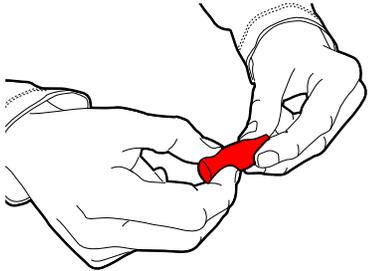


## Directions for Use

Children should be properly supervised when using the trainer.  
For more complete directions refer to the Act+Fast Instructional Guide.

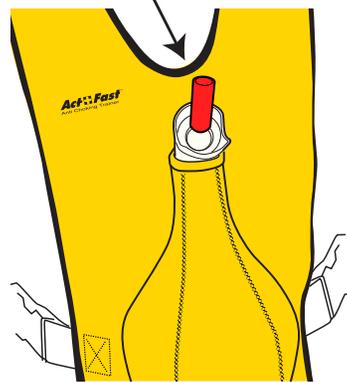
Each kit includes 10 green foam plugs for beginners, and 20 yellow foam plugs for more advanced students.

Foam plugs can be softened by rolling with fingers. Allowing them to be expelled more easily from the trainer, if needed.



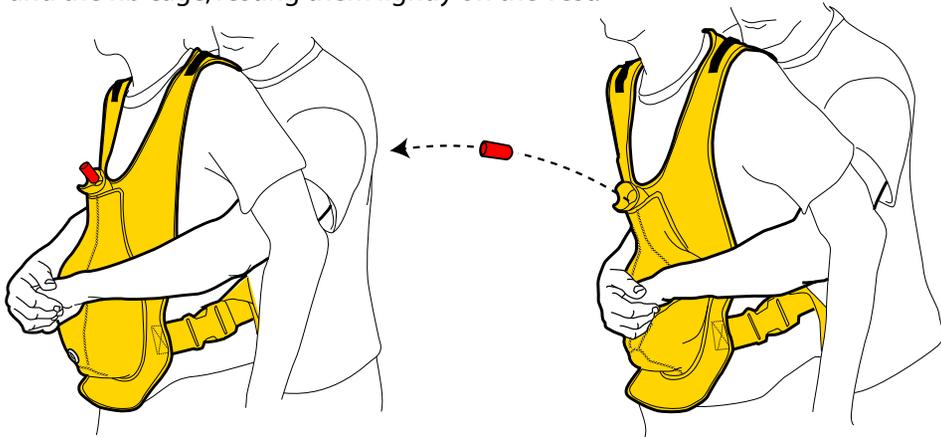
Pull the vest over your head and adjust the shoulder straps and waist belt to fit snugly.

Drop a foam plug into the airway.



The size of these plugs are typical of CHOKING HAZARDS - providing realistic training, but they should be kept out of reach from children under 4 years of age.

Place your hands in the correct position, between the navel or belly button, and the rib cage, resting them lightly on the vest.



Then deliver a quick upward thrust to dislodge the obstruction. **Do not use force, it is not necessary and may cause injury.** Correct technique will result in the plug shooting into the air, providing instant feedback and teaching the concept.

Warning: do not aim foam plug at eyes.

Use the Back Slap Pad to practice giving back blows.

**WARNING: for simulation only, do not use force.**

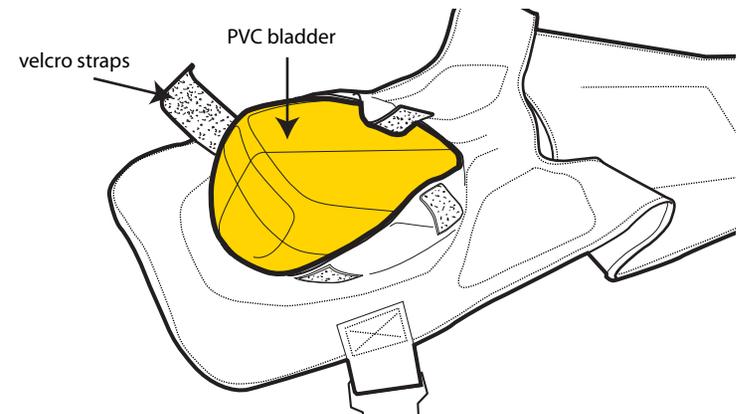


An optional Back Slap Pad is Included. Simply remove the velcro-attached Act+Fast patch on the back side of the vest and replace with the Back Slap Pad.

The training vest can be used in a variety of positions to create realistic scenarios, including: standing, sitting and lying on the ground. Also, it allows the student to practice self rescue, using a counter top or chair.

## Cleaning Instructions

From the underside of the vest, release velcro straps and remove the PVC bladder and airway assembly from the neoprene vest.



Wash vest by hand using mild detergent, hang to air dry.