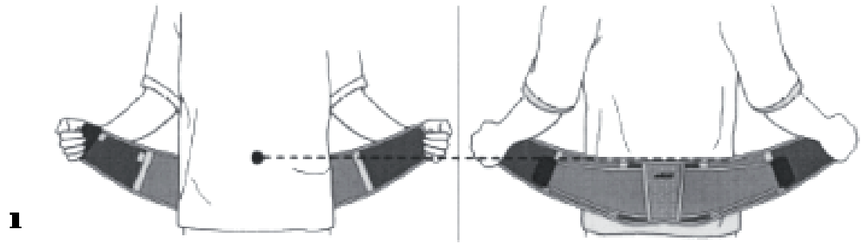

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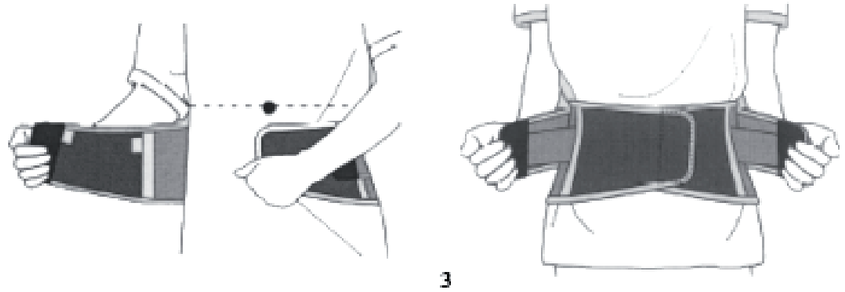
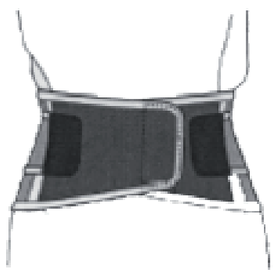


2 3



ZAMST ZW-4 BACK SUPPORT
INSTRUCTIONS FOR USE

Please read through the following instructions completely before using the product.

Intended use: Lower back support and protection

*This product is not for medical treatment.
*This product is for back support; however, it will not prevent all back injuries.

Do not use this product in the following cases:

- If you have abnormal conditions such as cuts, fractures, numbness, swelling or rash in the area where product is used.
- If you are pregnant.

Safety precautions:

- If you experience pain, swelling, skin irritation, discomfort or any other abnormal reaction while using this product, discontinue use and consult with a physician.
- If your skin is sensitive or you have allergies, you may develop a rash or allergic reactions while using the product. If such symptoms occur, discontinue use and consult with a physician.
- Do not use the product while sleeping. If the product shifts to an abnormal position or is used for extended periods while sleeping, it may interfere with blood circulation.
- If the body part is compressed for extended periods, blood circulation may be adversely affected or you may experience discomfort. To avoid such conditions, it is recommended that you remove and re-apply the product at regular intervals.
- If the product is broken or worn or if the hook-and-loop fastener does not work, do not use the product.
- Make sure that you use the correct size. (Refer to the size chart on the package and size tag inside the product.)
- Do not pull the straps too tight or create excessive compression with the support.
- If the product shifts out of place or becomes too loose, re-apply the product starting with the first step described in the "How to apply" instructions.
- Do not modify or repair the product. The product may lose its effectiveness and/or cause injuries.
- Wear the product over fabric, such as a shirt.

To prevent product damage:

- The product may become discolored by perspiration or other liquids. The product's dye may bleed onto clothing worn under or near the product.
- Make sure that the hook-and-loop fasteners do not touch fabric. They may damage fabric.

How to apply:

1. Release all hook-and-loop fasteners. Position the support over the lower back. The top edge of the back of the support should reach the height of the navel. The middle of the product logo on the back should be aligned with the spine. (Illustration 1)
2. Pull the support around from the back on both sides. Fasten hook. If you fasten the front slightly below from navel, the product will be more effective. (Illustration 2)
3. Pull outer straps around from the back on both sides. Fasten hooks. (Illustration 3)

How to wash:

- Hand wash with mild detergent and air dry.
- Do not place in dryer. Do not dry clean or iron. Do not use products containing chlorine, including bleach. These may damage the product.
- The product's dye may bleed. Do not wash with whites or bright colors.

Composition: Nylon, polyurethane, polyester and polyethylene