

PocketCPR™

Chest Compression Coaching
in the Palm of Your Hand



- Real-Time Audible and Visual Feedback
- Accurate Rate and Depth of Compressions
- Continuous Prompts
- Durable Construction
- Affordable and Reusable

ZOLL
Advancing Resuscitation. Today.™

Real CPR Help® offers uniquely accurate chest compression prompting and feedback as recommended in the 2005 AHA/ILCOR Guidelines.

Enhanced Real-time CPR Feedback and Training

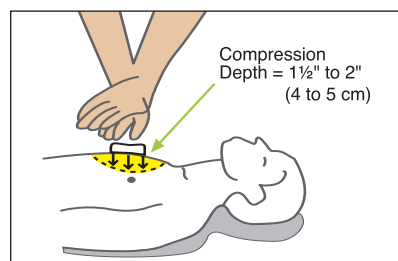
- Real-time coach for rescue and training
- Visual prompts
- Continuous chest compression feedback
- Guides optimal rate and depth of compressions
- Affordable
- Reusable

Measuring CPR Chest Compressions

Adult victims of cardiac arrest need compressions at a rate of 100 per minute and at a depth of 1½ to 2 inches (4 to 5 cm). The force required to properly compress a victim's chest varies depending on the patient's build and anatomy. According to the 2005 American Heart Association and International Liaison Committee on Resuscitation (AHA/ILCOR) guidelines and extensive clinical data,^{1,2} chest compressions during CPR without prompting are frequently insufficient in both out-of-hospital and in-hospital cardiac arrest. CPR prompting devices enable consistent improvement in the quality of CPR.^{3,4,5,6,7,8,9} The AHA/ILCOR guidelines in 2005 also state that "CPR prompt devices may be useful in both out-of-hospital and in-hospital settings".

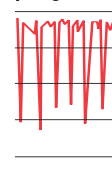


Until now, only force and pressure sensors have been available. New technology in the PocketCPR includes an accelerometer and a sophisticated processing algorithm. This system accurately measures CPR compression and converts the motion of the accelerometer into distance moved. Emergency rescuers and CPR trainers now have the ideal tool to facilitate and improve CPR delivery and training.



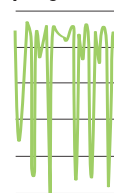
Before prompting

1 1/2" - 3/4"
(1 - 2 cm)



After prompting

1 1/2" - 2"
(4 - 5 cm)



Instructions for Use

Important: The Pocket CPR has two modes. Normal Operating Mode includes all sounds, including voice prompts and metronome beeping. Silent Training Mode shows flashing metronome and chest compression lights ONLY to enable training flexibility.

NORMAL OPERATING MODE

Start-Up

1. Power on the device by pressing the black power button once quickly on the side of the device.
2. Allow device to power up and do system checks, which will be followed by the verbal prompt, "UNIT OKAY." If the verbal prompt states "REPLACE BATTERY," refer to the Operator's Manual for instructions.
3. Follow verbal prompts to "STAY CALM," "CHECK RESPONSIVENESS," "CALL FOR HELP," "OPEN AIRWAY," and "GIVE TWO BREATHS."
4. The device will prompt user to start CPR with 5 beeps after the initial messages, the verbal prompt "START CPR," and five more beeps.
5. Place device in the center of the chest between the nipples.
6. Place the heel of one hand on the device and the second hand on top so both hands are overlapped.
7. Begin chest compressions.

Operational Notes

1. The metronome will beep at the rate of 100 compressions per minute.
2. Insufficient compressions will be indicated by one single LED light flashing and an audio prompt to "PUSH HARDER" every 4 seconds.
3. Adequate compressions will be indicated by all four LED lights flashing and a "GOOD COMPRESSIONS" audio prompt every 9 seconds.
4. "GIVE TWO BREATHS" will be prompted every 18 seconds after the start of chest compressions and the metronome will restart after 5 seconds.
5. This messaging will recycle itself until the unit is turned off by holding down the black power button for 3 full seconds.

SILENT TRAINING MODE

Start-Up

1. Power on the device by pressing and holding the black power button on the side of the device. After hearing the verbal prompt, "UNIT OKAY," wait a full second before releasing the power button.

2. The device metronome will begin to flash, indicating that the device is ready for CPR to begin.
3. Place device in the center of the chest between the nipples.
4. Place the heel of one hand on the device and the second hand on top so both hands are overlapped.
5. Begin chest compressions.

Operational Notes

1. The metronome rate will be 100 compressions per minute.
2. Insufficient compressions will be indicated by one single LED light flashing.
3. Adequate compressions will be indicated by all four LED lights flashing.
4. The user must count their compressions, as the device will not pause for ventilations. When the user pauses for ventilations, the metronome will continue to flash at 100 compressions per minute and wait for compressions to restart.
5. The unit can be turned off by holding down the black power button for 3 full seconds.

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