



# Installation Guide

**CRYO FIRST®**

# INSTALLATION GUIDE

## for Whole Body Cryotherapy cab

### Recommended Space

It is recommended to have a dedicated room for your cryotherapy cab

- Surface area of the cab has to be 12 m<sup>2</sup> minimum – Our recommendation is between 12m<sup>2</sup> to 18 m<sup>2</sup> (changing room being not included)
- The width of the access room cannot be below 0,9 meters
- The maximum distance between the nitrogen tank and the cab's door is 1,80 m
- Room temperature should be between 15°C and 35°C and room hygrometry maximum 65% - (Ideally 45%)

### Technical Requirements (\* see details at the end of the document)

- 1 power supply 230 v – monophasé 16 A
- 1 air extractor (capacity to be defined with our technical service according to the configuration of the room and the nitrogen storage) The suction needs to be positioned on the lower area (nitrogen heavier than the air) and the air inlet on upper area
- 1 oxygen sensor (in standard in our cabs)
- 1 external outlet \* Ø 80 mm to connect the cab CRYOFirst<sup>®</sup> with a flexible hose supplied by the producer. The extraction needs to be placed to a 2,30 m height

*\*Mandatory for all liquid nitrogen storage. To be checked with us according to the room volume and tank capacity*

### Technical Specifications of the cab

Nominal power: 1,5 kW

Width: 790 mm

Depth: 1 120 mm

Height : 1 950 mm

Weight below 200 kg

Nitrogen consumption for the cold setting up at -110 °C: 4 to 5 liters \*

Nitrogen consumption during the session at -130 °C: 3,5 liters \*

\* These consumption data are depending on the room humidity rate (40 to 60% humidity)

Session temperature of the cab: -90°C to -150°C

Cold setting up: 3 to 4 min

Session time: 1 to 3 min maximum

## Facilities required

### Nitrogen evacuation outlet

1 **evacuation outlet** 80 mm diameter:

- To forecast on the wall and towards outside. **Extractor tubes needs to be placed with a minimum distance of 10 cm from the wall in order to connect our evacuation hoses**
- To be placed at 2m30 from the ground
- The cab will be connected to this outlet with flexible evacuation pipes from maximum length of 1,5 m. Please forecast if necessary to provide a connection with PVC tubes with 80 mm diameter if your cab is located above 1,5 m from the wall
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### Power sockets

- Near the cab: 1 power supply 230V monophasé 10 à 16A

### Room air extractor

The extractor needs to be sized in collaboration with your nitrogen supplier as well as with SWOTTAM

The room air intake needs to be placed on the nearest part of the ground (nitrogen being heavier than the air)

The air intakes planned in your room needs to be fitted with your installer and according to the power of your extractor. The air outlet pipes extracted towards outside have variable dimensions according to the power of the extractor (diameter 125 mm or +)

Please contact your installer

### Optionally: outlet for nitrogen hose

In case of positioning the tank outside, it is necessary to forecast a hole allowing the tank hose crossing to be connected to the cab.

For an isolated hose such as the one forecast by CRYO MANUFACTURING, the hole to be done is 100 mm as well. It will be positioned to 1,2 from the ground.

## Plan et dimensions

