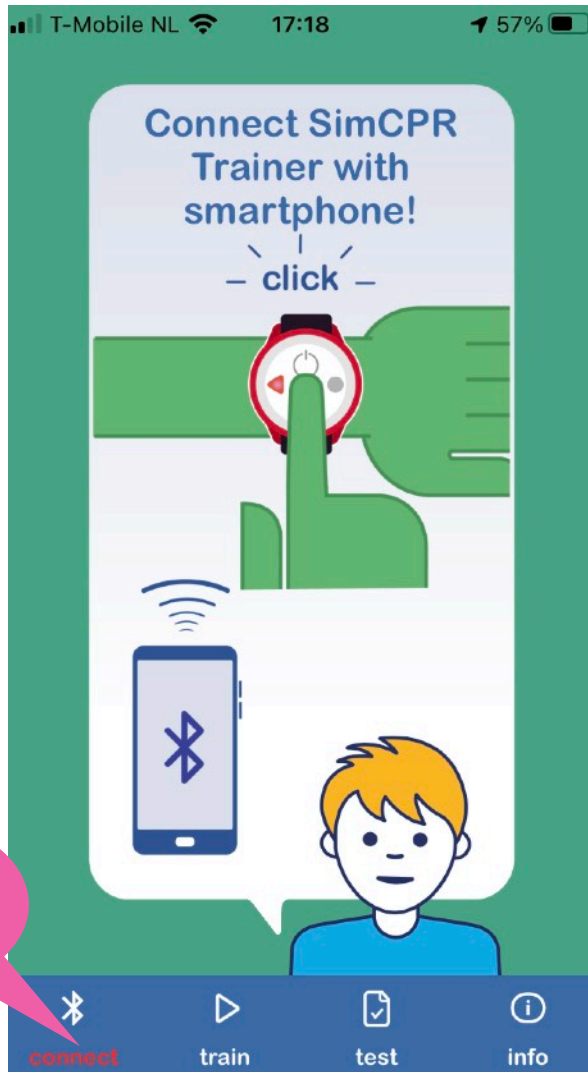




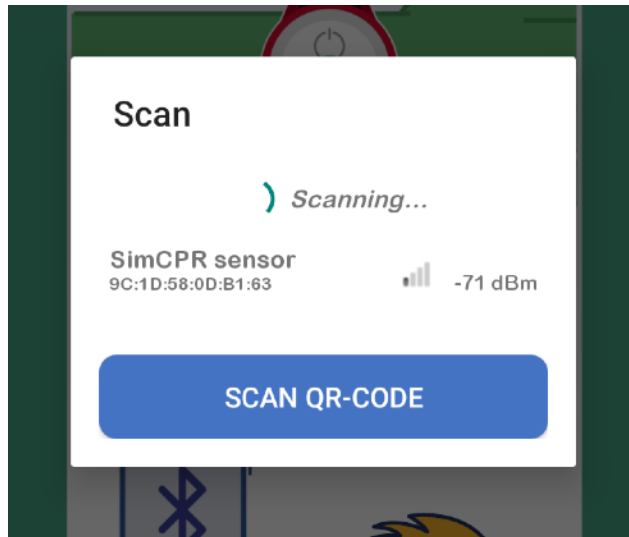
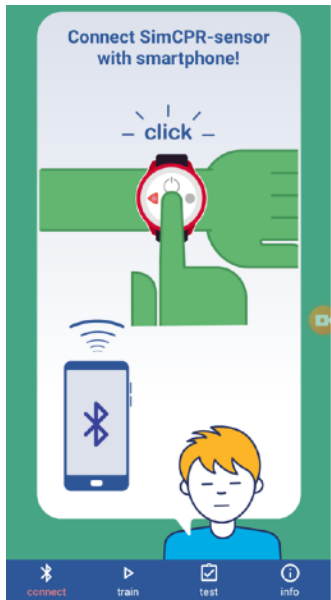
SimCPR® Trainer App User-Guide



Tips!

- Use a manikin that can be pushed down at least 60mm!
- Connect the SimCPR® Trainer with the Trainer App. Do not make a Bluetooth-connection using your smartphone settings.
- Check if text 'connect' (below Bluetooth-symbol) is green before you start a TEST!
- If there are more SimCPR® Trainers, check that your SimCPR-sensor is connected with your smartphone.
- Try the **Fast TEST** (15 sec.) a few times to get better results.
- If you can't connect your SimCPR-sensor, open all screens and close them!
Now try again to open the Trainer App and press the Bluetooth symbol on the left below (Connect).

Connecting



- Connect your SimCPR-sensor by tapping the bluetooth symbol (CONNECT)!
- Scan the QR-code on the back of trainer or tap on your SimCPR-sensor that pops-up and the connection will start.

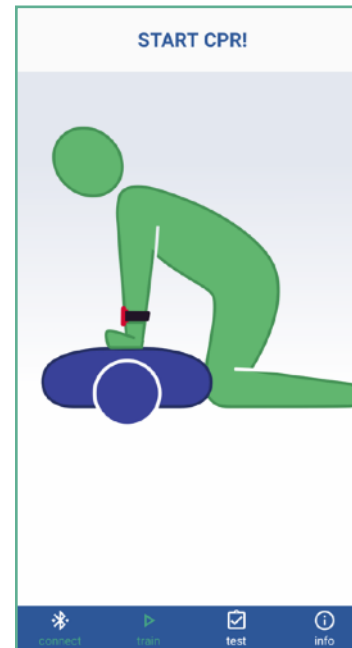
Annuleren Scan

- SimCPR sensor -95 dBm
- SimCPR sensor -29 dBm
- SimCPR sensor -70 dBm
- SimCPR sensor -72 dBm

Selecting your sensor

The closest SimCPR-sensor has the most bars and lowest value in the list. By tapping that sensor with your finger you will connect your sensor to your smartphone!

TRAIN chest compression

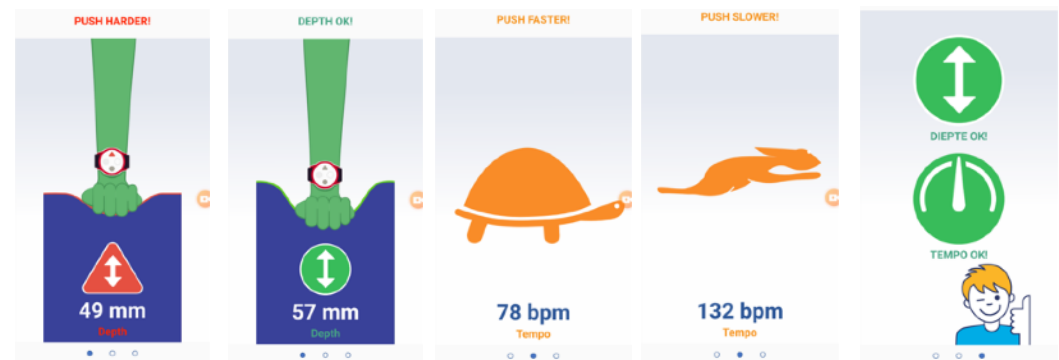


- Check if **connect**-text is green!
- Press *TRAIN-modus* if needed and start chest compression!

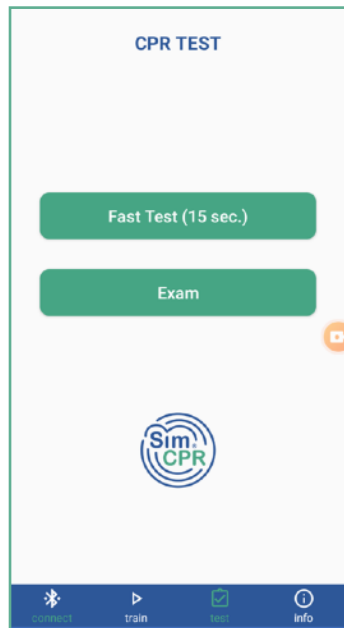
After a few seconds the feedback screen will appear.

- Place your hands in the middle of the chest!
- Place your shoulders straight above the chest bone!
- Press the chest firmly and do not lean in end of chest rising!

Get feedback depth, tempo and then both!



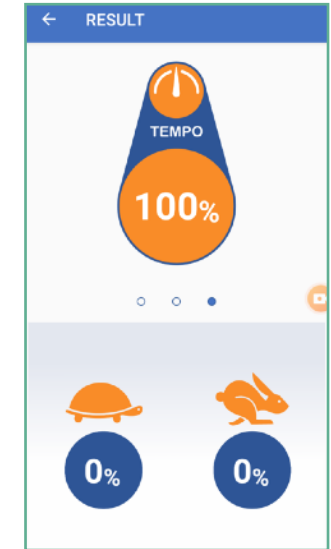
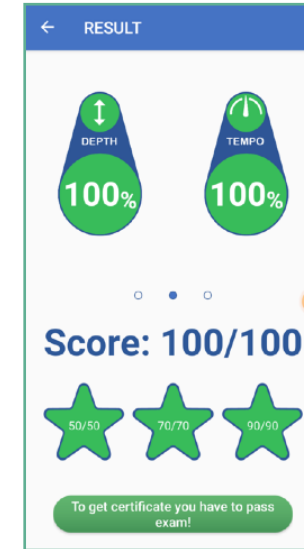
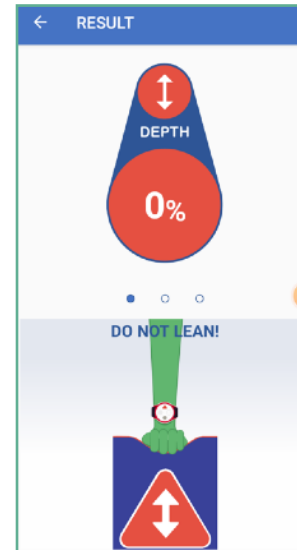
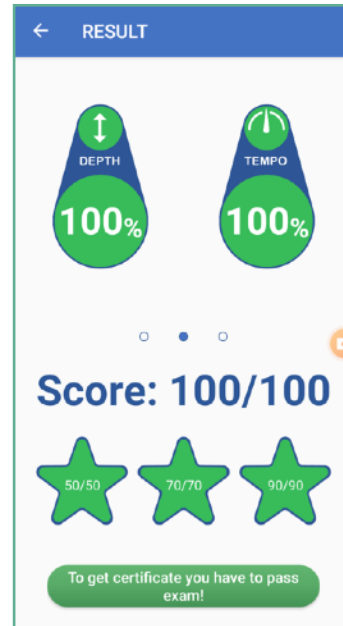
TEST chest compression



- Check if **connect**-text is green (sensor is connected)
- Press the *TEST*-modus and chose first *Fast Test (15 sec)*!

When your score gets higher than 2-stars, you can choose Exam (minimum of 1 minute to maximum of 10 minutes).

RESULT-screens



The result-screen shows the percentages of correct depth (≥ 50 mm) and tempo (97-123/min).

Swiping this screen to the left provides extra info on depth. Swiping to the right on tempo.

Get your certificate!

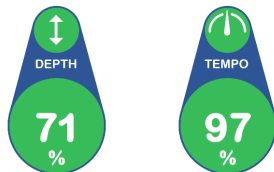
When your exam-score gets higher than 2-stars (min. 70%-score on depth and tempo), you receive a SimCPR score-certificate.

Fill in your first name, family name and date of birth to receive your personal certificate!



SimCPR-score certificate

Name: **Remi Hero**
Date of birth: **23/11/1998**



Score: **71/97**

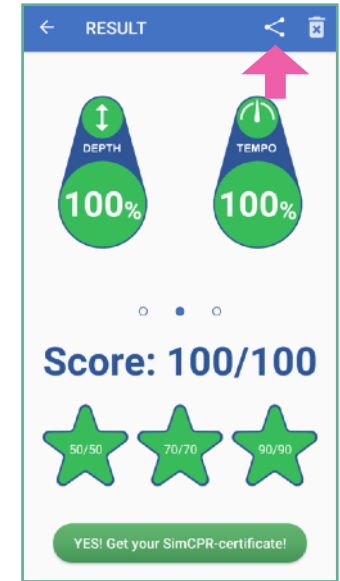
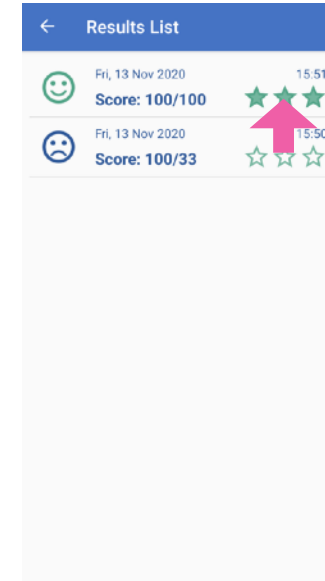
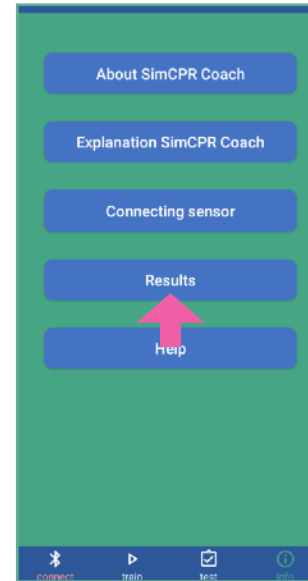


This certificate shows that candidate is competent in providing chest-compressions according to the international BLS-guidelines 2015 on depth/tempo and SimCPR-criteria. *
*www.simcpr.com

Issue Date:
23 November 2020

Recommended Renewal Date:
(after 6 month's)

Sharing results



Done SimCPR_data_2017-12...

Time_stamp	Depth_bpm	Tempo_mmm
10:43:56:260	63	102
10:43:56:860	63	103
10:43:58:060	63	104
10:43:58:061	62	104
10:43:59:260	61	104
10:43:59:261	61	105
10:43:59:860	61	106
10:44:00:460	60	106
10:44:01:060	60	106
10:44:01:661	60	106
10:44:02:260	59	105
10:44:03:460	59	105
10:44:03:461	59	105
10:44:04:060	58	106
10:44:04:061	58	105

With the INFO-menu you can check all your results at any moment.

You can share certificates and results (depth and tempo of compressions up to 10 minutes) by mail and social media.

Have fun optimizing your CPR!