



*Professional, ecological adult mannequin for basic life support training*

## Short instructions for use:



Online  
version of  
instruction

### I) Quick user guide

1. Remove the manikin from the shipping box;
2. Place the dummy on a hard, flat, dry surface;
3. Install a disposable lung bag;
4. Before starting training, check that the movable parts of the mannequin's head are in the correct position as shown in the picture.

***when using for the first time, please read the following instructions.***

\*\* see the provided pictures

### II) Installing a disposable lung bag:

Before installation unpack one lung bug and check if it is not broken.

To install a disposable lung bag, you should (see pictures at the end):

1. Roll up the part of the bag farther from the mouthpiece to facilitate repositioning;
2. Gently pull the folded mouth part of the lung sac through the channel running through the neck and head of the manikin;
3. Gently pull the folded lung part of the lung sac through the channel leading to the hole on the manikin's back;
4. Drag the bag until the entire wider part is in the designated hole;
5. Unfold each part of the lung sac to avoid any kinks;
6. Put the mannequin in the starting position;
7. Attach the mouth part of the bag to the manikin's face;
8. Wrap and tape the mouthpiece of the lung bag to the upper layer of the face (use ordinary sticky tape, which is easily removed).

### III) Replacing the Disposable Lung Bag:

A disposable lung bag should only be used by one student and replaced after that student's training session.

To replace the disposable lung bag:

1. Detach (unstick and unwrap) the mouth part of the bag from the manikin's face;
2. While supporting, turn the mannequin to the side and with a gentle pull out part of the bag located in the hole on the mannequin's back (you can roll the back part of the lung bag);
3. Gently pull the lung sac out of the channel running through the neck and head of the mannequin;
4. Install a new disposable lung bag using procedure presented in chapter II;

5. Put the dummy in the starting position.

#### IV) Removal of compression springs at the end of the product's life cycle and the "ECO CPR gives a second life" program:

The ECO CPR manikin is used to train cardiopulmonary resuscitation in the event of sudden cardiac arrest and thus trains how to save human lives. The "ECO CPR gives a second life" program also focuses on the good of the planet and the natural environment. After the end of the product's life cycle, you can recover its "heart", which is the compression springs, and send them back at our expense so that they can be used by other students!

#### V) Removal of compression springs:

1. Observing the safety rules, cut the side surface of the mannequin along the perforations;
2. Open the dummy's torso by tilting the upper surface of the chest to the side opposite to the cutting line in order to expose the compression springs;
3. Observing the safety rules, take out each of the springs one by one from the inside of the dummy.

#### IMPORTANT PRODUCT INFORMATION:

- Keep the manikin clean.
- The manikin should be stored and should not be used in a humid environment.
- Disposable airways should be replaced after each exerciser (if rescue breaths are performed).
- Do not clean or disinfect any part of the manikin with liquids or wet wipes. Remove minor dirt with a dry cloth.
- The use of additional manikin face shields (only flat filter training versions, compatible with the ECO CPR manikin), may provide an additional protective barrier during rescue breath exercises.
- Perform CPR training only with the manikin on a hard, flat, dry surface in the supine position shown in the illustration.
- Chest compressions should be performed according to resuscitation guidelines, applying compression force only at a 90-degree angle to the mannequin's chest.

#### AVOID THE USE OF AGENTS THAT MAY DISCOLOR OR DAMAGE THE MANIKIN DURING EXERCISE:

- Pigments from lipsticks and cosmetics
- Pen and marker pigments
- Wet or soaked fabrics
- Wet or damp hands
- Electrodes for training defibrillators other than those recommended by the manikin's manufacturer

Dispose of in accordance with the regulations in force in your country.

The product is intended for use by adults or under their supervision.

***If you have further questions, visit our website at [www.ecocpr.pl](http://www.ecocpr.pl) or contact us: [info@ecocpr.pl](mailto:info@ecocpr.pl)***

