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Prestan PP-AM-100M-MS

PRESTAN Professional Adult CPR Training Manikin User Manual

Model: PP-AM-100M-MS

INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your PRESTAN Professional Adult CPR Training Manikin with CPR Monitor. Designed for realistic CPR training, this manikin offers immediate feedback on compression depth and rate, enhancing the learning experience. Please read this manual thoroughly before use to ensure safe and effective operation.



Image: The PRESTAN Professional Adult CPR Training Manikin, shown with its blue carry bag and a package of lung bags, ready for use.

SAFETY INFORMATION

- Always supervise trainees during CPR practice.
- Ensure the manikin is placed on a stable, flat surface during training.
- Do not submerge the manikin in water or expose it to extreme temperatures.
- Keep small parts, such as batteries, out of reach of children.
- Use only genuine PRESTAN replacement parts and accessories.
- Dispose of used lung bags and face shields properly after each training session.

COMPONENTS

Your PRESTAN Professional Adult CPR Training Manikin package includes the following components:

- 1 x PRESTAN Professional Adult Manikin (Medium Skin Tone)
- 1 x CPR Monitor (requires two AA batteries - not included)
- 10 x Face Shield/Lung Bags
- 1 x Instruction Sheet

- 1 x Nylon Carrying Case



Image: The durable blue nylon carry bag, featuring the PRESTAN Adult logo, designed for easy transport and storage of the manikin.



Image: A single face shield/lung bag, a consumable component essential for hygienic CPR training sessions.



Image: The torso section of the manikin, showing the chest area where compressions are performed.



Image: The head section of the manikin, designed for practicing head-tilt/chin-lift and rescue breaths.

SETUP

1. **Unpack Components:** Carefully remove all items from the carrying case.
2. **Install Batteries:** Locate the battery compartment on the CPR monitor (typically on the shoulder area of the manikin). Insert two AA batteries, ensuring correct polarity.
3. **Attach Head:** If the head is detached, align it with the torso and securely attach it.
4. **Insert Lung Bag:** Open the manikin's chest cavity. Take one face shield/lung bag and insert the lung portion into the manikin's chest, ensuring it is properly seated. The face shield portion should cover the manikin's face.
5. **Close Chest:** Securely close the manikin's chest cover.
6. **Prepare for Training:** Place the manikin on a firm, flat surface.

OPERATING THE MANIKIN

The PRESTAN Professional Adult Manikin is designed to provide immediate visual feedback on CPR performance, helping trainees achieve optimal compression depth and rate.

CPR Monitor Feedback System:

The integrated CPR monitor features indicator lights that provide real-time feedback:

- **Red Light:** Indicates insufficient compression depth.
- **Yellow Light:** Indicates compression depth is approaching optimal.
- **Green Light:** Indicates optimal compression depth has been achieved.
- **Two Green Lights:** Indicates optimal compression depth and rate (100-120 compressions per minute).





Image: The PRESTAN manikin's shoulder area displaying the feedback lights, which illuminate to guide users on compression depth and rate during CPR training.



Image: A detailed view of the CPR monitor's indicator lights on the manikin's shoulder, showing the green, yellow, and red lights that provide real-time feedback.

Performing CPR:

1. **Positioning:** Ensure the manikin is on a firm, flat surface. Kneel beside the manikin.
2. **Hand Placement:** Place the heel of one hand on the center of the manikin's chest, between the nipples. Place your other hand on top of the first, interlocking your fingers.
3. **Compressions:** With straight arms and shoulders directly over your hands, push hard and fast. Aim for a depth of at least 2 inches (5 cm) and a rate of 100-120 compressions per minute. Observe the feedback lights to adjust your technique.
4. **Rescue Breaths:** After 30 compressions, perform two rescue breaths. Tilt the manikin's head back, lift the chin, pinch the nose, and deliver a breath over 1 second, watching for chest rise. Repeat for the second breath.
5. **Continue Cycles:** Continue cycles of 30 compressions and 2 breaths until the training scenario concludes.

MAINTENANCE

Cleaning:

- After each use, remove and discard the used face shield/lung bag.
- Wipe down the manikin's face and chest with a mild soap and water solution or a disinfectant wipe.
- Allow the manikin to air dry completely before storage.
- Do not use abrasive cleaners or solvents, as these may damage the manikin's surface.

Storage:

- Store the manikin in its original nylon carrying case to protect it from dust and damage.
- Store in a cool, dry place away from direct sunlight and extreme temperatures.
- Remove batteries from the CPR monitor if the manikin will not be used for an extended period to prevent battery leakage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
CPR Monitor lights not illuminating.	<ul style="list-style-type: none">• Batteries are dead or incorrectly installed.• Monitor connection issue.	<ul style="list-style-type: none">• Replace batteries with new AA batteries, ensuring correct polarity.• Check that the monitor is securely connected to the manikin.
Chest does not rise during rescue breaths.	<ul style="list-style-type: none">• Lung bag not properly seated or damaged.• Airway not open (head-tilt/chin-lift not performed correctly).	<ul style="list-style-type: none">• Ensure lung bag is correctly inserted and not punctured. Replace if damaged.• Re-establish proper head-tilt/chin-lift to open the airway.
Difficulty achieving green light for compression depth.	<ul style="list-style-type: none">• Insufficient compression force or depth.• Manikin not on a firm surface.	<ul style="list-style-type: none">• Apply more force during compressions. Ensure proper body mechanics.• Move manikin to a harder, stable surface.

SPECIFICATIONS

Feature	Detail
Model Number	PP-AM-100M-MS
Item Weight	7 pounds
Product Dimensions	24 x 14 x 7 inches
Material	Plastic
CPR Monitor Power	2 x AA Alkaline batteries (not included)
Included Components	Manikin, CPR Monitor, 10 Lung Bags, Instruction Sheet, Nylon Carrying Case

WARRANTY

The PRESTAN Professional Adult CPR Training Manikin comes with a 3-year limited warranty from the date of purchase. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accident, unauthorized modification, or improper maintenance. For warranty claims or detailed terms, please refer to the official PRESTAN website or contact customer support.

SUPPORT

For further assistance, technical support, or to order replacement parts, please visit the official PRESTAN website or contact their customer service department.

Website: www.prestanproducts.com

Manufacturer: PRESTAN

