



# Prestan Professional Manikins

## ADULT MANIKIN

### USE AND CARE INSTRUCTION SHEET

**THANK YOU** for buying the **Prestan Professional Adult Manikin!**

Please read through these instructions and keep them with your manikin(s). For information on Prestan's Authorized Distributors, help guides, resources and more, visit the Prestan website at [www.prestanproducts.com](http://www.prestanproducts.com).



*Prestan Professional Adult Manikin*

*Prestan Professional Adult Manikin 4-Pack*

For future reference, make note below of the Prestan Authorized Distributor where you purchased your manikins. Call your Prestan Authorized Distributor for product questions, reordering parts/accessories, or warranty issues:

\_\_\_\_\_  
Prestan Authorized Distributor

\_\_\_\_\_  
Distributor Phone

\_\_\_\_\_  
Purchase Date



## MODELS COVERED BY THIS INSTRUCTION SHEET

PRODUCT # (MODEL)	MANIKIN PACK	MANIKIN QTY/SIZE	INCLUDED CPR RATE MONITOR(S) *	INCLUDED CARRY CASE	INCLUDED FACE-SHIELD/ LUNG-BAGS
PP-AM-100M PP-AM-100M-MS PP-AM-100M-DS	SINGLE	1 ADULT	YES	SINGLE CASE	10-PACK
PP-AM-100 PP-AM-100-MS PP-AM-100-DS	SINGLE	1 ADULT	NO	SINGLE CASE	10-PACK
PP-AM-400M PP-AM-400M-MS PP-AM-400M-DS	4-PACK	4 ADULTS	YES 1 PER MANIKIN	4-PACK CASE w/strap	50-PACK
PP-AM-400 PP-AM-400-MS PP-AM-400-DS	4-PACK	4 ADULTS	NO	4-PACK CASE w/strap	50-PACK
PP-FM-300M PP-FM-300M-MS PP-FM-300M-DS	COLLECTION **	1 ADULT, 1 CHILD, 1 INFANT	YES 1 PER MANIKIN	COLLECTION CASE w/strap	10-PACK PER MANIKIN
PP-FM-500M PP-FM-500M-MS PP-FM-500M-DS	FAMILY PACK **	2 ADULTS, 1 CHILD, 2 INFANTS	YES 1 PER MANIKIN	FAMILY PACK CASE w/strap	10-PACK PER MANIKIN

### REGARDING THE ABOVE CHART AND THE CONTENTS OF YOUR ORDER:

\* The **CPR Rate Monitor** (*Rate Monitor, CPR Monitor, Monitor*) is a patented feedback feature for **Prestan Professional Manikins** that consists of an LED light bank that responds to compressions (see the section on the CPR Rate Monitor). The CPR Rate Monitor (*requires two (2) 'AA' batteries; not included*) is pre-installed in the left shoulder of the adult manikin. If you purchased the Prestan Professional Manikin without the CPR Rate Monitor and later decide you would like one, it may be ordered separately from your Prestan Authorized Distributor and easily installed. Installation instructions may be found in the Resources section of [www.prestanproducts.com](http://www.prestanproducts.com).

\*\* **The Prestan Collection and Prestan Family Pack** also include **Prestan Professional Infant and Child Manikins**. These have separate Instruction Sheets that are included with the manikins or can be accessed at [www.prestanproducts.com](http://www.prestanproducts.com).

**Available Skin Tones:** Any of the above models may be available in one of three Skin Tones:

- A model number without a suffix signifies our original Light Skin Tone
- A model number with a “-MS” at the end (i.e. PP-AM-100M-MS) signifies a Medium Skin Tone
- A model number with a “-DS” at the end (i.e. PP-AM-400-DS) this signifies Dark Skin tone

**Black Felt Dots** are included on a strip for optional use with Adult Manikins. These may be adhered to the underside of the manikin torso to help prevent sliding on slippery floor surfaces.

If anything is missing, please contact the Prestan Authorized Distributor where you made your purchase.

# Prestan Professional ADULT MANIKINS



## CLEANING

- The face and the body skin of the Prestan® Professional Manikin is made out of the same material and can be cleaned in the same manner.
- If the material becomes dirty, clean with a mixture of soap and water. If the area is extremely dirty, common household cleaners such as Formula 409®, Windex® or Vim® may be used. Non-bleach wipes such as Clorox® or Lysol® disinfecting wipes are convenient and work well. It is recommended that the use of these cleaners be done cautiously with minimum amount of abrasion to insure the life of the skin.
- A melamine foam eraser such as Mr. Clean® Magic Eraser® or Scotch-Brite™ Easy Erasing Pad may be used cautiously for stains.
- Cleaners containing wax, oil, or citrus (d-Limonene) are not recommended.
- Any cleaner not listed/recommended above may be tested in a non-visible area of the manikin. Open the manikin's torso chest and test the cleaner on the underside. Monitor for 24 hours. Should there be an undesirable reaction, the cleaner should not be used on the manikin.
- The face skin may also be sanitized with alcohol wipes or soaked in a solution of 1/4 cup bleach mixed with one gallon of water for 10 minutes. Between student uses, the instructor (or student) may clean the faces off with an alcohol wipe as an extra measure of safety.
- Don't forget to wipe the upper chest foam and skin in the same way in order to sanitize the inside of the manikin as well.
- Replacement skins for the face and torso may be purchased from your Prestan Authorized Distributor.

## STORAGE

- Store the Prestan Professional Manikin(s) in the nylon carry bag(s).
- The manikin head should be removed for protection of the facial features, specifically the nose.
- For added protection, store the manikin inside the carry bag, and place the carry bag inside the original shipping box.
- Do not stack the manikins unless they are inside the original shipping box or other protective container.
- The nylon carry bag for the Prestan Professional Manikin(s) is not meant to store or transport belongings (i.e. books) in addition to the manikin(s) - please use the carry bag only for the intended manikin(s) to prevent damage to the bag.
- Store the manikin(s) in a cool, dry area, at temperatures between 50°-70° F and 50% relative humidity.
- For storage longer than 1 month, it is recommended that the batteries be removed from the CPR Rate Monitor (if the manikin has this feature).

## CPR FEATURES

### FACE-SHIELD/LUNG-BAG FOR THE VISIBLE CHEST RISE

- The Face-Shield/Lung-Bag (PP-ALB-10, PP-ALB-50) combines the Face Shield and the Lung Bag into a single, t-shaped airway for the manikin. Air goes in through the Face-Shield opening to inflate the Lung-Bag, which provides the visible chest rise in response to administered CPR breaths.
- Face-Shield/Lung-Bags are sized specifically to fit each Prestan Professional Manikin (Adult/Child/Infant) and are not interchangeable among the different manikin sizes.
- The Face-Shield portion covers the mouth of the manikin. It stays in place by hooking the ends onto buttons located at each side of the head under the ears.
- The Lung-Bag portion is placed on the manikin chest (under the torso skin) and fills with air from administered CPR breaths. This provides a visual chest rise for the student.
- Face-Shield/Lung-Bags are a consumable item and should be changed depending on how they are used:
  - If breaths are being administered by mouth, either directly or via rescue mask adaptor, the Face-Shield/Lung-Bag should be changed between classes due to accumulation of bacteria-causing moisture inside the neck and bag. This change is advised for both sanitary and performance purposes.
  - If breaths are being administered by a manual resuscitator (BVM/Ambu bag), there is no need to change the Face-Shield/Lung-Bag.
- When a manikin is being shared by more than one student, it is recommended that each student be provided with their own sanitary and disposable mouth protector:
  - If direct mouth contact is being used to give CPR breaths, students should be supplied with their own Face Shield (PP-AFS-50) (sold separately and disposable). The fitted Face Shield can be placed over the already-installed Face-Shield/Lung-Bag on the mouth of the manikin when it is that student's turn to give breaths. Generic, non-fitted face shields may also be used, but may slide around on the mouth and possibly cover the mouth opening if not held in place.
  - If rescue masks are being used to give CPR breaths, students should be supplied with their own Rescue Mask Adaptor (10076-PPA, 10076-PPA-50) (sold separately and disposable). The adaptors can be inserted into any standard mask when it is that student's turn to give breaths.

### CPR CLICKER

- The Clicker is the round disk in the center of the manikin's back.
- The Clicker works with compressions to provide an audible "click" when compression depth reaches 2" (the compression is able to continue to a 2.4" depth).
- The Clicker sends a signal to the CPR Rate Monitor (if the manikin has this feature) to allow it to provide feedback on compression speed (see CPR Rate Monitor – Guide)

# Prestan Professional ADULT MANIKINS



## CPR RATE MONITOR - GUIDE

The CPR Rate Monitor (*requires two (2) 'AA' batteries; not included*) is a patented feedback feature that comes pre-installed in the shoulder area of the Prestan Professional Adult Manikin. If you have purchased a Prestan Professional Adult Manikin without the CPR Rate Monitor and later decide you want this feature – it may be purchased and installed separately by contacting your Prestan Authorized Distributor.

The Prestan Professional Training Manikin CPR Rate Monitor has a unique way of monitoring both the depth of compressions and the rate of compressions:

At the first compression all four of the lights in the upper left shoulder will come on, indicating that the lights are working. (Figure 1)

If the lights do not light, make sure that the depth of compression is deep enough (you will hear a clicking sound). The lights will not work if the student is not compressing the manikin correctly.

Once a student begins chest compressions, the yellow light and the green lights will go out and, from zero to less than 60 compressions per minute, the red light will be on. (Figure 2)

As the student increases the rate of compressions and reaches 60 compressions per minute, a yellow light will come on until the student reaches 80 compressions per minute. (Figure 3)

As the student increases the rate of compressions and reaches 80 compressions per minute, the first green light will come on until the student reaches 100 compressions per minute. (Figure 4)

When the student reaches 100 compressions per minute, a second green light comes on, indicating that the recommended rate has been reached. (Figure 5)

If the student slows down, one of the green lights will go out indicating that the student needs to increase the rate of compressions.

Should compressions exceed 120 per minute, a yellow light will flash rapidly indicating the recommended cap has been reached. (Figure 6)

Always try to maintain the recommended speed between 100 and 120 compressions per minute as indicated by the 2 green lights.

If the student's depth of compression is not correct, at any time, all the lights will go off and the red light will blink.



Figure 1



Figure 2; <60 cpm



Figure 3; 60-80 cpm



Figure 4; 80-100 cpm



Figure 5; 100-120 cpm



Figure 6; >120 cpm

## FACE-SHIELD/LUNG-BAG INSTALLATION

1. Unlatch the torso of the Prestan Professional Manikin by popping the 'tabs' located at the top of the shoulders (Figure 1). Carefully lift the torso frame open by the neck.  
**Note: Do not pull on tabs (past popping the latch). Doing so may break the tabs or stretch out the frame over time, impairing the latching function.**



Figure 1



Figure 2

2. Attach the head to the torso by placing the neck of the head onto the two spindles on the neck portion of the torso (Figure 2).

3. Fold the Lung-Bag portion of the Face-Shield/Lung-Bag (Figures 3a-3d):

- The Face-Shield/Lung-Bag has four 'dotted lines' printed on one side of the bag (along with an oval)
- Using the four dotted lines, fold the Face-Shield/Lung-Bag into fourths, following the diagram below

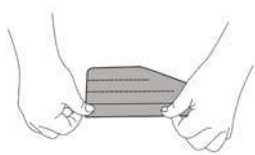


Figure 3a

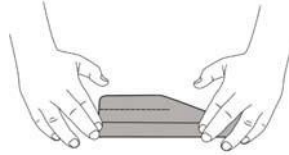


Figure 3b

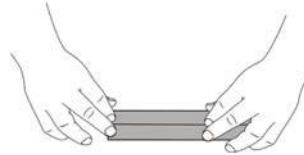


Figure 3c

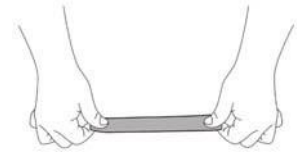


Figure 3d

4. Tilt back the head of the manikin (Figure 4).

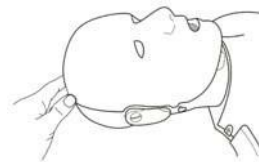


Figure 4

5. Insert the folded Lung-Bag into the mouth of the manikin (Figure 5).

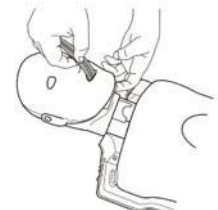


Figure 5

6. Push the Lung-Bag into the mouth until the bag exits through the neck of the manikin (Figure 6).

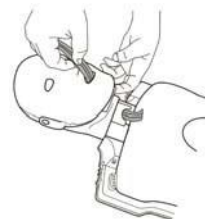


Figure 6

7. Grasp the Lung-Bag and finish pulling it through the neck of the manikin (Figure 7).

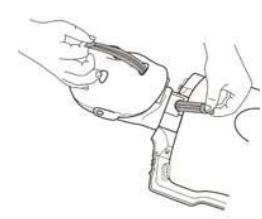


Figure 7

8. Attach the Face-Shield tabs to the 'buttons' located on the side of the manikin head (Figure 8).



Figure 8

9. Lightly pull down on the Lung-Bag to help open the mouth hole on the Face-Shield.

10. Then position the Lung-Bag on top of the compression plate (the hard plastic circular piece found on top of the torso foam core) with the circular imprint on the Lung-Bag aligning with the compression plate (Figure 9).

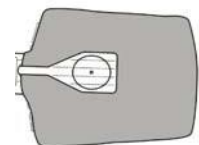


Figure 9

11. With proper positioning, the neck of the Face-Shield/Lung-Bag will have slack. Make sure it is not twisted.

12. Close the torso and secure the latch by pushing on the shoulder tabs until they snap into place.

## TROUBLESHOOTING GUIDE

SYMPTOM	POSSIBLE ISSUES OR COMMENTS	SOLUTIONS
<b>CPR Rate Monitor</b>		
<p>Cannot find CPR Rate Monitor (Monitor) – no lights in the shoulder area</p>	<ul style="list-style-type: none"> <li>You have purchased a Prestan Professional Adult Manikin without the CPR Rate Monitor</li> </ul>	<ul style="list-style-type: none"> <li>If you were expecting a monitored manikin, check with the distributor where you purchased the manikin to insure you received what you paid for</li> </ul> <p>Note: CPR Rate Monitors may be purchased separately from your Prestan Authorized Distributor</p>
<p>CPR Rate Monitor (Monitor) lights are not working properly</p> <p><i>To help understand how the Monitor works, please note that the Monitor lights are powered by a small current generated by the Clicker</i></p> <p><i>Please follow the troubleshooting tips at right in the order they are listed for best results</i></p>	<ul style="list-style-type: none"> <li>Chest compressions are not deep enough to signal Monitor</li> <li>Batteries are not installed, need replacing or are not inserted correctly in the CPR Rate Monitor</li> <li>The Clicker-Monitor connection is broken</li> <li>Clicker may be clogged with plastic dust, interrupting the signal to the Monitor</li> <li>Either the Clicker or the Monitor needs to be replaced</li> </ul>	<ul style="list-style-type: none"> <li>Compress the chest until the click is audible from the Clicker at 2”-2.4”</li> <li>Install or replace batteries into Monitor (back of manikin, left shoulder area) - requires 2-AA (1.5V) batteries</li> <li>On the manikin’s back, remove the long skinny Wire Cover between the Clicker and Monitor – squeeze connectors to disconnect the wires then reconnect to insure Clicker-Monitor communications</li> <li>Remove Clicker and blow out dust – then replace Clicker and reconnect with Monitor</li> <li>Exchange Clickers and Monitors with working manikins (if available) to determine whether the Clicker (RPP-ACLICK1) or the Monitor (RPP-AMON-1) needs to be replaced*</li> </ul>
<p>CPR Rate Monitor (Monitor) lights are all on</p>	<ul style="list-style-type: none"> <li>Batteries are running low</li> </ul>	<ul style="list-style-type: none"> <li>Replace batteries</li> </ul>
<p>CPR Rate Monitor (Monitor) red light is blinking</p>	<ul style="list-style-type: none"> <li>This is normal after replacing batteries or manikin is paused - may blink up to 16 times to indicate ready status</li> </ul>	<ul style="list-style-type: none"> <li>Commence or resume compressions - blinking will stop and feedback rate signals will begin</li> </ul>

\* Contact your Prestan Authorized Distributor to either purchase the replacement part or receive it at no charge if the manikin is within Prestan’s 3-year warranty period and is a qualifying warranty repair.



## TROUBLESHOOTING GUIDE

(Continued)

SYMPTOM	POSSIBLE ISSUES OR COMMENTS	SOLUTIONS
<b>Torso and Face-Shield/Lung-Bag</b>		
Cannot hear a click when doing compressions	<ul style="list-style-type: none"> <li>• Hand position and/or compression angle may be incorrect</li> <li>• Compressions may not be deep enough to activate the clicker</li> <li>• Clicker may be broken</li> </ul>	<ul style="list-style-type: none"> <li>• Confirm correct hand placement and compress straight down from directly above the manikin</li> <li>• Compress between 2 and 2.4 inches depth</li> <li>• Replace Clicker in back of manikin (RPP-ACLICK-1)*</li> </ul>
Chest will not rise when breaths are given	<ul style="list-style-type: none"> <li>• Head is not tilted back enough to open airway</li> <li>• Face Shield is not attached</li> <li>• Lung Bag may be damaged or torn (Note: there are holes in the Adult Lung Bag necks by design to allow deflation)</li> <li>• Lung Bag is not lying flat or properly positioned over the compression plate and/or neck of bag is twisted</li> <li>• Lung Bag has accumulated moisture in the neck, which may cause the sides to stick together and prevent air passage</li> </ul>	<ul style="list-style-type: none"> <li>• Push on forehead and/or lift at chin to tilt head back enough to open airway</li> <li>• Attach Face Shield at “buttons” on the side of the manikin’s head below ears</li> <li>• Blow into the Face-Shield/Lung-Bag while it is outside the manikin to make sure it inflates properly – if not, discard and use another Face-Shield/Lung-Bag</li> <li>• Revisit instructions for installing a Face-Shield/Lung-Bag earlier in this manual</li> <li>• A new Face-Shield/Lung-Bag should be installed after each class, or more often if needed due to excessive moisture buildup</li> </ul>
<p>Manikin torso will not stay closed</p> <p>Manikin torso opens when breaths are given</p>	<ul style="list-style-type: none"> <li>• Tabbed latches at shoulders may not be securely closed</li> <li>• Chest frame may be stretched from improper opening of torso</li> <li>• Tabbed latches at shoulders are broken from improper opening of torso</li> </ul>	<ul style="list-style-type: none"> <li>• Close tabs at shoulders – a snap will be heard when shoulder tabs are properly latched</li> <li>• Open torso and attempt to reverse stretched out frame by pushing it in the opposite direction</li> <li>• Torso Frame needs to be replaced (RPP-AFRAME-1)*</li> </ul>



## TROUBLESHOOTING GUIDE

(Continued)

SYMPTOM	POSSIBLE ISSUES OR COMMENTS	SOLUTIONS
<b>Torso</b>		
Rattling in chest	<ul style="list-style-type: none"> <li>• Compression Sleeve may be broken</li> </ul>	<ul style="list-style-type: none"> <li>• Replace sleeve in chest with part RPP-ACOM-1 (compression assembly includes chest plate, spring, sleeve and clicker)*</li> </ul>
Chest Plate is broken	<ul style="list-style-type: none"> <li>• Typically results from a combination of incorrect (not centered) hand placement, compression angle not straight down from directly above and/or overzealous compression force</li> </ul>	<ul style="list-style-type: none"> <li>• Replace chest plate with RPP-ACOM-1 (compression assembly includes chest plate, spring, sleeve and clicker)*</li> </ul>

\* Contact your Prestan Authorized Distributor to either purchase the replacement part or receive it at no charge if the manikin is within Prestan's 3-year warranty period and is a qualifying warranty repair.

## WARRANTY

### Three Year Limited Warranty

1. **WARRANTY COVERAGE:** Prestan offers a LIMITED WARRANTY against any defects in workmanship or materials under normal use with respect to its PRESTAN TRAINING MANIKIN.
2. **WARRANTY PERIOD:** Prestan warrants the PRESTAN TRAINING MANIKIN for three (3) years from the date of purchase. Any component of the PRESTAN TRAINING MANIKIN which proves defective with thirty-six (36) months from the date of purchase will be repaired or replaced, at Prestan's option, free of charge to the owner. The owner is responsible for shipping and handling fees to the place which Prestan designates.
3. **WARRANTOR'S RESPONSIBILITIES:** Prestan will repair or replace (at Prestan's option) a defective warranted component subject to the provisions of Section 2 without charge except for transportation costs. OWNER'S SOLE AND EXCLUSIVE REMEDY AGAINST PRESTAN SHALL BE FOR THE REPAIR OR REPLACEMENT OF DEFECTIVE GOODS AS PROVIDED HEREIN. Repair or replacement of any component of any PRESTAN TRAINING MANIKIN does not extend this limited warranty or begin a new limited warranty period.
4. **CIRCUMSTANCE NEGATING WARRANTY AND OTHER LIMITATIONS:**
  - a. Prestan reserves the right to refuse warranty service or replacement when product failure is due to misuse, mishandling, misapplication, accident, neglect, improper installation, modification, use of unauthorized parts or attachments, adjustments or repair performed by anyone other than Prestan or its authorized agent, or any causes other than defective workmanship or material.
  - b. This limited warranty does not cover abrasion, abnormal use, damage caused by mishandling, neglect or unauthorized modification. This warranty is void if the PRESTAN TRAINING MANIKIN is structurally altered.
  - c. Owner must provide proof of the date of purchase, place of purchase and the purchase price in order to obtain service under this limited warranty.
  - d. Prestan makes no warranty other than as contained herein. No agent, representative, dealer or employee of Prestan has the authority to alter the obligations or limitations of this limited warranty.
5. **LIMITATIONS OF IMPLIED WARRANTIES AND DAMAGES:**
  - a. Any and all implied warranties on the PRESTAN TRAINING MANIKIN, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, SHALL NOT EXCEED IN DURATION THE RESPECTIVE TERMS OF THIS LIMITED WARRANTY WHICH BEGINS WITH THE DATE OF PURCHASE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
  - b. PRESTAN SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF THE USE OF THE PRESTAN TRAINING MANIKIN OR THE BREACH OF THIS OR ANY OTHER EXPRESSED OR IMPLIED WARRANTY. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. Any and all damages awarded for any breach of this limited warranty shall be limited to the amount of the purchase price.
6. **WARRANTY SERVICE.** To obtain warranty service contact your Prestan Authorized Distributor, or for information about Prestan, visit our website at [www.prestanproducts.com](http://www.prestanproducts.com).
7. **RIGHTS UNDER STATE LAW:** This warranty gives you specific legal rights and you may have other rights which vary from state to state.