

OMNI RACK - INSPECTION & MAINTENANCE SHEET		DATE:				
Task	Description	Frequency	Week 1	Week 2	Week 3	Week 4
Punching Bags	Check the integrity of the punching bag stitching & fabric.	Weekly				
	Check the integrity of the punching bag loops and chains.	Weekly				
	Check the integrity of the top swivel and / or shackle.	Weekly				
	Check the integrity of the rope, chain or sling which connects the top swivel and / or shackle to the bracket, rig or punching bag hanger.	Weekly				
	Clean the punching bag using anti-bacterial dishwashing soap diluted with water.	Weekly				
Wall-Mounted or Ceiling-Mounted Punching Bag Hangers, Punching Bag Outriggers, Monkey Bars, Chin Bars & Multi-Function Brackets	Check the integrity of eyebolts - in particular look for excessive wear on the eyebolt or eyebolt thread.	Weekly				
	Insure eyebolts are securely fastened to the hanger, outrigger or bracket (i.e. no movement).	Weekly				
	Insure the hanger, outrigger or bracket is stable and securely fastened to the wall or ceiling - in particular look for movement in the base plates and / or wall braces. Tighten nuts on all DynaBolts .	Weekly				
	Check that all accessories attached to the rack or rig are securely fastened.	Weekly				
	Clean the monkey bars using anti-bacterial dishwashing soap diluted with water.	Weekly				
	If rack or rig has monkey bars or chin bars, check that all bolts connecting the monkey bars to the horizontal, side braces and vertical 'hangers' are securely fastened.	Monthly				
Monkey Bars - Ceiling-Mounted	Check that the entire structure is stable and remains securely fastened to the ceiling - in particular look for movement in the ceiling hangers and ceiling plates. Tighten nuts on all DynaBolts.	Weekly				
	Check that all accessories hanging from the rig are securely fastened	Weekly				
	Clean the monkey bars using anti-bacterial dishwashing soap diluted with water	Weekly				
	Check that all bolts connecting the monkey bars to the horizontal, side braces and vertical 'hangers' are securely fastened	Monthly				
Omni Rack Functional Training Racks, Rigs & Wall Storage Systems - Wall and / or Floor-mounted	If your rack or rig has an Olympic Lifting Station insure the J-hooks and Safety Bar Supports are in place on the rig and not lying on the floor.	Daily				
	Check that the entire structure is stable and securely fastened to the wall and / or floor - in particular look for movement in the base plates, floor braces and wall braces. Tighten nuts on all DynaBolts.	Weekly				
	Check that all accessories hanging from the rack or rig are securely fastened.	Weekly				
	Clean the monkey bars and chin bars using anti-bacterial dishwashing soap diluted with water.	Weekly				
	If the rack or rig has Monkey Bars or chin bars, check that all bolts connecting the Monkey Bars / chin bars to the horizontal, side braces and vertical hangers are securely fastened.	Monthly				
Should you have any concerns upon inspecting these components and connections, contact HF Industries immediately on (02) 9531 6700 and ask for Product Support.						
HF INDUSTRIES - 30 Alexander Ave Taren Point NSW 2229						
hf.com.au						