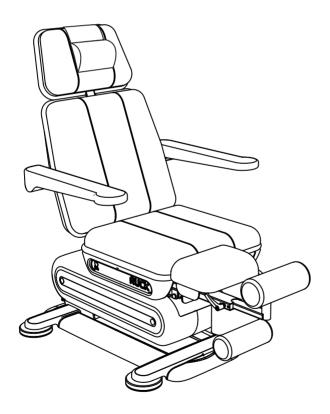


Podiatry Couch STELLA 3s

Instructions for Use









SUCK. Podiatry Couch STELLA 3s

> Diese Gebrauchsanweisung können Sie in weiteren Sprachen unter nachfolgendem Link herunterladen oder telefonisch anfordern.



- > Tämän käyttöohjeen voitte ladata useilla eri kielillä seuraavasta linkistä tai pyytää tietoja puhelimitse.
- > Puede descargar este manual en diferentes idiomas en el siguiente enlace o bien solicitarlo por teléfono.
- > Instrukcje te mogą być pobierane w innych jezykach pod poniższym linkiem lub telefonicznie
- Tento návod je také k dispozici v jiných jazycích. Použijte prosím následující odkaz ke stažení návodu nebo si je vyžádejte telefonicky.
- > Šo lietošanas instrukciju citās valodās iespējams lejuplādēt zemāk norādītajā saitē vai pieprasīt telefoniski.
- > This manual is also available in other languages. Please use the following link to download the manual or request it on the phone.
- > Questo manuale è disponibile anche in altre lingua. Lo si può scaricare utilizzando il seguente link o richiederlo per telefono.
- > 此說明書另有提供其他國家語言,請點擊此連結下載檔案,或透過電話詢問下載亦可。
- > Navodila za uporabo lahko v številnih jezikih pridobite na sledeči povezavi ali naročite prek telefona
- > Acest manual este disponibil si in alte versiuni de limba. Accesati link-ul urmator pentru a descarca manualul sau il puteti solicita telefonic.
- > Вы можете загрузить руководства по эксплуатации на других языках кликнув на ссылку или запросив по телефону.
- Τις οδηγίες χρήσεως μπορείτε να τις βρείτε και σε άλλες γλώσσες, πατώντας στο παρακάτω link για να τις κατεβάσετε ή να τις ζητήσετε τηλεφωνικώς.
- > U kunt de gebruiksaanwijzing in diverse talen downloaden onder de volgende link. Ook kunt u deze telefonisch aanvragen.
- Ce manuel d'utilisation est disponible aussi en autre langues. Veuillez utiliser le lien suivant pour le télécharger ou demandez-le par téléphone.
- > Bu kullanım kılavuzunu farklı dillerdede aşağıdaki bağlantıdan indirebilir yada telefon ile istiyebilirsiniz.
- > Atsisiųskite instrukcija lietuvių kalbą paspaudę šią nuorodą, arba paskambinę telefonu.
- > A használati útmutatót magyar nyelven a következő linkről tudja tölteni, vagy kérheti telefonon.
- ופלטב ותוא שקבל וא אבה קנילב תופסונ תופשב הלעפהה תוארוה תא דירוהל לכות.
- > 여러 언어로 된 본 사용설명서를 다음 링크에서 다운로드하시거나 전화로 요청하실 수 있습니다.
- > Hægt er að sækja þessar notkunarleiðbeiningar á öðrum tungumálum með eftirfarandi tengli eða panta þær símleiðis
- > Ezen kezelési útmutató további nyelveken a következő linken keresztül tölthető le, vagy telefonon megkérhető
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- > Denne brugsanvisning kan du downloade på flere sprog på efterfølgende link eller bestille telefonisk
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- Цю інструкцію по експлуатації на інших мовах ви можете завантажити за нижчевказаним посиланням на сайт або запросити по телефону
- 1. hellmut-ruck.uk
- 2. Search term: "1034301"
- 3. Downloads







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Dear customer,

With the RUCK podiatry couch STELLA 3s you have chosen a treatment concept from RUCK. In the development of the RUCK podiatry couch STELLA 3s, the declared objective was to create an ideal tool for professional users in the foot care area. The RUCK podiatry couch STELLA 3s is based on the STELLA podiatry couch, which has proven itself over many years in the foot care market. A completely new product has been developed taking into account the current European Regulation (EU) 2017/745 for medical devices, a sensible, ergonomic way of working and the increased demands on medical practice hygiene. What you have in front of you now is the synthesis of innovative functions, high-quality and contemporary design. With the RUCK podiatry couch STELLA 3s as a Class 1 medical device and more than 90 years of practical experience we underline our high quality requirements for professional foot care and give you safety in your day-to-day work.

These instructions for use are a component of the medical device and must be kept in its immediate vicinity. Please read these instructions for use carefully all the way through before commissioning the device.

Our podiatry couches are manufactured and assembled in Germany and are subject to ongoing quality control. Nevertheless, if you are not satisfied or if you have questions please contact our service department.

We sincerely thank you for the trust you have placed in our company and extend our best wishes for satisfaction in your daily work with your new podiatry couch.

Kind regards, HELLMUT RUCK GmbH







Class 1 medical device



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1 About these instructions

1.1 Symbols used

Endangering the condition or functionality of the product or endangering the environment.

Device with protection class II (protective insulation)

MD Medical product

SN Serial number of the device

Observe the disposal notice!

Application part, Type B

Manufacturing date

CE conformity marking

UKCA conformity marking

Refer to the instructions for use

Manufacturer



1.2 Meaning of signal words

The following signal words are used in these instructions:



DANGER

Notice indicating a very probable or imminent hazard. If this hazard is not avoided, it can result in death or serious injury.



WARNING

Notice indicating a probable hazard. If this hazard is not avoided, it can result in death or serious injury.



CAUTION

Notice indicating a possible hazard. If this hazard is not avoided, it could result in injury.

1.3 Target group for these instructions

These instructions are intended for buyers, owners and operators of the podiatry couch. These instructions are not intended for the persons to be treated.

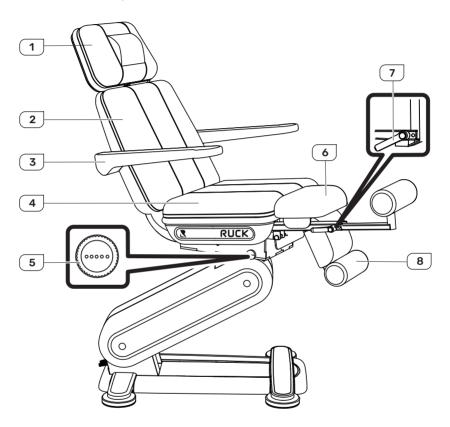
A specification of the intended operators is given in the section "Prerequisites and qualifications of operators" on page 14.

According to the German Medical Device Operator Ordinance (MPBetrV), the owner of the podiatry couch must instruct the operators, make the instructions for use accessible and demonstrate that they have been read and understood. Please make sure to observe the applicable national regulations and laws in the country or region of use.



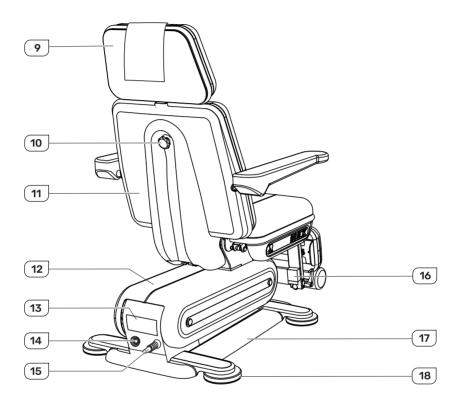
2 Product description

2.1 Main components



- 1 Headrest with neck roll
- 2 Back rest cushion
- **3** Armrests
- 4 Seat cushion
- 5 Rotary knob for locking the rotary movement (available on both sides)
- **6** Calf support pad of the leg rest
- 7 Clamping lever for extending the foot roll
- 8 Foot roll of the leg rest

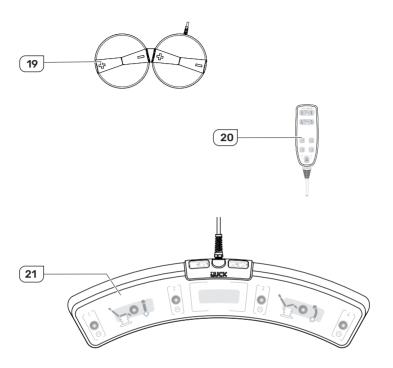




- 9 Headrest cover
- **10** Star knob screw for locking the headrest
- 11 Back section cover
- 12 Height adjustment cover
- 13 Type plate
- **14** Plug connection for the foot control cable

- **15** Mains cable
- **16** Release lever for swivelling the leg rest
- 17 Base frame cover
- **18** Foot plate





- **19** 2-way foot control (optional)
- 20 Manual control (optional)
- 21 Foot control with memory function (optional)



2.2 Intended usage

The podiatry couch is used for supporting persons in a sitting or reclining position for the duration of treatment under supervision (maximum 6–7 hours).

The podiatry couch is intended for use in practices for podiatry, foot care and/ or orthopaedics, in diabetic outpatient foot clinics, and in medical practices and medical clinics

Maximum weight of the person being treated: 200 kg / 440 lbs. Only 1 person is allowed on the couch at a time. Minors and persons with mental, sensory or motor impairments must be constantly supervised by the operator.

Any other use is non-intended use.

Intended use also includes compliance with all instructions, safety instructions and regulations specified in these instructions for use.

Conversions, modifications, attachment of supplemental equipment that is not provided by the manufacturer are not permitted. Exceptions can only be approved by the manufacturer in writing.

If the device is not used as intended, all liability is excluded and the warranty is rendered null and void

2.2.1 Residual risks

The podiatry couch is built according to the state of the art and recognised safety rules and standards. Each podiatry couch is tested for function and safety before delivery. The inspection certificate, which confirms that the couch is in perfect condition, is attached to the couch.

Incorrect operation or use that is not in accordance with the intended purpose can have the following consequences:

- > Endangering the health and physical integrity of the person providing treatment, the person being treated or third parties
- > Damage to the podiatry couch and the owner's other assets
- > Impairment of the efficient function of the podiatry couch



2.3 Prerequisites and qualifications of operators

Age range of operators:

- > Minimum age: 18-years
- > Maximum age: Time of retirement from professional life

Typical occupations of operators:

- > Pedicurists
- > Podiatrists
- > Alternative practitioners
- > Medical practitioners

Necessary qualifications of the operator:

The person must have appropriate expertise and be authorised to treat patients.

Typical tasks performed by operators at the podiatry couch:

- Making positional changes during treatment
- > Cleaning the podiatry couch

2.4 Suitable operating conditions

Ambient temperature: +5 °C to +40 °C Air humidity 30 - 75 % (non-condensing)

Air pressure: 700 - 1060 hPa.



IMPORTANT

Make sure that the relative humidity does not fall below 30%. If the floor is made of synthetic material and the humidity is too low, electrostatic discharges could affect the functioning of the unit.



3 Basic safety instructions

The following notices are provided for the safety for all persons who own, operate or are treated on the podiatry couch.

Observe and adhere to the notices to avoid personal injury. If you ignore the safety instructions and warning notices, you bear the responsibility. Liability of the manufacturer is excluded.

3.1 Hazards due to an unsuitable installation site



WARNING

Make sure that the podiatry couch is positioned so that all parts of the couch are a sufficient distance from walls, doors, windows and other furnishings.

If the distance is too small, crushing and shearing points can occur, which can endanger people. Components of the couch can be damaged.

If the backrest comes up against the wall and the drive continues to run, the couch will be pushed away from the wall. The backrest can suddenly drop down all the way. This can startle or even injure the patient. It can also destroy the motor.

Move the couch into all positions before a person sits on it for the first time

Make sure that the couch is level and stable. Rocking motions of the couch or a leaning couch can lead to undesired and dangerous changes in the position of the person being treated.



DANGER

Do not operate the podiatry couch in rooms containing flammable or explosive substances. Danger of fire or explosion!



3.2 Hazards due to overloading or improper operation



WARNING

Make sure that no more than 1 person is on the couch at the same time and that the permissible weight of 200 kg / 440 lbs is not exceeded. Risk of injury due to breaking the couch or falling off the couch.

Only operate drives when you have ensured that the treated person is not endangered by the change in position.

Make sure that no limbs are located in moving parts of the mechanism. Danger of crushing and shearing.

Make sure that no one sits or leans on the armrests, footrests or head end of the couch. Components can break if placed under too much load. Maximum permissible load on these components: 20 kg / 44 lbs each.

Breaking components can cause injury to people.

Do not leave minors or persons with mental, sensory or motor impairments unattended on the couch. Risk of injury due to incorrect operation or falling from the couch.

Take appropriate measures to ensure that the couch can only be used by persons who are authorised to do so.

Do this by disconnecting the mains plug, switching off the power socket or locking the treatment room whenever you are not carrying out a treatment.



3.3 Electromagnetic compatibility

The emitted interference and interference immunity ratings of the podiatry couch meet the requirements imposed on devices that are not intended for life-support in the typical clinical environment. Medical electrical equipment is subject to particular precautionary measures relative to electromagnetic compatibility (EMC). These devices must be installed and operated in accordance with the EMC instructions in the accompanying documents. Detailed information on emitted interference and interference immunity is provided on the pages starting at 53.

In particular, observe the following notices in order to avoid unwanted and potentially dangerous effects.



WARNING

Ensure a minimum distance of 30 cm / 12 in between the podiatry couch and mobile high-frequency communication devices.

Such devices include cordless phones, mobile phones, laptops with Wi-Fi or Bluetooth capability and accessories such as antenna cables and external antennas. These devices can affect medical electrical equipment.

Ensure a minimum distance of 30 cm / 12 in between the podiatry couch and other electrical equipment.

If it must be operated in the vicinity of other devices, you should observe the podiatry couch to verify that it can be safely operated as intended when in this arrangement.



IMPORTANT

The emission properties of the podiatry couch are suitable for use in industrial areas and hospitals. If the couch is used in a residential environment, it is possible that it will not provide adequate protection for high frequency communication services. The operator may need to take remedial action, such as relocating or repositioning the couch.



3.4 Hazards due to modifications to the device



WARNING

Do not carry out any conversions, modifications, repairs or maintenance on the podiatry couch that are not described in these instructions for use and have not been authorised by the manufacturer.

Do not use any accessories, converters or cables that have not been approved or provided by the manufacturer.

Unauthorised modifications or unsuitable accessories can lead to the following hazards:

- Risk of injury due to sharp-edged, breakable or overloaded components
- > Risk of injury due to malfunctions
- > Increased electromagnetic interference emission
- > Reduced interference immunity



WARNING

Before every treatment, make sure that all accessible components of the podiatry couch are present and undamaged. This applies especially to safety devices, coverings and the mains cable. Check all functions of the couch before each treatment.

Missing or damaged components can endanger operators and treated persons.

Contact RUCK Service immediately to have any identified defects remedied as quickly as possible.

Only operate the podiatry couch again after all defects have been eliminated or after consultation with the manufacturer.



3.5 Hazards due to electricity



WARNING

Only connect the couch to a suitable mains supply. Observe the information on the type plate. Incorrect operating voltage can lead to hazards due to electrically overloaded components.

Ensure that the mains cable is not crushed, kinked or chafed against other objects.

Check the mains cable daily for damage. In a domestic environment, animals may have damaged the mains cable.

3.6 Hazards due to inadequate disinfection



WARNING

Disinfect the podiatry couch after each treatment. Insufficient disinfection can lead to transmission of disease. Observe the requirements of the responsible national body for hygiene and disinfection.



4 Transport and start-up

4.1 Scope of delivery

Verify that the delivery is complete.

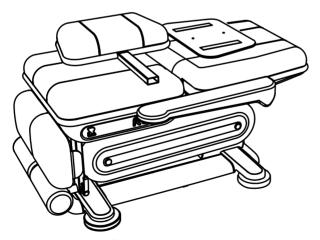
The following items make up the scope of the delivery:

- 1. Podiatry couch
- 2. Headrest
- Headrest cover
- 4. Neck roll
- 5. 4 silicone pads for the foot plates
- 6. Foot control/manual control
- 7. Instructions for use

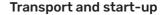
4.2 Delivery and temporary storage

The couch is delivered and temporarily stored in a transport box.

The packaging has been designed to protect the product while in transit. The packaging materials used have been selected with due regard for environmental issues and can be recycled.



The podiatry couch after being unpacked





If a delivery is made in the cold season (outside temperature <+5 °C) or if the couch was stored at temperatures below +5 °C, a conditioning time of at least 48 hours must be observed.

Prior to start-up, check whether the mains voltage matches the rated voltage and frequency specified on the rating plate (on the base frame). The podiatry couch can be connected to a socket with an earthing contact using the mains cable supplied (cable length rolled up: 200 cm).

4.2.1 Storage conditions

Ambient temperature -10 °C to +50 °C Humidity 15 - 93 % (non-condensing)
Permissible air pressure: 700 - 1060 hPa.

4.3 Setting up

Setting up the podiatry couch is a task for 2 people.



CAUTION

The podiatry couch weighs approx. 140 kg (310 lbs).

Do not try to lift or move the couch on your own. You risk harming your health



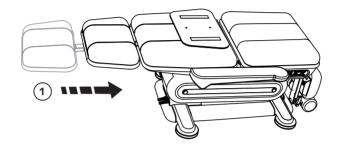
IMPORTANT

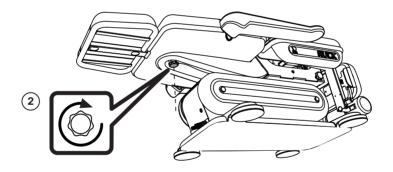
Make sure that the podiatry couch is set up so that all parts of the couch are a sufficient distance from walls, door and other furnishings. It must be possible to carry out all movements without the risk of collision. Also bear in mind that open doors, windows or drawers can be an obstacle at times.



4.3.1 Fitting and locking the headrest

- 1. Slide the headrest into the guide.
- 2. Lock the position of the headrest with the star knob screw.

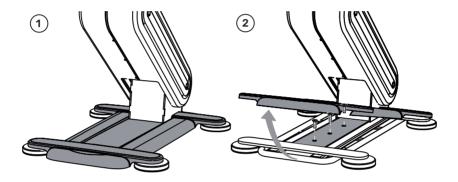


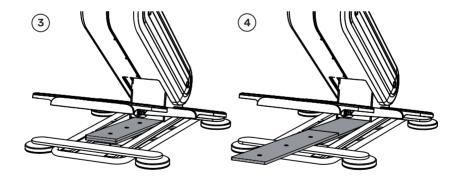




4.3.2 Temporary removal of the weight plates

To reduce the total weight when carrying, two weight plates can be removed from the base. To do this, lift the cladding slightly and remove the 3 screws. The two weight plates, lying on top of one another, can then be removed.







WARNING

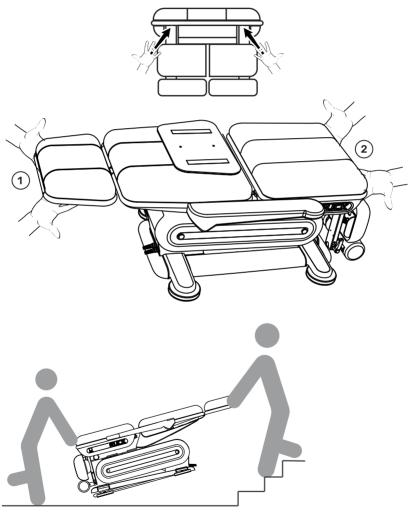
Before using the podiatry couch, the weight plates must be reinserted and screwed in place.

Without the plates, the stability of the podiatry couch is impaired.



4.3.3 Grip positions for carrying the couch

The couch can be held on the tube frame in the area of the headrest (1) and on the tube frame in the area of the seat (2).

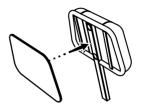


Example of how to carry



4.3.4 Fixing the headrest cover

Press the headrest cover into the headrest frame.



4.3.5 Compensating for uneven floors

The height of the individual feet can be changed by turning the foot plates. Turn the individual foot plates to compensate for uneven floors.

Then stick one of the enclosed silicone pads to each foot plate. The silicone pads prevent the couch from slipping and protect the floor covering.

Tilt the couch backwards to cover the front foot plates. Tilt the couch forwards to cover the front foot plates.



WARNING

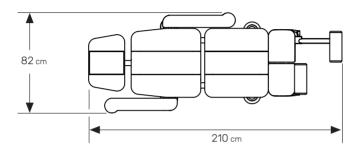
The couch only achieves its maximum stability and steadiness when the foot plates are correctly adjusted. Without levelling, unwanted shifting of the couch could present a danger to people.

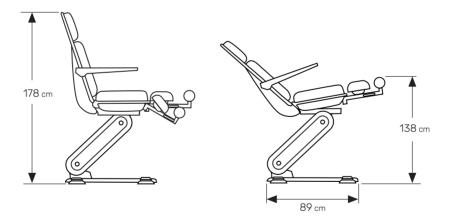


4.4 Preparing for start-up

Make sure that there is sufficient space around the couch to extend it fully. The couch must be able to be brought into all of its maximum positions without coming up against walls or other objects.

Please note that turning the couch will require additional space.





Ensure that the weight plates are inserted and screwed into the base, see page 23.



4.5 Connect to the mains power supply

Prior to start-up, check whether the mains voltage matches the rated voltage and frequency specified on the rating plate (on the base frame). The podiatry couch can be connected to a socket with an earthing contact using the mains cable supplied (cable length rolled up: 200 cm).

The mains plug and socket must be easily accessible so that the podiatry couch can be quickly and easily disconnected from the mains supply. Alternatively, you can connect the couch to a socket that can be disconnected from the mains by a switch.

If a delivery is made in the cold season (outside temperature <+5 °C) or if the couch was stored at temperatures below +5 °C, a conditioning time of at least 48 hours must be observed.

4.5.1 Laying the cables



WARNING

Lay the mains cable and the foot switch cable such that the cables cannot get in the way of moving parts of the couch. Crushed cables can make the couch electrically live or cause a short circuit. Risk of fatal injury from electric shock!

Lay all cables such that no cable can create a tripping hazard. Risk of injury!

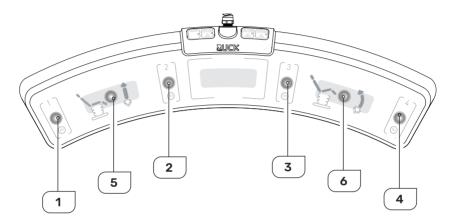
Make sure the couch can be quickly disconnected from the mains power in an emergency. Make sure the mains plug is easily accessible or use a socket that can be switched off.



5 Operation and use

5.1 Control elements on the foot control with memory function

5.1.1 Basic functions of the foot buttons

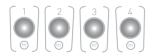


The 6 dark grey buttons are intended to be operated with the feet. However, they can also be operated by hand. This requires a certain amount of strength.



IMPORTANT

Never put your whole body weight on the buttons. Too much weight can damage the buttons.



1, 2, 3, 4 - Memory buttons

You can use the memory buttons to move to saved positions. These positions can be individually programmed for each of the 3 selectable operators, see page 32.

Press a memory button and hold the button down to bring the podiatry couch to a saved position. The drives will only run as long as the button is held down.





5 - Button for height adjustment

Press the button to move the seat upwards.

Tap the button 2 times in quick succession and then hold the button down to move the seat downwards.



6 - Button for adjusting seat inclination

Press the button to tilt the seat and backrest backwards at the same time. (reclined or supined position).

Tap the button 2 times in quick succession and then hold the button down to tilt the two elements forwards. (upright position).

5.1.2 Additional functions of memory buttons 1 and 2: Button lock



Press memory buttons **1** and **2** at the same time and hold the buttons down until you hear 2 beeps. All LEDs light up: The button lock is now active.

Deactivate the button lock by pressing and holding both buttons again until you hear 2 beeps. The button lock is now deactivated again.



5.1.3 Additional functions of memory buttons 1 and 4: Initialisation





After replacement of electric components, the drives need to be reinitialised.

Press memory buttons **1** and **4** at the same time and hold the buttons down. The couch will be initialised. Several short beeps sound during initialisation. Release the buttons again when no sound is heard for at least 3 seconds.

Move all drives into their respective maximum and minimum positions using the buttons 5 and 6.

After this, the podiatry couch is again ready for operation.

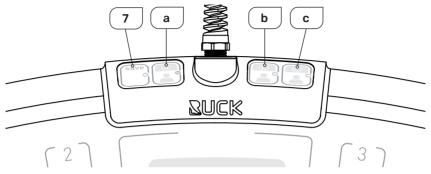
5.1.4 Additional functions of memory buttons 2 and 3: Resetting the memory positions



Press memory buttons 2 and 3 at the same time and hold the buttons for at least 10 seconds in order to reset all memory positions to the factory default settings.



5.1.5 Short-stroke keys



The short-stroke keys are intended to be operated with the fingers. They respond to gentle pressure.

- 7 "save" kev
- a Profile key Operator a
- **b** Profile key Operator b
- c Profile key Operator c

Personalising with the profile keys

The profile keys can be used to personalise the predefined positions of the podiatry couch. It is possible to define positions for 3 operators.

Press a profile key to activate that operator. When a profile key is pressed, the corresponding LED lights up for 2 seconds.

The respective positions can be approached by using the memory buttons.



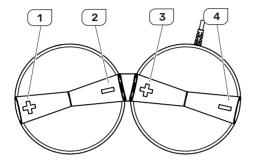
5.1.6 Saving memory positions

- 1. Move the drives to any position using buttons **5** and **6**.
- 2. Select the desired profile: **a**, **b** or **c**. The selection is visually indicated by the corresponding LED lighting up.
- 3. Press **save**. The LED lights up. You now have 10 seconds to save one of the 4 memory positions.
- 4. Press one of the 4 memory buttons and hold the button down for 3 seconds. When the beep sounds, the memory position has been saved.





5.2 Control elements on the 2-way foot control





IMPORTANT

Never put your whole body weight on the buttons. Too much weight can damage the buttons.

5.2.1 Basic functions of the foot-operated buttons

1 2 Buttons for height adjustment

Press button 1 (+) to move the seat upwards.

Press button 2 (-) to move the seat downwards.

3 4 Buttons for inclination adjustment

Press button **3** (+) to tilt the seat and backrest backwards at the same time (reclined or supined position).

Press button 4 (-) to tilt the seat and backrest forwards at the same time (upright position)

5.2.2 Additional functions of buttons 2 and 3: Initialisation

After replacement of electrical components, the drives must be re-initialised.

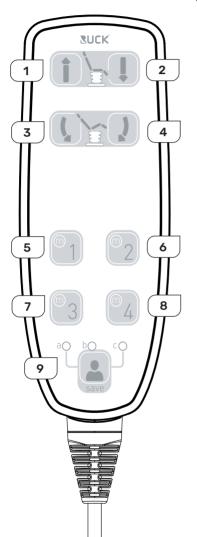
Press the buttons $\bf 2$ and $\bf 3$ at the same time and keep them pressed. The couch will be initialised. Several short beeps sound during initialisation. Release the buttons again when no sound is heard for at least 3 seconds.

Move all drives into their respective maximum and minimum positions using the buttons 1, 2, 3 and 4. After this, the podiatry couch is again ready for operation.



5.3 Control elements on the manual control

5.3.1 Basic functions of the keys





Keys for height adjustment

Press key **5** to move the seat upwards. Press key **6** to move the seat downwards.

3 4

Keys for adjusting seat inclination

Press key **3** to tilt the seat and the backrest backwards at the same time (reclined or supined position).

Press key 4 to tilt the seat and the backrest forwards at the same time (upright position).







Memory keys

You can use the memory keys to move to saved positions. These positions can be individually programmed for each of the 3 selectable operators. You can select the operator using the **save** key (9).

Press a memory key and hold the key down to bring the podiatry couch to a saved position. The drives will only run as long as the key is held down.



Saving memory positions with the save key

- Move the drives to any position using function keys 1 to 4.
- Press the **save** key to select an operator. The selection is visually indicated by the corresponding LED lighting up.
- 3. Hold the **save** key down for 3 seconds, until the selected LED of the selected operator flashes. You now have 10 seconds to save one of the 4 memory positions.
- 4. Press the desired memory key and hold the button down for 3 seconds. When the beep sounds, the memory position has been saved.
- 5. The LED of the selected operator lights up again constantly.











5.3.2 Additional functions of memory keys 5 and 8: Initialisation

After replacement of electric components, the drives need to be reinitialised.

Press memory keys **5** and **8** at the same time and hold the keys down. The couch will be initialised. Several short beeps sound during initialisation. Release the keys again when no sound is heard for at least 3 seconds.

Move all drives into their respective maximum and minimum positions using the function keys.

After this, the podiatry couch is again ready for operation.

5.3.3 Additional functions of memory keys 5 and 6: Key lock

Press memory keys **5** and **6** at the same time and hold the keys down until you hear 2 beeps. All LEDs light up: The key lock is now active.

Deactivate the key lock by pressing and holding both keys again until you hear 2 beeps. The key lock is now deactivated again.



5.4 Plug connection for manual control and foot control

To replace the manual control or the foot control, the plug connection must be disconnected. Observe the following notices to avoid damage.



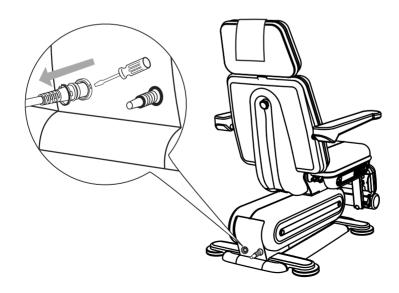
IMPORTANT

Only disconnect the plug connection between the manual or foot control and the podiatry couch after consulting with the RUCK service department. The podiatry couch must be **disconnected from the mains** to do this. Otherwise, the electronics could become damaged.

After disconnecting from the mains, wait at least 30 seconds to allow the system to fully discharge.

Using a slotted screwdriver, carefully press the retaining ring together at the openings provided and pull the retaining ring out of the opening. The plug can now be removed.

To reinsert the plug: First insert the plug as far as possible into the socket. Then insert the retaining ring using the slotted screwdriver.





5.5 Folding armrests

Both armrests can be folded back. Rear position: For getting on and off the podiatry couch.

Lower position: To rest the arms.

The podiatry couch can be gotten on and off from the front or from the side. We recommend getting on and off the couch from the side. This prevents the person being treated from stepping on material that has accumulated during treatment.



5.6 Swivelling the seat

The seat can be swivelled when one of the two rotary knobs on the side of the seat is in the unlocked position.

Starting from the centre position (0 degrees), the seat can be swivelled 90 degrees to the right and 90 degrees to the left.



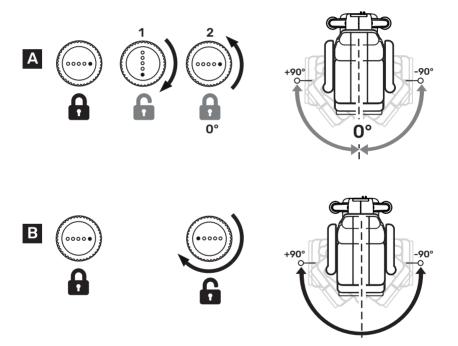


A - Working in fixed centre position

In this mode of operation, the seat is only swivelled out of the centre position for a short time (e.g. for a foot bath). If the rotary knob is turned back after the swivel movement has started, the seat locks back into the centre position when swivelled back.

B - Working with freely swivelling seat

In this mode of operation, the rotary lock is open. The rotary knob is turned all the way forwards. The person on the couch can be treated in all positions.





WARNING

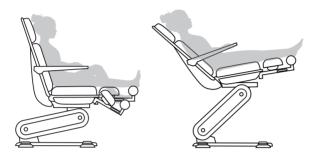
Only swivel the seat when the seat is in the lowest position and the backrest is upright. Do not reach into moving parts of the mechanism.

Risk of injury.



5.7 Adjusting the leg rests

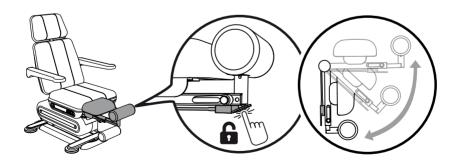
The leg rests, calf supports and foot rolls can be adjusted in a variety of ways. This allows the feet of the person to be treated to be individually and optimally positioned. Optimum positioning enables you to carry out treatments efficiently and ergonomically.



5.7.1 Adjusting the inclination of the leg rests

The inclination of the respective leg rest can be adjusted as long as the release lever is actuated. The leg rest can now be pushed down with little force or lifted. A gas-pressurised spring supports the upward movement.

When you release the release lever, the movement is locked and the leg rest is fixed.





5.7.2 Pulling out the foot rolls

The foot rolls can be pulled out when the respective clamping lever is released. To release the clamping lever: Turn the lever anti-clockwise.

To tighten the clamping lever: Turn the lever clockwise.



Changing the direction of the clamping lever

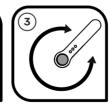
The direction of the tightened clamping lever can be changed. This is helpful if the clamping lever is in a position where it could hinder you in your work after tightening.

This allows you to change the direction of the clamping lever:

- 1. Grasp the clamping lever and press the button in.
- 2. Pull back the clamping lever while holding down the button.
- 3. Swivel the clamping lever in the desired direction.
- 4. Release the button and push the clamping lever backwards.







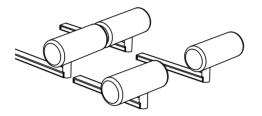


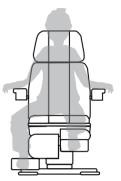


5.7.3 Horizontal swivelling of the foot rolls

The foot rolls can be swivelled outwards horizontally. This creates additional space between the feet.

A foot roll swivelled outwards can also be used to set up an angled foot. This position is often perceived as pleasant by the person being treated.

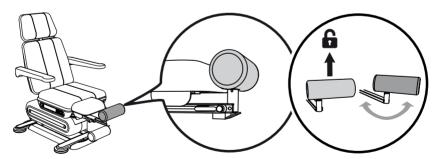




The prerequisite for swivelling is that the foot roll has been extended sufficiently and secured again, see page 41.

To swivel a foot roll, lift the foot roll.

The foot roll can now be turned 180 degrees and then locks securely back into place at the pivot point.





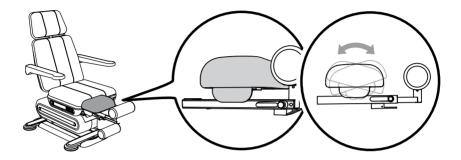
CAUTION

Swivel the foot roll back again after the treatment. A protruding foot roll can be an obstacle, with the risk of bumping or tripping.



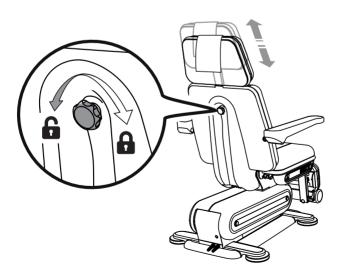
5.7.4 Adjusting the inclination of the calf support pads

The inclination of the calf support pads can be adjusted by gently pushing and pulling. This allows you to customise the calf support pads to the individual needs of the person being treated.



5.8 Adjusting the headrest

The headrest can be infinitely adjusted in height and can also be removed completely. To adjust the height, loosen the star knob screw on the back of the couch. Tighten the star knob screw to lock the headrest in place.





6 Maintenance and warranty

6.1 Maintenance every 24 months by RUCK Service

The podiatry couch is a medical device and therefore subject to special requirements. Safety and reliability of the product can only be permanently guaranteed if certain components are regularly checked or replaced by specialists. In such cases, worn parts will be replaced with original spare parts.

This servicing includes an electrical safety inspection in accordance with DIN EN 62353.

We therefore recommend you have the couch serviced by RUCK Service every 24 months



IMPORTANT

Operating the podiatry couch without the necessary regular maintenance is entirely at your own risk.

Maintenance and repairs may only be carried out by authorised specialists. Only original spare parts may be used.

We do not assume any liability or warranty for lack of maintenance or improper performance of maintenance or repair.

email

web

RUCK Service

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75305 Neuenbürg
Phone +49 7082 944 2 255
Fax +49 7082 944 2 259



after-sales@hellmut-ruck.uk www.hellmut-ruck.uk



6.2 Maintenance by operator

Interval	Element	Task
Before each treatment	Entire podiatry couch	Visual check
Before each treatment	All electrically adjustable parts	Check functionality
After each treatment	All contact surfaces	Disinfect
Once a week	Cushions	Clean with damp cloth and care product

6.3 Cleaning and disinfection

The couch consists of different materials, some of which require specific cleaning agents and disinfectants. Use exclusively recommended and proven tools and products for cleaning and disinfecting.



WARNING

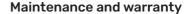
Disinfect the podiatry couch after each treatment. Insufficient disinfection can lead to transmission of disease. Observe the requirements of the responsible national body for hygiene and disinfection.



WARNING

Disconnect the couch from the power supply before cleaning or disinfecting. Do this by disconnecting the mains plug or switching off the power socket.

Danger of electric shock if liquid gets into the couch.





i

IMPORTANT

Unsuitable tools for cleaning and disinfecting can alter the colour, texture and other properties of the surfaces or damage components.

Liquids and sprays can penetrate into the foot control or manual control and damage internal parts.

Never hold the foot control or the manual control under running water, and never immerse the switches in any liquid.

Do not use any concentrated disinfectants, solvents, cleaning agents or alcoholic liquids (> 50% alcohol content) on leatherette or wooden surfaces. Do not use spray disinfection.

Remove residues of leaked fluids from the surface immediately with a soft cloth.

Take great care to ensure that the cleaning utensils used are clean. If mineral contaminants such as grains of sand or dust are embedded in the cleaning agents, this can destroy the surface.

Do not use any scouring agents, such as abrasive cleaners, cleaning sponges or similar items that may contain abrasive particles. Even cleaning cloths with plastic fibres can have an abrasive effect and consequently they can damage the surface. Over time, minor traces of use can appear on the surfaces.

These traces of use appear more or less obviously depending on colouring and lighting and are often not immediately visible. They do not constitute a lessening of utility. As is the case with all surfaces over the long term, due to the wear involved in the daily routine of the medical practice, they cannot be avoided.

We do not assume any warranty for surface discolourations that are attributable to the use of aggressive liquids (e.g. propolis, tea tree oil, chlorinated cleaners or similar products).



6.3.1 Disinfecting and cleaning contact surfaces

Recommended cleaning agent	Suitable for
RUCK surface disinfection wipes, alcohol-free, item no. 2967002	Leatherette, wood
RUCK surface disinfection wipes, with alcohol, item no. 2967102	Leatherette, wood
RUCK surface disinfection wipes, alcohol-free, item no. 2967202	Leatherette, wood
RUCK leatherette cleaner and care, item no. 2947001	Leatherette
RUCK microfibre cloth, gentle on surfaces, item no. 2961601	Smooth surfaces
Soft cotton cloth	Smooth surfaces

6.3.2 Disinfecting leatherette cushions

Disinfect the leatherette surfaces after each treatment with RUCK surface disinfection wipes.

After disinfecting, wait for the exposure time for the disinfectant to work (see product label): 1 minute for bacteria or 5 minutes for fungi. You will find more instructions on the disinfectant.

Always allow the surface to air-dry. Do not try to wipe the surface dry.



6.3.3 Cleaning leatherette cushions

Clean the leatherette surfaces at least once a week with a damp cloth. Then use RUCK leatherette cleaner and care. This can also remove discolourations that have been left by clothes whose colours rub off (e.g. jeans).

Tip: Using disposable covers helps to avoid direct skin contact (body grease and sweat are sometimes quite aggressive) with the leatherette and thus to protect it.

6.4 Changing the cushions

Because the cushions of the podiatry couch are constantly subjected to significant stress, we recommend replacing them after approx. 3 years (with normal use).

The 3 cushions for the headrest (1), the backrest (2) and the seat (3) can be changed individually.

You can find item numbers for the cushions on page 51.

The cushions are attached to the tube frame with wing screws:

2 wing screws on the headrest, 4 wing screws each on the

backrest and seat.





Changing the headrest cushion

Pull off the headrest cover (4) from the rear. Loosen the 2 wing screws to replace the cushion (1).

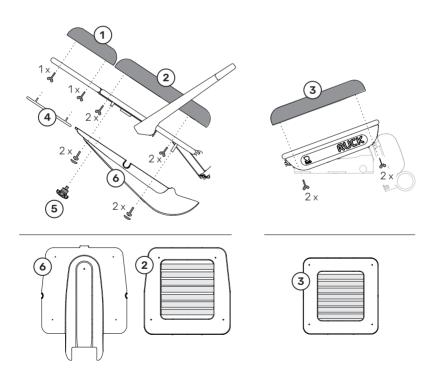
Changing of the backrest cushion

Unscrew the star knob screw (5). Remove the 4 cover caps on the rear cladding (6) and unscrew the 4 screws. Remove the cover. Loosen the 4 wing screws to replace the cushion (2).



Changing the seat cushion

Move the seat so that the seat is at an angle. In this position, the wing screws are accessible from below. Loosen the 4 wing screws from below to replace the cushion (3).



Maintenance and warranty



6.5 Warranty

The product comes with a 2-year warranty. Normal wear and tear of upholstery, surfaces, handles, clamping devices and/or moving components such as rollers, bearings, plug connections, and so on, are excluded from this warranty. Traces of use and signs of wear and tear which are based on normal use corresponding to the performance specifications and/or the nature of the product are in accordance with the contract and are not defects from a legal standpoint.

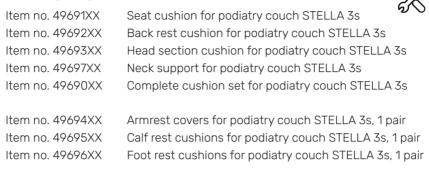
The warranty is valid from the date of purchase when the product was first bought. The date of purchase must be confirmed by the sales receipt. Within the scope of the warranty, HELLMUT RUCK GmbH will, at no charge, either repair or replace the defective products, at RUCK's discretion. This requires carriage-paid shipment of the defective product together with the purchase receipt. The local agent is responsible for claims made outside of Germany. In case of doubt, please check with RUCK before returning the device.

The warranty becomes null and void if we find that the problem was caused by improper or incorrect installation, assembly or usage, by non-observance of the instructions for use, by external intervention or as a result of a unauthorised repair or modification. The warranty is limited to repair or replacement of the product. Further liability (loss of revenue or earnings in particular) is excluded. However, if it is determined that it is a problem that is not covered by the terms of the warranty or that the period of the guarantee has elapsed, any costs for inspection and repair must be borne by the customer.

We reserve the right to make changes to and deviations from the technical design.



6.6 Spare parts



XX stands for the colour code of the cushion. All cushions are available in different colours. You can find more information on our website.

Please contact **RUCK service department** for additional spare parts.

Telephone +49 (0)7082 944 22 55 Fax +49 (0)7082 944 22 59 E-mail after-sales@hellmut-ruck.uk

6.7 Disposal

Dispose of the podiatry couch at the end of its service life through suitable return and collection systems.





Protect our environment by responsible disposal.



CAUTION

Improper work on gas-pressurised springs poses a risk of being crushed or struck.

Do not dismantle gas-pressurised springs yourself. Do not heat the gas-pressurised springs. Do not try to open gas-pressurised springs by force. Leave this kind of work to experts.



7 Technical data

7.1 General data

Entry height:	53 cm
Highest seat position:	100 cm
Highest position of the leg rest:	138 cm
Seat width:	55 cm
Seat depth:	48 cm
Overall length with extended foot roll and h	neadrest: 210 cm
Overall length with retracted foot roll and h	neadrest: 174 cm
Total width (incl. armrests):	82 cm
Total weight:	140 kg
Connection data:	100 - 240 V AC, 50/60 Hz +/-10%
Control type:	CO 61
Protection class:	IP 20
Duty cycle:	10% (= 2 min. ON /18 min. OFF)
Maximum load:	200 kg
Warranty:	2-years



7.2 Electromagnetic interference emission - guidelines and manufacturer's declaration

The podiatry couch is designed for use in an environment as specified below. The operator of the podiatry couch must ensure that it is used in such an environment.

Emitted interference measurements	Conformance	Guidelines for the electromagnetic environment
HF emissions according to CISPR 11	Group 1	The podiatry couch uses HF energy exclusively for its internal function. Therefore, its HF emissions are very low and it is unlikely that any interference will be caused to nearby electronic devices.
HF emissions according to CISPR 11	Class B	The podiatry couch is suitable for use in all facilities, including those in residential areas, and those directly
Harmonic component emissions according to IEC 61000-3-2	Class A	 connected to the public power supply that also supplies buildings used for residential purposes.
Voltage fluctuations / flicker emissions according to IEC 61000- 3-3	Complies	_



7.3 Electromagnetic interference immunity - guidelines and manufacturer's declaration

The podiatry couch is designed for use in an environment as specified below. The operator of the podiatry couch must ensure that it is used in such an environment.

Interference immunity tests	IEC 60601 test level	Compliance level	Guidelines for the electromagnetic environment
Electro Static Discharge (ESD) accord- ing to IEC 61000-4-2	Contact discharge: ± 8 kV Air discharge: ±2 kV, ±4 kV, ±8 kV, ±15 kV	Contact discharge: ± 8 kV Air discharge: ±2 kV, ±4 kV, ±8 kV, ±15 kV	Floors should be made of either wood, concrete or with a ceramic tile covering. If the floor is covered with a synthetic material, relative air humidity must be at least 30%.
Proximity fields RF of wireless communication devices (IEC 61000-4-3)	385 MHz; pulse modulation: 18 Hz; 27 V/m 450 MHz; pulse modulation: 18 Hz; 28 V/m 710, 745, 780 MHz; pulse modulation: 217 Hz; 9 V/m 810, 870, 930 MHz; pulse modulation: 18 Hz; 28 V/m 1720, 1845, 1970 MHz; pulse modulation: 217 Hz; 28 V/m 2450 MHz; pulse modulation: 217 Hz; 28 V/m; 5240, 5500, 5785 MHz; pulse modulation: 217 Hz; 9 V/m	385 MHz; pulse modulation: 18 Hz; 27 V/m 450 MHz; pulse modulation: 18 Hz; 28 V/m 710, 745, 780 MHz; pulse modulation: 217 Hz; 9 V/m 810, 870, 930 MHz; pulse modulation: 18 Hz; 28 V/m 1720, 1845, 1970 MHz; pulse modulation: 217 Hz; 28 V/m 2450 MHz; pulse modulation: 217 Hz; 28 V/m; 5240, 5500, 5785 MHz; pulse modulation: 217 Hz; 9 V/m	





Interference immunity tests	IEC 60601 test level	Compliance level	Guidelines for the electromagnetic environment
Fast transient elec- trical disturbance variables/bursts according to IEC 61000-4-4	Power cables: 2 kV; 100 kHz repetition frequency Input and output lines: 1 kV; 100 kHz repetition frequency	Power cables: 2 kV; 100 kHz repetition frequency Input and output lines: 1 kV; 100 kHz repetition frequency	The quality of the supply voltage should correspond to typical commercial and hospital environment standards.
Surge voltages according to IEC 61000-4-5	L-N: 1kV	L-N: 1kV	The quality of the supply voltage should correspond to typical commercial and hospital environment standards.
Voltage dips, short interruptions and fluctuations in the power supply volt- age according to IEC 61000-4-11	0 % UT for 0.5 period at 8 phase angles 0 % UT for 1 period at 0° 70 % UT for 25/30 periods at 0° 0 % UT for 250/300 periods at 0°	0 % UT for 0.5 period at 8 phase angles 0 % UT for 1 period at 0° 70 % UT for 25/30 periods at 0° 0 % UT for 250/300 periods at 0°	The quality of the supply voltage should correspond to typical commercial and hospital environment standards. If the operator requires continued operation even when power supply interruptions occur, it is recommended that the podiatry couch be powered from an uninterruptible power supply or a battery.
Magnetic field at supply frequen- cy (50/60 Hz) according to IEC 61000-4-8	30 A/m, 50 Hz and 60 Hz	30 A/m, 50 Hz and 60 Hz	Magnetic fields at the mains frequency should meet the typical values that are to be found in commercial and hospital environments.

Note: UT is the supply voltage before implementation of the test level.



Interference immunity tests	IEC 60601 test level	Compliance level	Guidelines for the electromagnetic environment
Conducted HF disturbance var- iables according to IEC 610000- 4-6	0.15-80 MHz; 1kHz AM 80 %; 3 Vrms , 6 Vrms in ISM radio band	0.15-80 MHz; 1kHz AM 80 %; 3 Vrms , 6 Vrms in ISM radio band	Portable and mobile radio devices shall not be used within a closer proximity to the device or system, including the cables, than the recommended safety distance, calculated using the equation applicable for the transmission frequency.

Recommended safety distance:

$$d = \left[\frac{3.5}{V}\right] \sqrt{P} \qquad d = \left[\frac{3.5}{E}\right] \sqrt{P} \qquad d = \left[\frac{7}{E}\right] \sqrt{P}$$

With P" as the nominal power of the transmitter in watts (W) according to the information provided by the transmitter manufacturer, and with d" as the recommended safety distance in meters (m).

V = speed of propagation of electromagnetic waves in a vacuum (= speed of light = 300,000,000 m/s).



Based on an on-site investigation, the field strength of stationary radio transmitters a" should be less than the compliance level b" at all frequencies. Interference is possible in the vicinity of equipment that is labelled with the following icon.



Note 1: With 80 MHz and 800 MHz, the higher frequency range applies. Note 2: These guidelines may not be applicable in all cases. The propagation of electromagnetic disturbances is influenced by the absorption and reflection of buildings, other devices and human beings.

a) The field intensity of stationary radio transmitters, such as wireless phone base stations and mobile rural radio equipment, amateur radio stations, AM and FM radio and TVs cannot be accurately predetermined. A study of the location should be taken into account in order to ascertain the electromagnetic environment with respect to the stationary transmitters. If the measured magnetic field strength, measured at the location where the podiatry couch is used, exceeds the above specified compliance level, the podiatry couch should be observed to prove that it is functioning as intended. Should unusual performance characteristics be observed, additional measures may be necessary, e.g., changing the orientation or location of the podiatry couch. b) Above a frequency range of 150 kHz to 80 MHz the magnetic field strength should be less than 3 V/m.



Recommended safety distances between portable and mobile HF telecommunication devices and the RUCK STELLA 3s podiatry couch

The podiatry couch is designed for use in electromagnetic environments in which the HF disturbance variables are monitored. The customer or user of the podiatry couch can contribute to avoiding electromagnetic interference by maintaining the minimum clearance range between portable and mobile HF telecommunication equipment (transmitters) and the podiatry couch, depending on the output power of the communications appliance as specified below.

Safety distance d in metres (m) depending on the transmission power and the transmission frequency.

Nominal power of the sender	150 KHz to 80 MHz $d = [\frac{3.5}{V_I}] \sqrt{P}$	80 MHz to 800 MHz $d = \left[\frac{3.5}{E_I}\right] \sqrt{P}$	800 MHz to 2,5 GHz $d = \left[\frac{7}{E_I}\right] \sqrt{P}$
0.01	0.12	0.40	0.40
0.1	0.37	1.26	1.26
1	1.17	4.00	4.00
10	3.69	12.65	12.65
100	11.67	40.0	40.0

In the case of transmitters whose maximum nominal power is not included in the above table, the recommended safety distance d in metres (m) can be determined by using the equation from the appropriate column where P represents the maximum nominal power of the transmitters expressed in watts (w) in accordance with the transmitter manufacturer's specifications.

Note 1: With 80 MHz and 800 MHz, the higher frequency range applies.

Note 2: These guidelines may not be applicable in all cases. The propagation of electromagnetic disturbances is influenced by the absorption and reflection of buildings, other devices and human beings.

V = speed of propagation of electromagnetic waves in a vacuum

⁽⁼ speed of light = 300,000,000 m/s).

E = electric field strength in volts per metre (V/m).





8 Accessories

These accessories are available:

Item no. 50010XX Cushion overlay set, incl. leg space cushion and bag

for STELLA 3s and STELLA 3

Item no. 50011XX Extra cushion, for STELLA 3s and STELLA 3

XX stands for the colour code of the cushion. All cushions are available in different colours. You can find more information on our website.





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