



# **BASELINE 12-1710 Windmill-Type Spirometer User Manual**

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**BASELINE<sup>®</sup>**

**BASELINE 12-1710 Windmill-Type Spirometer**



## Windmill-Type Spirometer

- lightweight, easy-to-grasp spirometer measures forced vital capacity
- broad measurement range from 1000cc to 7000cc with 100cc gradations
- can be used as an incentive spirometer, exerciser or screening device
- comes in case with a spirometer and 50 disposable mouthpieces
- additional mouthpieces available

## Specifications

- • measurement range 1000cc to 7000cc with 100cc graduations

## How to use

- slide the small end of the mouthpiece (d) onto the spirometer nozzle (c)
- confirm white indicator pointer is set to zero; if not at zero, adjust by rotating outer ring (a) to right or left until the indicator points to zero

## Holding the spirometer during use

- hold spirometer horizontal during use, with the dial facing up and the nozzle towards mouth
- keep the spirometer steady during the measurement
- when in use do not cover small holes (b) on the side of the upper body conducting the test
- inhale deeply stretching body upward; do not place the mouthpiece between lips while inhaling
- after maximum inhalation, place the mouthpiece between lips; breath out strongly in one motion, making sure

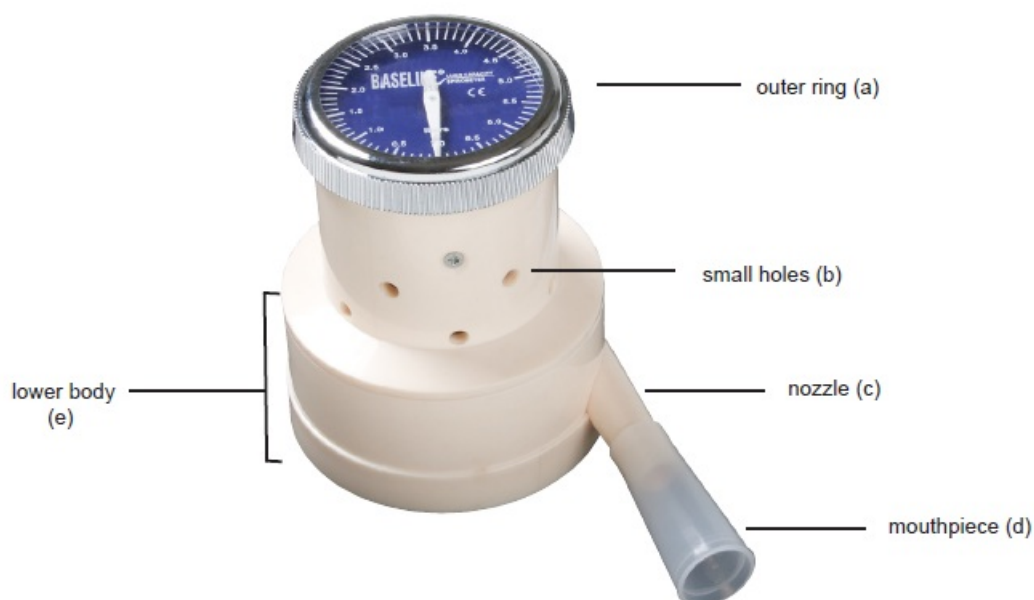
all air is forced into the mouthpiece; breathe out for 5-6 seconds; use a similar technique

### During each trial

- read the measurement on the spirometer dial after breathing out; record the value and reset the dial to zero by rotating outer ring to the left or right
- repeat the test 3 time; the maximum value indicates FVC
- discard used mouthpieces after an individual is tested

### Caring for your spirometer

- to clean spirometer remove lower body (e) by turning it clockwise; after 9 measurements clean the inside lower cavity of the spirometer with a cot-ton swab dipped in an alcohol/disinfectant solution and dry; (if mois-ture or dust is present in cavity accuracy can be lost)
- this spirometer is a precision instrument so handle with care



### Tables of FVC measurement norms

- spirometry prediction tables for normal healthy males and females are available to the public to view from the United States Department of Labor in Standard Number 1910.1043 App C; Title "Spirometry prediction tables for normal males and females"
- tables include the predicted value of FVC; sorted by Sex, Age and Height
- viewable to the public at the OSHA website [www.osha.gov](http://www.osha.gov)  
input 1910.1043 App C in the search box according to the tables referenced above:
  - predicted FVC for a male is greater than female of similar age/height
  - predicted FVC increases as height increases for same age/sex
  - predicted FVC value peaks for males around age 23-25
  - predicted FVC value peaks for females around age 21


### Predicted normal values FVC

AGE	MALE (5'10")	FEMALE (5'4")
17	4.71	3.46
21	5.02	3.78
25	5.37	3.69
29	5.26	3.60
33	5.14	3.51
37	5.02	3.43
41	4.91	3.34
45	4.79	3.25
49	4.68	3.16
53	4.56	3.07
57	4.44	2.99
61	4.33	2.90

**selected data from:** KNUDSON, ET AL.; AM. REV. RESPIR. DIS. 1976, 113, 587.

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## Documents / Resources

	<p><b><a href="#">BASELINE 12-1710 Windmill-Type Spirometer</a></b> [pdf] User Manual  12-1710, Windmill-Type Spirometer, 12-1710 Windmill-Type Spirometer, Type Spirometer, Spirometer</p>
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## References

- [Home | Occupational Safety and Health Administration](#)