMPORTANT!**

No height adjustments must be made while a person is on the StairTrainer.



**IMPORTANT!**

The owner of the device is obliged to maintain it according to the Maintenance Checklist in section 11. It is also the responsibility of the owner to ensure that service inspections are carried out at correct intervals, cf. section 12.



Do not dispose of batteries, electrical or electronic equipment with unsorted household rubbish. When disposing of this device, ensure compliance with local ordinances and regulations.



**Max 180 kg**  
**Max 397 lbs**

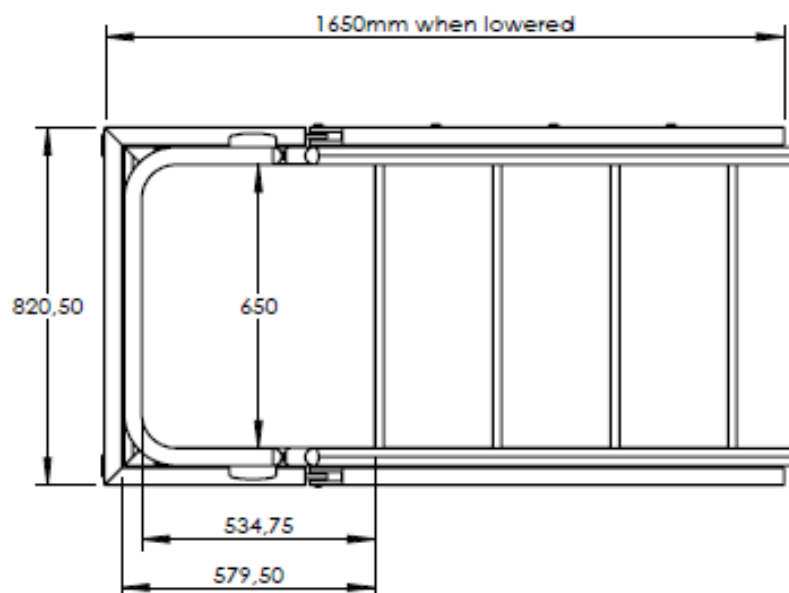
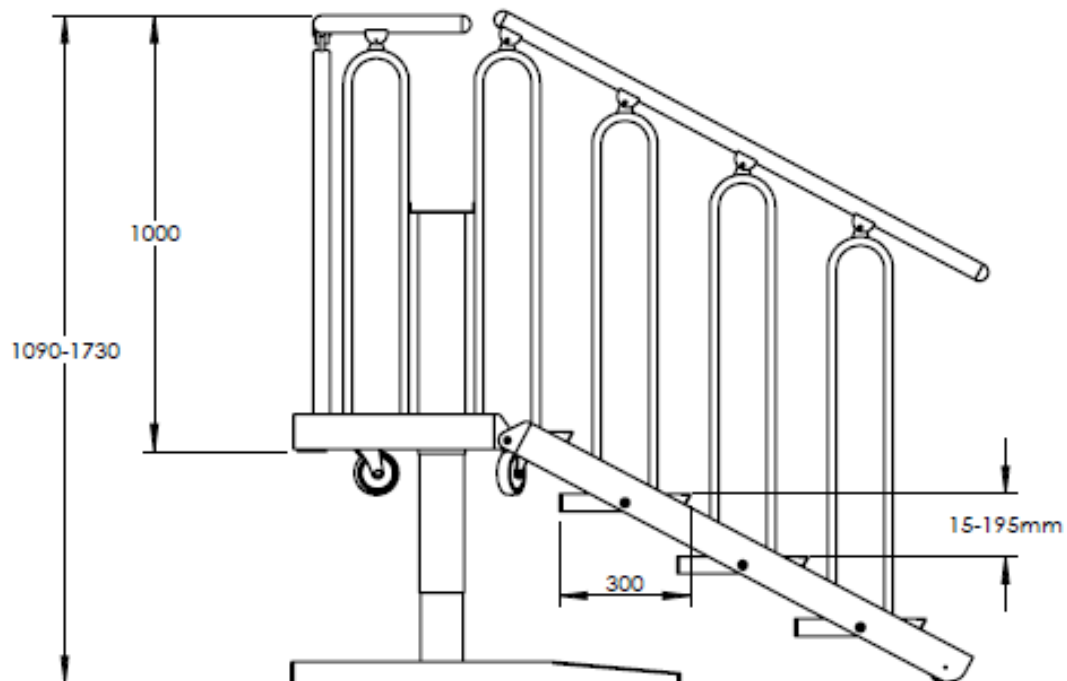
Max. load is 180 kg/397 lbs.

## 5. Technical specifications

Power:	100 - 240 V, 50 - 60 Hz, 8/9 A
Max. load:	180 kg/396.8 lbs
Height:	1085 mm/42.7 in
Width:	820 mm/32.3 in
Length:	1650 mm/65 in
Dead weight:	105 kg/232 lbs
Noise level:	< 70 db
Duty cycle:	2 min./18 min.



## 5.1 Dimensional drawings



## 6. Safety instructions

### 6.1 Handling and repair

Do not attempt to install or repair the StairTrainer yourself. This **MUST** be done by an authorized service technician.

The training aid must never be exposed to strong shocks/bumps when moved around, as this may have an impact on the functionality.

### 6.2 Unintended movements of the StairTrainer

If during the use of your StairTrainer movement or action occurs which is not described in this manual, stop the unit and call technical assistance.

Should your StairTrainer not move with plane movement as a platform, calibrate the device as described in section 10.1. If the problem persists, call technical assistance.

### 6.3 Operating conditions

The space under the training aid must be kept free of all objects, which may impair its downward movement.



**WARNING!**

The electric cable for the power supply must be able to move freely. There must be no risk that it may get stuck or lead to personal injury.

### 6.4 Avoiding personal injury



**WARNING!**

Never stand on the training aid when adjusting the height.

In order to avoid personal injury, **NEVER** use the StairTrainer when someone or something is in danger of being hurt by crushing, cutting, falling, stumbling or similar. The user/operator must to the extent possible make sure that the movement of the StairTrainer will not jeopardize anybody or anything.



**WARNING!**

Be extra careful when small children and disabled persons are around the training aid, since these groups cannot always be able to foresee the possible consequences of the movements.

**Never allow children or unauthorized persons to play with the device.**





## 7. Function description

The StairTrainer is a so-called “dead man’s switch” device, i.e., the push buttons must be held in throughout the entire operation. The training aid is easy to operate: The user chooses whether the stairs should move upwards or downwards by pressing one of the push buttons on the operating panel.

The StairTrainer can be moved around by one person thus allowing for use in multiple locations.

## 8. Start-up

The StairTrainer must always be connected to a 100-240 V socket and be switched on. Normally, the StairTrainer is always in “standby mode”, i.e. it is ready for use as soon as one of the operation keys is pressed.

If the power supply has been interrupted, or if the system registers any other irregularity, the device must be calibrated, cf. section 10.1.

## 9. Instructions for the use

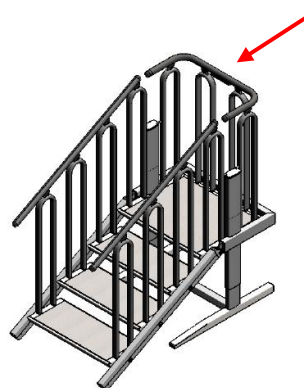
The StairTrainer is activated and operated by means of the arrow keys on the operating panel.

UP arrow (▲):

Moves the training aid upwards

DOWN arrow (▼):

Moves the training aid downwards



### Height adjustment

It is easy to adjust the height of the StairTrainer to match the current need: Press and hold the appropriate arrow key to run the training aid up or down. Release the button once you have reached the required height.

The display always shows the current height (cm) between the floor and platform/top step.



### WARNING!

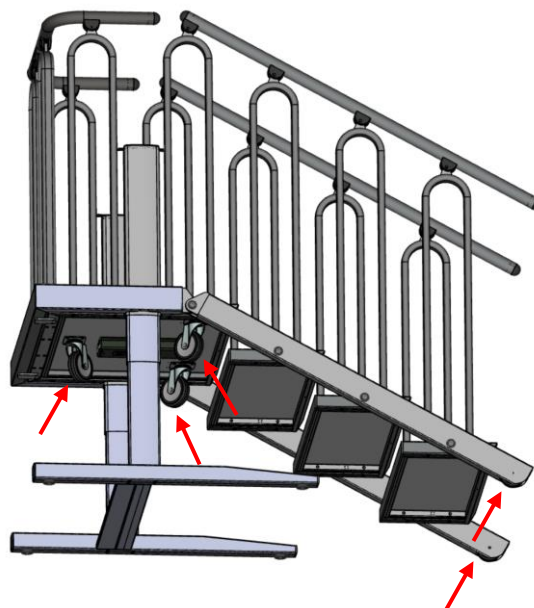
Never stand on the steps of the training aid when adjusting the height.



### Transfer/relocation

The StairTrainer can be moved around by one person.

The device is equipped with 3 swivel wheels at the back of the stairs, and 2 fixed wheels, situated on each side frame, on which it can roll.



- Run the StairTrainer all the way down until it rests on the wheels.
- Disconnect the power supply.
- Use the back rail as grip.
- Push/drag the stairs to the new position.



### WARNING!

Move carefully and slowly when relocating the StairTrainer.

Pay attention to the surroundings.



## 10. Operation

In normal operating conditions, the StairTrainer should always be connected to a 100-240 V socket.

### 10.1 Calibration after power failure/disconnection

If the power supply has been interrupted, or if the system registers any other irregularity, the training aid must be calibrated

Run the training aid down until it rests on the lower level (10 cm). Release the arrow key. Press and hold the arrow key (▼) for a minimum of 4 seconds. The calibration is complete when the display shows E01.



#### **IMPORTANT!**

If the training aid does not operate as expected or stops again after a few centimetres, technical problems may have arisen and require a repair by technical staff. Contact your dealer for further assistance.

## 11. Maintenance

Clean by wiping off with a cloth that has been wrung out in water containing a mild detergent.



#### **IMPORTANT!**

Do NOT use a high-pressure cleaner or wash the StairTrainer down with water straight from a hose. Aggressive detergents and suchlike must not be used on the device. Also avoid salt or sand coming into contact with the training aid in connection with winter maintenance.

The mechanical maintenance of the StairTrainer is normally only undertaken in connection the regular service inspections which must be carried out by and authorized service technician. In the event of unintended errors or dissonance, contact your dealer immediately for assistance.



#### **IMPORTANT!**

Perform regular checks under the device for any items/objects and remove these in order to ensure free movement of the training aid.



## 12. Service inspections

### 12.1 Regular service inspections

In addition to the general maintenance described in section 11, as a manufacturer, we require regular service inspections of the device to be performed at the interval stated below.



**IMPORTANT!**

For safety reasons, it is very important that these service inspections are complied with, as a lack of, or incorrectly performed inspections could result in personal injury.



**IMPORTANT!**

The warranty may become void if the minimum requirement for service inspections is not observed.

**The manufacturer's minimum requirements for number of service inspections per year:**

	Indoor
Private/not freely accessible	1

As a manufacturer, we recommend that the regular service inspection be carried out by an authorized service technician. The dealer from whom you have purchased the product will offer this service but, if you wish to use another service provider, it is the owner of the device who will be responsible for the service technician chosen having received training on the product in question. See also: <https://www.liftup.dk/en/distributors/>.



**IMPORTANT!**


The power supply **MUST** be interrupted before inspection on or under the device. This is to protect against accidental operation. The service technician is responsible for interrupting the power supply before commencing the service.





## 13. Service logbook

The form (like the example below) must be completed after each inspection.



### Service logbook - StairTrainer


Doc. Version: 2024.01.10

This form must be filled in after every inspection. The logbook must be kept together with the device.

Name/company	
Address	
Postal code	
Phone	
Contact person	
Dir. phone/mobile	
EAN/GLN	

Product	
Product type no.	
Serial number	
Installation date	
Latest service, date	

No.	Date	Comments	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
12			
13			
14			
15			
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17			
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Liftup A/S | Hagensvej 21 | DK-9530 Støvring | Denmark | T: +45 9686 3020 | M: support@liftup.dk | CVR: DK-1015 3964



## 14. Spare parts and accessories

### IMPORTANT!



It is important to always use original spare parts. Parts must only be replaced by an authorized service technician. If non-original spare parts are used, the factory guarantee may become void. Furthermore, the safety of the product may be compromised, leading to the risk of personal injury.

For further information regarding spare parts and services, please contact our distributors:  
<https://www.liftup.dk/en/distributors/>

Part no.	Description
100255	Mounting kit for steps
100247	Spiral cable for StairTrainer
100242	Lifting column for ELx00/1 and StairTrainer
100064	Wheel for stair frame
100067	Swivel wheel
100241	Control panel for 100.243
100243	Control unit
100580	Power cable – 230V
100245	50x50 plastic plug
101671	Plug for rail guides ø40 semicircular
101871	Plug for foot 50x25

## 15. Disposal

The owner is responsible for disposing of the product in accordance with the rules applying at any time.

Where necessary, contact your dealer for assistance with disposal.



## 16. Warranty

The warranty applies in relation to the rules for the warranty prevailing at any time.

Liftup offers a full 2-year warranty on spare parts, provided the product has been registered with Liftup (<http://lpr.liftup.dk/>):

### Product Registration

Register your product today and receive 2-years liability for defect on your product directly from Liftup.

Product ID - Serial no.   [?](#)

Type of registrant

First name

Last name

Organization

Address

City

Region / State

Zip Code

Phone

Email

Language

Copy of receipt  Der er ingen fil valgt

If you want to stay updated regarding the latest news and updates, please fill in the check box.

By registering your information, you agree that Liftup may keep your information in the 2-year period of Liability for defects and contact you upon updated user guides and product safety. When the period of Liability for defects has expired, we will contact you again to ask if we may retain your information. Otherwise they will be deleted. Additionally, this information is used for internal statistics, but is not disclosed to third parties. You can revoke your consent at any time.

For any questions regarding registration or liability for defects please contact [mail@liftup.dk](mailto:mail@liftup.dk).



Find out more about this in our sales and delivery terms, which can be found on our website: <https://www.liftup.dk/en/about-liftup/general-conditions/>



**NB:**

The warranty may become void if the prescribed service inspections are not observed.

If the prescribed inspections, checks and service inspections are not observed, see section 12, this could have serious consequences for the safety of the product. It is the customer's responsibility to ensure that the product complies with the prescribed inspections, and service inspections at all times, see Order No 461 of 23 May 2016, Appendices 2 and 3 and the Danish Working Environment Authority's Order no. 1109, Section 14.



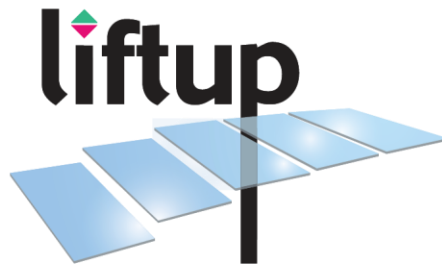






# lifting people

We want to change the way people think about access products: More than a technology you need – it's a technology you want. We design thoughtful, holistic and aesthetic access solutions where every element adds to improve the total user experience. We create unique tailor-made solutions where our products help people and are fully and beautifully integrated in the architectural environment. This means that our access solutions also have an emotionally uplifting and satisfying impact – because they are comfortable, user-friendly and well-designed. This also means that we can transform access enablers from being tools that solves a task for the few – to being smart and pleasurable design elements for everyone to enjoy.



[WWW.LIFTUP.DK](http://WWW.LIFTUP.DK)