

TRACTION TAPE

QUICK START GUIDE

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Traction Tape as easy as possible. Check out the included links and QR codes to help you through the process.



To see all FAQs in one place, visit vhealth.link/ixh

Note: This traction tape works best on smooth and hard surfaces such as:

- Smooth Concrete or Stone
- Smooth Wood
- Metal
- Non-textured smooth tile
- Fiberglass
- Glass
- Acrylic
- Non-textured Porcelain

INSTALLATION STEPS



For a video demonstration, check out vhealth.link/7ed

Prepare the Application Area:

1. Only install on a smooth surface. If needed, repair the selected area by filling in cracks and depressions. Seal porous areas if needed. Avoid grout lines if possible.
2. Clean the area to remove dirt, oils, or flaking paint. Any industrial cleaner may be used, but make sure to rinse and dry the area when done and remove all residue before application.

Note: Never apply the strips to a wet or damp surface.

Apply the Traction Tape:

3. Measure the length of the steps you will apply the tape to.
4. Measure the tape to the length required and mark the paper backing with a pen or pencil to prepare for cutting.

5. Lay the uncut tape onto the steps and confirm the length is correct. If the length is good cut the tape from the roll.



6. Before application be sure to round the corners to prevent them from snagging or peeling after application.



7. Slowly lift the adhesive backing off one side first and start applying from one end to the other. Press firmly as you go and use the included putty knife or any other hard edge to eliminate any air bubbles. Smoothen out as necessary.



8. Let the tape sit for 2-3 hours before use.

Remove the Traction Tape

1. Lift one edge of the tape and slowly peel off to prevent the tape from tearing or leaving residue behind.
2. Use the included putty knife to help peel off if needed.



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