



VALD

System Hygiene

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1 Hygiene Overview

To ensure your VALD systems remain in good working condition and are clean and sanitary, it is encouraged to maintain the system with regular cleaning and sanitising.

At VALD we like to ensure we give you the highest standard and guidance when it comes to maintaining your systems, for you, your athletes, and your clients.

Disclaimer – We recommend these guidelines to be followed, but please ensure you always consider the standards that apply to your professional setting within your region or country.

2 Cleaning and Sanitising VALD Systems

2.1 Tools and Resources

- Cleaning solution - general detergent and warm water.
- Sanitising solution - alcohol in a concentration of at least 70%, chlorine bleach in a concentration of 1000 parts per million, oxygen bleach, or wipes and sprays that contain quaternary ammonium compounds. These chemicals will be labelled as 'disinfectant' on the packaging and must be diluted or used following the instructions on the packaging to be effective.
- Use wet wipes, paper towels or microfibre cloth.

2.2 Chemical Use

- Use any general detergent and warm water solution to remove dirt and grime from your systems surface touch points. Sanitising solution should be used as required after cleaning, at least once per day, or as per your healthcare setting requirements. Any general supermarket branded anti-bacterial spray can be used, or hospital grade disinfectants.
- Always spray chemicals onto the cloth first. **DO NOT** clean or wet **power and data points** on any of the systems – it is important that no moisture gets into these areas.

3 Cleaning and Sanitising Steps

1. Turn off the system.



2. Wipe over the systems, focusing on high touch point areas. **DO NOT** clean or wet power and data points on any of the systems – it is important that no moisture gets into these areas.
3. Allow to air dry.

3.1.1 Strap, Wrap and Cuff Cleaning

It is recommended VALD straps, wraps and cuffs are cleaned regularly.

1. Start with a non-abrasive cloth (e.g., microfiber cloth).
2. Dilute a small amount of powdered detergent, in equal parts with lightly warmed water.
3. Dab the cloth in the water mixture, until the cloth is saturated.
4. Wipe the saturated cloth over the main body of the strap, wrap or cuff (**important to avoid contact with the AirBands plastic module**).
5. Once satisfied the strap has been wiped down sufficiently, allow the strap to air dry.