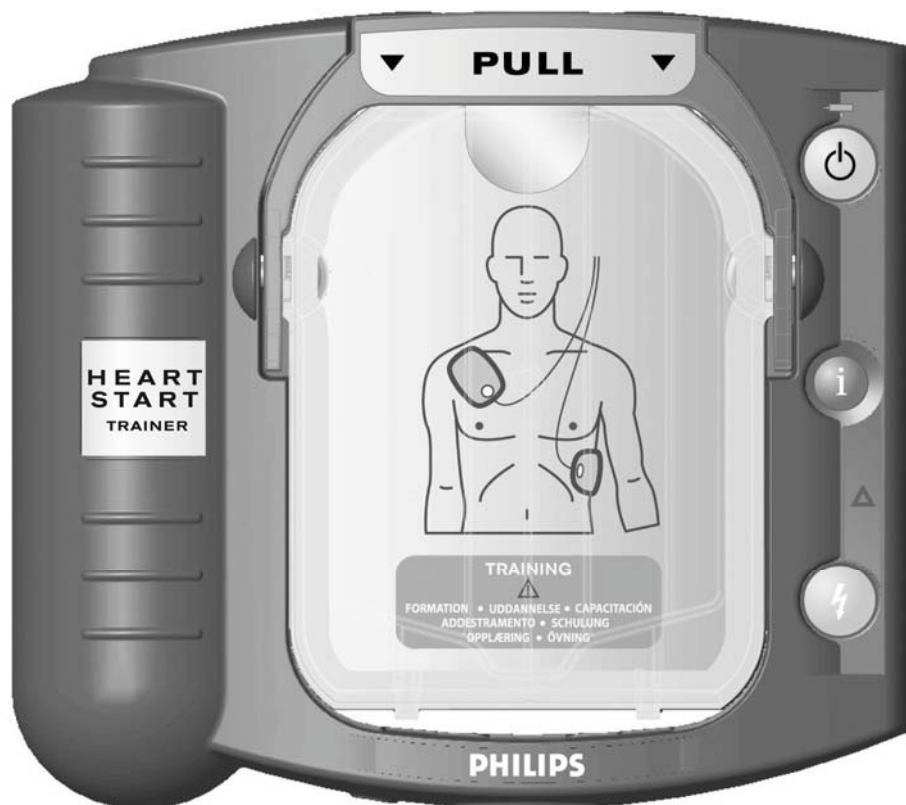


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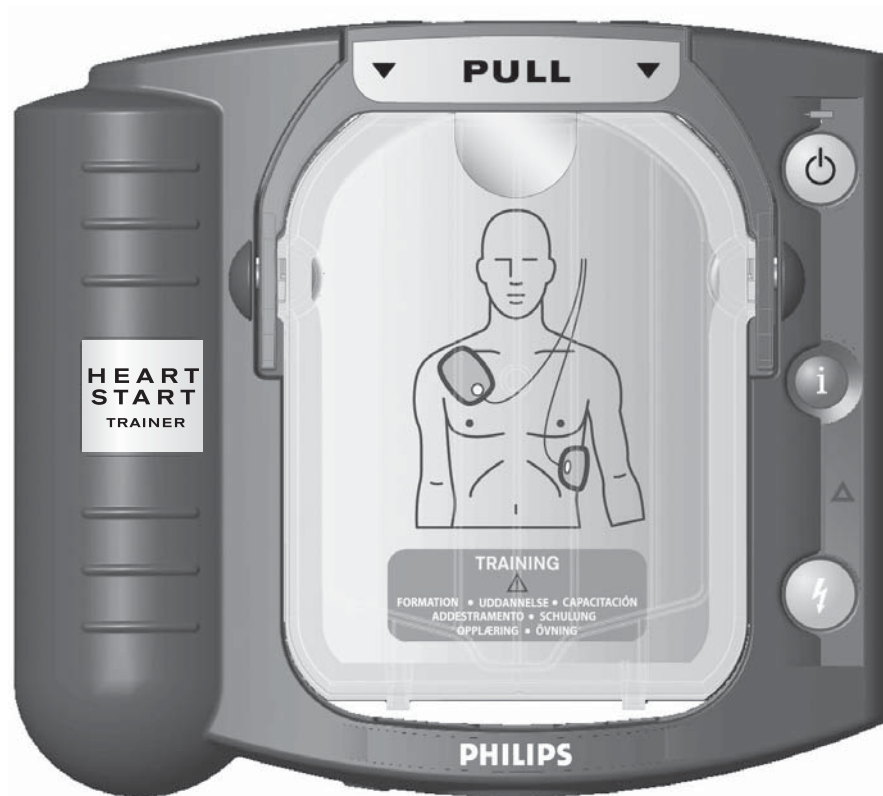
## HeartStart Trainer

INSTRUCTIONS FOR USE

M5085A  
Edition 3

**HEARTSTART**  
DEFIBRILLATORS

# PHILIPS



## HeartStart Trainer

INSTRUCTIONS FOR USE

M5085A  
Edition 3

**HEARTSTART**  
DEFIBRILLATORS

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# HeartStart Trainer

## M5085A

INSTRUCTIONS FOR USE

Edition 3

### About this edition

The information in this guide applies to the HeartStart Trainer M5085A. This information is subject to change. Please contact Philips at [www.medical.philips.com/heartstart](http://www.medical.philips.com/heartstart) or contact your local Philips representative for information on revisions.

### Edition history

Edition 3

Publication date: August 2006

Publication #: M5085A-91900

Assembly #: 012116-0003

Printed in the U.S.A.

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### Device manufacturer

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## HeartStart Trainer M5085A

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### Intended Use of the HeartStart Trainer

The HeartStart Trainer M5085A is designed to prepare emergency responders to use the HeartStart HSI Defibrillators. The HSI Defibrillators include the HeartStart OnSite Defibrillator M5066A, the HeartStart Defibrillator M5067A, and HeartStart Home Defibrillator M5068A. **The HeartStart Trainer cannot be used to deliver defibrillation treatment.**

The HeartStart Trainer provides a variety of simulations, or training scenarios, to help responders acquire and demonstrate the basic skills necessary to use the HeartStart HSI Defibrillator in an emergency.

### Features of the HeartStart Trainer

- The HeartStart Trainer provides simulated shock delivery. It has no high-voltage capabilities, ensuring safety during training.
- The HeartStart Trainer is designed for use with training manikins in conjunction with Internal Manikin Adapter M5088A or External Manikin Adapter M5089A and with Adult Training Pads Cartridge M5073A or Infant/Child Training Pads Cartridge M5074A only.\*
- The HeartStart Trainer and Training Pads cartridge can also be used with an Infant/Child Pads Placement Guide and an Infant/Child Key, available separately from Philips, for training in pediatric defibrillation.
- The HeartStart Trainer is pre-configured with 8 training scenarios that simulate realistic sudden cardiac arrest episodes. See pages 10 through 12 for scenario descriptions. These scenarios are compatible with training programs developed by nationally recognized responder programs.
- The HeartStart Trainer is powered by four standard AA alkaline batteries.

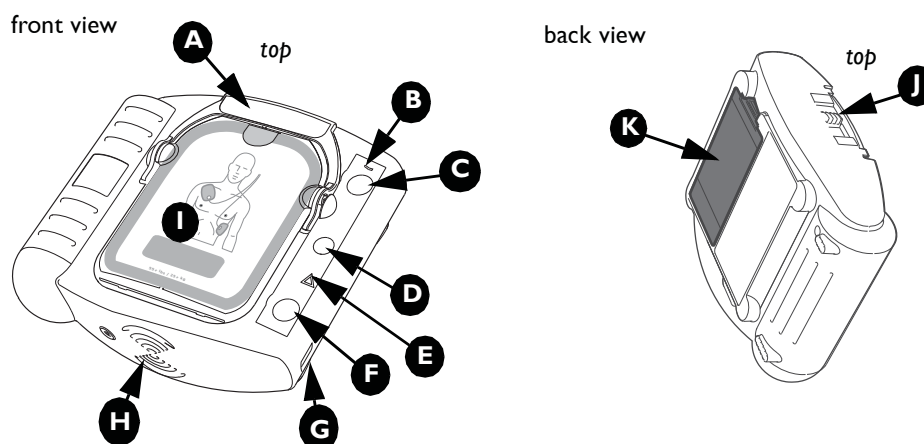
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\* Do not use the Trainer with any other defibrillation pads cartridges.



**WARNING:** Do not store the Trainer with your defibrillator, or where it could be confused with a defibrillator during an emergency.\*

### Overview of the HeartStart Trainer



The HeartStart Trainer M5085A is designed to look like the HeartStart HSI Defibrillator. However, some of the defibrillator's physical features are either inactive in the Trainer or behave differently from their counterparts in the defibrillator, as noted below.

- A **TRAINING PADS CARTRIDGE HANDLE.** Pull up on the handle to turn on the Trainer. Remove the cartridge's hard cover, peel off the resealable film cover, then lift out pads.
- B **ON LIGHT.** The Trainer's green ON light is on solid when the Trainer is on, and off otherwise. *(In the HSI Defibrillator, the green Ready light blinks when the defibrillator is in standby mode, is on solid when the defibrillator is in use, and is off when the defibrillator needs attention.)*

\* A Warning is a condition, hazard, or unsafe practice that could result in serious personal injury or death.

- C **ON/OFF BUTTON.** You can also turn on the Trainer by pressing this green button. To turn off the Trainer, press the green button again and hold it down for one (1) second.
- D **INFORMATION-BUTTON.** This blue “i-button” flashes when it has information you can access by pressing it. In the Trainer, the i-button flashes when scenario selection is available and at the beginning of a patient care pause when CPR coaching is available.
- E **CAUTION LIGHT.** This triangular light flashes during rhythm analysis and is on solid when a shock is advised, as a reminder that no one should be touching the patient.
- F **SHOCK BUTTON.** This orange button flashes when the Trainer advises you to deliver a shock; press the Shock button to deliver the simulated shock.
- G **INFRARED (IR) COMMUNICATIONS PORT.** This feature is not active in the Trainer. *(In the HSI Defibrillator, this feature is used to transfer data directly between the defibrillator and a computer running one of the HeartStart Event Review data management software products.)*
- H **SPEAKER.** When the device is being used, its voice instructions come from this speaker.
- I **TRAINING PADS CARTRIDGE.** This reusable cartridge contains self-adhesive training pads with attached cable. An Adult Training Pads Cartridge (M5073A) comes with the Trainer. Infant/Child Training Pads Cartridges (M5074A) are available separately.
- J **TRAINING PADS CARTRIDGE LATCH.** Slide the latch to the side to release the pads cartridge for removal.
- K **BATTERY COMPARTMENT DOOR.** Lift off the door to install or replace batteries. The Trainer is powered by four disposable AA alkaline cells inserted in the recess on the back of the unit.

The HeartStart Training Pads are provided in a yellow cartridge with a yellow-banded label to distinguish them from the white HeartStart SMART Pads cartridge.

**WARNING:** Do not store your Training Pads cartridge with your HeartStart defibrillator, or where it could be confused with a HeartStart SMART Pads cartridge during an emergency. Do not put the training pads on a person.

### HeartStart Trainer Kit Contents

The HeartStart Trainer M5085A comes with the following:

- Trainer
- Adult training pads cartridge
- Carry case (does not include scissors)
- Instructions for Use
- External Manikin Adapter strip (1)
- Quick Reference

### Optional Accessories

- M5085-91900 HeartStart Trainer *Instructions for Use*
- M5087A Replacement Carry Case (Philips)
- M5073A Adult Training Pads Cartridge
- M5074A Infant/Child Training Pads Cartridge
- M5093A Replacement Adult Training Pads\*
- M5094A Replacement Infant/Child Training Pads\*
- M5088A Internal Manikin Adapter (1/pouch)
- M5089A External Manikin Adapters (10/box)
- M5090A Adult pads placement guide
- 989803139281 Infant/Child pads placement guide

### To set up the HeartStart Trainer

To install or replace the batteries

The HeartStart Trainer is powered by four AA alkaline batteries (not included). To install or replace the batteries, follow the steps below:

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\* Includes pads and resealable film cover.

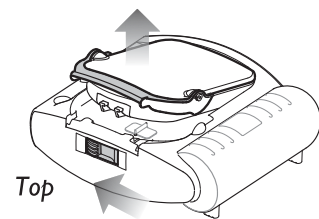
1. Press the latch on the battery compartment door on the back of the Trainer. Lift off the door and set it aside.
2. Remove the old batteries and recycle or dispose of in accordance with your local regulations.
3. Insert four new AA alkaline batteries into the recess, oriented according to the diagram provided on the inside of the recess.
4. Replace the battery compartment door and press down to ensure the latch holds it in place.

**NOTE:** It is recommended that you replace all four batteries at the same time.

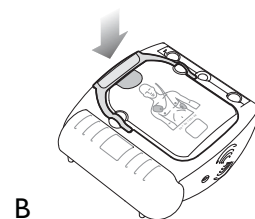
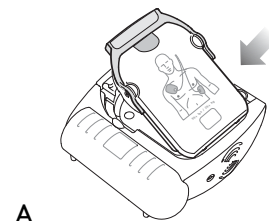
### To install or replace the training pads cartridge

To install the training pads cartridge, follow these steps:

1. If a cartridge is currently installed in the Trainer, locate the latch at the top edge of the Trainer, and slide it to the side. The pads cartridge will be released. Remove the cartridge.



2. Remove the new training pads cartridge from its resealable package.
3. Insert the M5073A or M5074A Training Pads cartridge into the compartment on the front of the HSI Trainer (**A**). Press the cartridge down firmly until it clicks into place. Be sure the green handle is pressed all the way down (**B**). The Trainer will tell you what kind of training pads -- Adult or Infant/Child -- have been inserted, then it allows you to select a training scenario.

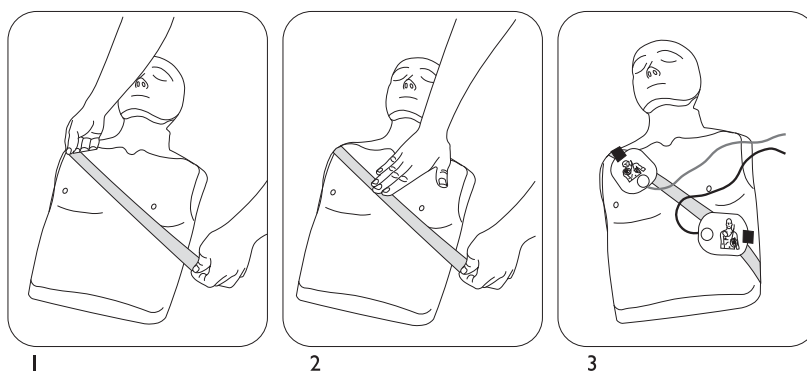


### To use the HeartStart Trainer with training manikins

To simulate the patient, use the training pads on a CPR training manikin equipped with a disposable External Manikin Adapter M5089A or an Internal Manikin Adapter M5088A. Alternatively, you can use a Laerdal Resusci Anne training manikin equipped with Laerdal Link technology and an adapter available at most electronics stores. Contact Laerdal for information.

### To install the external manikin adapter

The M5089A External Manikin Adapter is provided with the HeartStart Trainer. It can be applied to any training manikin as illustrated in steps 1 and 2 below. (When the manikin is used in training, training pads should be placed as shown in step 3 below.)



Applying the External Manikin Adapter M5089A to an adult manikin.

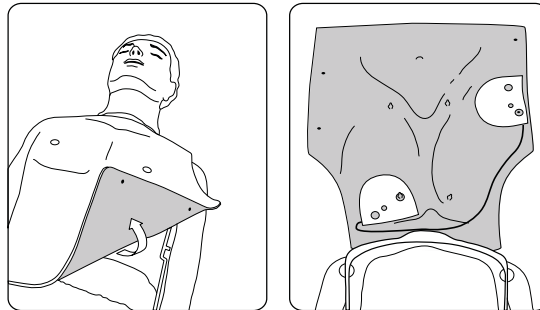
**NOTE:** The M5089A External Manikin Adapter has a limited service life. You can order replacement sets of five adapters.

### To install the internal manikin adapter

The Internal Manikin Adapter M5088A, sold separately, works with Laerdal Little Anne CPR and Laerdal Resusci Anne CPR Manikins.

To install the Internal Manikin Adapter on a Laerdal Little Anne CPR or Laerdal Resusci Anne CPR Manikin, follow the steps below:

1. Remove the skin from the manikin.
2. Peel off the liner from the adhesive backing of the Internal Manikin Adapter.
3. Place the Internal Manikin Adapter sections in the appropriate locations on the underside of the manikin's skin. See the Instructions for Use provided with the Internal Manikin Adapter for detailed placement illustrations.



*Installing the Internal Manikin Adapter M5088A with the Laerdal Resusci Anne.*

4. Replace the manikin skin.
5. Using the Trainer in a practice trial, check that the Internal Manikin Adapter is located appropriately to teach proper pad placement.

### **To select a training scenario**

1. Make sure the pads connector is plugged in and the HeartStart Trainer is turned off. (Press and hold the On/Off button if necessary to turn off the Trainer.)
2. Press the flashing i-button once. The Trainer will tell you how to select a scenario.
3. Press the i-button again to have the Trainer identify the current training scenario. If you want to use this scenario, briefly press the On/Off button to run the scenario immediately.

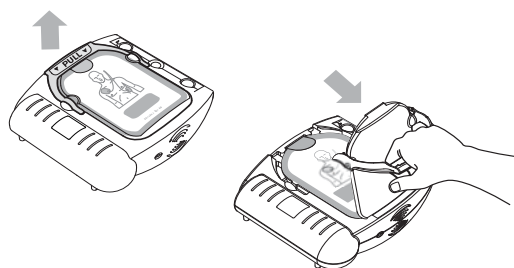
4. To select a different scenario, press the flashing blue i-button to scroll through each of the eight scenarios in sequence. When you reach the scenario number you want, briefly press the On/Off button to run the scenario immediately. Or, to simply select the scenario without running it, press and hold the On/Off button until the Trainer turns off, or wait for 10 seconds and it will automatically turn off.

The HeartStart Trainer will run the selected scenario every time until the batteries are replaced or until a different scenario is selected. The Trainer defaults to Scenario 1 each time the batteries are installed.

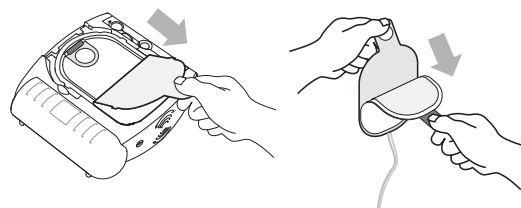
### To run a training scenario

To run the selected training scenario, treat the Trainer exactly as you would the HSI Defibrillator.

1. Pull the handle or press the green On/Off button to turn on the Trainer.
2. Remove the clear protective lid from the training pads cartridge and set it aside. Follow the HeartStart Trainer's voice instructions.
3. If using a clothed manikin, remove the clothing as instructed.

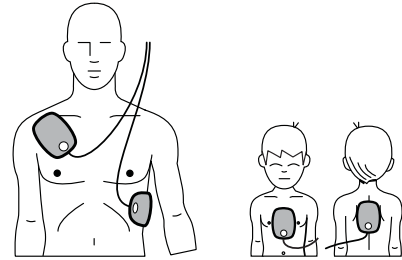


4. Pull the tab at the top of the training pads cartridge to peel off the resealable film cover. Inside are two adhesive pads on a yellow plastic liner. Lift the pads out of the cartridge and unwind the wires from the well. Peel one pad off the liner.



**NOTE:** Avoid touching the pad's adhesive gel, because this may cause the Trainer to begin analysis prematurely.

5. Place the pad on the manikin. Press the pad down firmly. Then peel and place the other pad.
6. Continue to follow Trainer instructions for remainder of scenario.
7. When the scenario has been completed, or to stop a scenario in process, press and hold the On/Off button until the Trainer turns off.
8. To repeat the same scenario, repack the pads as described below, then begin again by pulling the green handle or pressing the green On/Off button. To select a different scenario, press the i-button.



**NOTE:** If battery power is depleted, the Trainer will say **REPLACE BATTERY** when the Trainer is turned on, at the completion of a training scenario, and when the Trainer is turned off. The Trainer will continue to operate for a short time. Replace the batteries as soon as possible to ensure correct Trainer behavior.

**PRECAUTION:** Do not place the training pads on a person.\*

## Standard Scenarios

The Trainer provides eight training scenarios when using the training pads cartridges, as described in the following table. When the Trainer directs you to press the Shock button, the scenario will not advance unless the button is pressed. When the Trainer detects a non-shockable rhythm, it instructs you to provide CPR.




\* A Precaution is a condition, hazard, or unsafe practice that could result in minor personal injury.

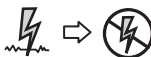




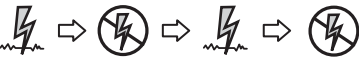


In the Trainer scenarios, “conversion” means a change from a shockable to a non-shockable rhythm.



The legend below identifies the symbols used on the rear label of the Trainer and in the following scenario descriptions.

NOTE: The Trainer provides a two-minute CPR/patient care interval after each shock delivery and each No Shock decision.

symbol	meaning
	(Simulated) shockable rhythm detected by Trainer.
	(Simulated) non-shockable rhythm detected by Trainer.
	(Simulated) pads problem detected by Trainer.

scenario number	scenario description
Scenario 1 	Shockable rhythm detected, one shock needed for conversion Details: <ul style="list-style-type: none"><li>• Trainer detects a shockable rhythm, instructs user to deliver a shock.</li><li>• Trainer detects a non-shockable rhythm.</li></ul>
Scenario 2 	Shockable rhythm detected, two shocks needed for conversion Details: <ul style="list-style-type: none"><li>• Trainer detects a shockable rhythm, instructs user to deliver a shock.</li><li>• Trainer still detects a shockable rhythm, instructs user to deliver another shock.</li><li>• Trainer detects a non-shockable rhythm.</li></ul>

scenario number	scenario description
<p>Scenario 3</p> 	<p>Troubleshooting pads, one shock needed for conversion</p> <p>Details:</p> <ul style="list-style-type: none"> <li>• Trainer detects poor pad contact, repeats pads placement instructions.</li> <li>• After one pad is removed and reapplied, Trainer detects a shockable rhythm, instructs user to deliver a shock.</li> <li>• Trainer detects a non-shockable rhythm.</li> </ul>
<p>Scenario 4</p> 	<p>Shockable rhythm detected, conversion, return to shockable rhythm, conversion</p> <p>Details:</p> <ul style="list-style-type: none"> <li>• Trainer detects a shockable rhythm, instructs user to deliver a shock.</li> <li>• Trainer detects a non-shockable rhythm.</li> <li>• Trainer detects refrillation (return to a shockable rhythm), instructs user to deliver a shock.</li> <li>• Trainer detects a non-shockable rhythm.</li> </ul>
<p>Scenario 5</p> 	<p>Non-shockable rhythm detected</p> <p>Details:</p> <ul style="list-style-type: none"> <li>• Trainer detects a non-shockable rhythm throughout.</li> </ul>
<p>Scenario 6</p> 	<p>Shockable rhythm detected, two shocks needed for conversion</p> <p>Details:</p> <ul style="list-style-type: none"> <li>• Trainer detects a shockable rhythm, instructs user to deliver a shock.</li> <li>• Trainer still detects a shockable rhythm, instructs user to deliver another shock.</li> <li>• Trainer detects a non-shockable rhythm.</li> </ul>

scenario number	scenario description
<p>Scenario 7</p> 	<p>Shockable rhythm detected, two shocks needed for conversion, return to shockable rhythm detected, one shock needed for conversion</p> <p>Details:</p> <ul style="list-style-type: none"> <li>• Trainer detects a shockable rhythm, instructs user to deliver a shock.</li> <li>• Trainer still detects a shockable rhythm, instructs user to deliver another shock.</li> <li>• Trainer detects a non-shockable rhythm.</li> <li>• Trainer detects refrillation (return to a shockable rhythm), instructs user to deliver a shock.</li> <li>• Trainer detects a non-shockable rhythm.</li> </ul>
<p>Scenario 8</p> 	<p>Troubleshooting pads, two shocks needed for conversion</p> <p>Details:</p> <ul style="list-style-type: none"> <li>• Trainer detects poor pad contact, repeats pads placement instructions.</li> <li>• After one pad is removed and reapplied, Trainer detects a shockable rhythm, instructs user to deliver a shock.</li> <li>• Trainer still detects a shockable rhythm, instructs user to deliver another shock.</li> <li>• Trainer detects a non-shockable rhythm.</li> </ul>

NOTE: Scenarios 2 and 6 are identical in the Trainer. However, in the defibrillator, these scenarios could differ depending on the defibrillator configuration. Both scenarios are included in the Trainer to keep scenario number consistent between the Trainer and the defibrillator.

Not all scenarios are appropriate for all user training. Training scenario number 1 is the default scenario and is most commonly used when teaching how to use the defibrillator to treat a victim of sudden cardiac arrest.

If the training scenarios are used as part of a formal training course, the instructor may wish to:

- select only the scenarios appropriate for the training level goals,
- create case histories and patient details for the selected scenarios,
- highlight certain features of the defibrillator's performance,
- assure that users conform to local protocols,
- check pad placement, and
- evaluate user knowledge on topics such as CPR and assessing the patient.

### HeartStart Trainer performance during use

The Philips HeartStart Trainer is designed for use in an automated external defibrillator training class taught by a qualified instructor.

When a training scenario is running, the Trainer mimics the behavior of the HSI Defibrillator during actual emergency use. It provides voice instructions, guides the user through one or more simulated shocks, provides pauses for CPR, offers CPR coaching, etc. If there is no user interaction (no buttons are pressed, or the cartridge handle is not pulled) for ten minutes, the Trainer turns off.

**IMPORTANT:** Certain features of the actual HeartStart HSI Defibrillator are not reproduced by the HeartStart Trainer.

- The Trainer cannot be used with the (clinical) SMART Pads cartridges. If a SMART Pads cartridge is installed, the Trainer will repeatedly request the user to install a new cartridge.
- The Trainer does not perform the battery insertion and periodic self-tests.
- The Trainer's setup is configured to meet Guidelines 2005 standard protocols\* and cannot be reconfigured.†
- The Trainer always uses a standard NSA (No Shock Advised) pause.

\* 2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. *Circulation* 2005;112:IV. European Resuscitation Council Guidelines for Resuscitation 2005. *Resuscitation* 2005;67S1:S7-S23. International Liaison Committee on Resuscitation. *Resuscitation* 2005;67:203-211.

† This symbol on the back of the Trainer indicates configuration to meet the Guidelines 2005.

## To repack the training pads cartridge

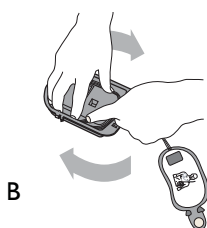
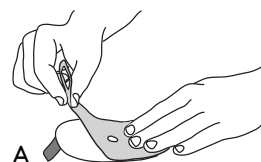
After you have finished using the training pads cartridge, press and hold the green On/Off button to turn off the Trainer. If battery power is low after training, the Trainer will tell you to replace the batteries.

Prepare the training pads cartridge for its next use as follows:

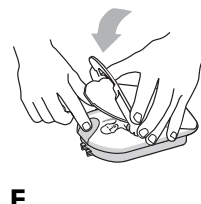
1. Turn off the Trainer.

**NOTE:** The following steps can be performed as illustrated or with the training pads cartridge in the Trainer.

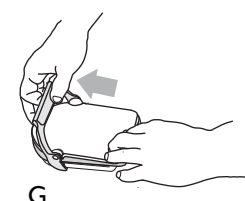
2. Reapply the pads to each side of the solid yellow liner, making sure that the red tabs are positioned at same end of the liner as the yellow tab **(A)** and that neither pad extends beyond the edge of the liner.
3. Press the pads firmly together on the yellow liner.
4. Untwist the wires, then wind the wires around the training cartridge recess, pressing them into the track **(B)**. Then place the pads over the wound wires in the cartridge. The chest pad should be on top, and the tab ends of the pads at the curved end of the cartridge **(C)**. Fold the tab down over the top pad **(D)**.



5. Press the resealable film cover over the cartridge, with the tab end at the top (**E**). Be sure to fold the tab back down under the cover (**F**).



6. Fit the hooks on the bottom of the clear hard protective lid into the holes at the bottom edge of the cartridge, and press the lid and handle down (**G**). Be sure the cartridge handle snaps into place. The training cartridge is now ready for its next use.

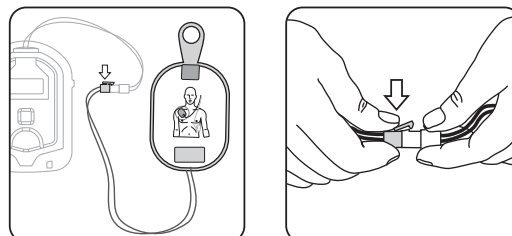


7. Reinstall the cartridge if necessary and press down the protective lid. The Trainer will announce the cartridge type and turn on for scenario selection. Press and hold the On/Off button or do nothing and the Trainer will automatically go to the training standby mode.

### To maximize training pads cartridge service life

The M5073A and M5074A Training Pads are designed for up to 100 uses. To help ensure continued performance, avoid placing the resealable film cover or adhesive side of the pads in heat, direct sunlight, or against surfaces that might transfer fiber, dirt, or lint. Periodically check the metal contacts on the back of the cartridge and clean them with a soft, non-abrasive cloth if necessary. Do not use alcohol to clean these contacts. Do not clean the contacts in the Trainer's cartridge recess; they are self-cleaning.

When the original training pads have reached the end of their service life, you can order M5093A Replacement Adult Training Pads or M5094A Replacement Infant/Child Training Pads for the cartridge. These include a set of pads and a resealable film cover. Change the pads as shown in the figure.



### To troubleshoot the HeartStart Trainer

The following table provides troubleshooting tips.

behavior	possible cause	recommended action
Trainer says <b>ANALYZING</b> before pads are applied to manikin.	<ul style="list-style-type: none"> <li>User touched the adhesive gel on the pads and activated the sensing circuitry of the Trainer.</li> <li>Liner is not properly separating pads.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid touching the adhesive gel on the pads.</li> <li>Be sure the pads are pressed firmly to the liner and only touching each other through the liner hole.</li> </ul>
Trainer does <i>not</i> say <b>ANALYZING</b> when pads are applied to the manikin adapter.	<ul style="list-style-type: none"> <li>Wires are twisted.</li> <li>Pads placement is incorrect.</li> <li>Pads are old. Foil under adhesive gel is severely cracked.</li> <li>Replaceable pads are not properly connected to cartridge cable.</li> <li>Manikin adapter is broken.</li> <li>User touched the adhesive gel on the pad, so Trainer circuitry did not sense that the pad had been removed from the liner.</li> <li>Pads wires are twisted.</li> </ul>	<ul style="list-style-type: none"> <li>Untwist the wires.</li> <li>Check for proper pad placement. Remove and reapply pads if indicated.</li> <li>Replace training pads.</li> <li>Check latch to be sure the replaceable pads are correctly attached to the cartridge cable.</li> <li>Replace manikin adapter.</li> <li>Avoid touching the adhesive gel on the pads.</li> <li>Untwist the pads wires.</li> </ul>

behavior	possible cause	recommended action
Trainer says ANALYZING while yellow liner is still attached to pad.	Trainer cannot sense yellow liner.	Remove yellow liner. <i>NOTE: This cannot happen when using the HSI Defibrillator. The defibrillator will not analyze heart rhythm when the yellow liner is attached to the pads. It senses that the pads are not attached to a patient and advises the user to remove the yellow liner.</i>
The training pads cartridge is difficult to install in or release from the Trainer.	The resealable film cover may be improperly aligned on the cartridge.	Make sure the resealable film cover is lined up properly when repacking the cartridge.
Trainer's voice instructions high-pitched and too rapid.	One of the batteries is installed backwards.	Be sure to install batteries according to the diagram in the Trainer's battery compartment.

### Environmental Considerations

By complying with your national regulations regarding disposal of electric, electronic, and battery waste, you can make a positive contribution to our shared environment. Such waste can introduce harmful elements into the environment as a whole and may also endanger human health.

The HeartStart Trainer contains electronic components. Do not dispose of it as unsorted municipal waste. As a reminder, the Trainer bears the following symbol as a reminder to collect such electronic waste separately and dispose of it at an appropriate recycling facility according to your country's regulations.



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