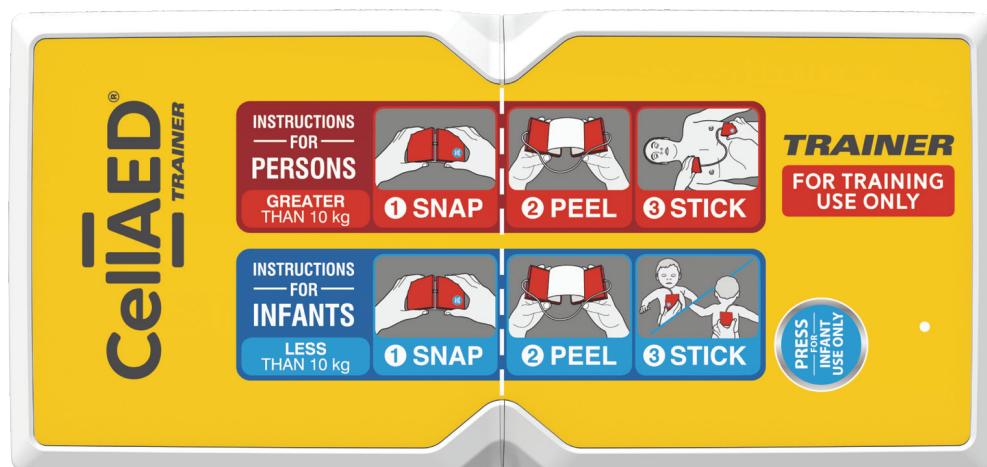


FOR TRAINING  
USE ONLY

# TRAINER

CellAED®  
**TRAINER**

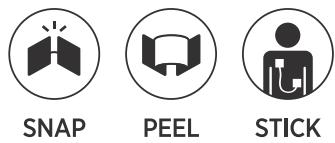


## USER MANUAL

A DEDICATED UNIT FOR TRAINING  
IN THE USE OF A CellAED® DEFIBRILLATOR\* DEVICE

\*The CellAED® TRAINER is not a defibrillator and cannot be used to defibrillate patients

REUSABLE DESIGN



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# **LEARN. PRACTICE. REPEAT!**

**CellAED® TRAINER: A DEDICATED UNIT  
FOR TRAINING IN THE USE OF A CellAED®  
DEFIBRILLATOR\* DEVICE**

**Train and empower your family, your friends, and your community  
to save a life.**

When it comes to sudden cardiac arrest, being bystander-ready can be the difference between life and death. The CellAED® Trainer provides a cost-effective solution to practice deploying a CellAED® defibrillator, time and time again, within the home or office.

**EASY TO USE**

**REUSABLE DESIGN**

**WASHABLE GEL PADS**

**RETRACTABLE CORD**

**LIGHT & COMPACT**



**\*WARNING: CellAED® TRAINER IS NOT A DEFIBRILLATOR  
AND CANNOT BE USED TO DEFIBRILLATE PATIENTS.**

## **WHAT IS SUDDEN CARDIAC ARREST?**

### **WHAT IS SUDDEN CARDIAC ARREST?**

Sudden cardiac arrest (SCA) is the sudden loss of heart function due to disrupted electrical activity of the heart – either ventricular fibrillation (VF) or ventricular tachycardia (VT).

### **SCA IS LIFE-THREATENING**

Approximately 50% of heart disease deaths are a result of sudden cardiac arrest. People of all ages, cultures and races can experience sudden cardiac arrest, including those with no known health issues. Sudden cardiac arrest can occur with little to no warning.

# **SUDDEN CARDIAC ARREST VS HEART ATTACK**

**ALWAYS CALL  
EMERGENCY  
SERVICES!**



**SUDDEN CARDIAC ARREST**  
Unconscious & not breathing normally



**HEART ATTACK**  
Conscious & breathing

## **HOW DO I KNOW SOMEONE IS IN SCA?**

A PERSON IN SUDDEN CARDIAC ARREST WILL BE:

- Unresponsive (unconscious)
- Not breathing (or not breathing normally)
- Showing no signs of circulation (such as no pulse)

If you are unsure whether they are in sudden cardiac arrest, it is still best to **act quickly**.

**IS SOMEONE UNCONSCIOUS?  
IS SOMEONE NOT BREATHING  
NORMALLY? IT'S TIME TO ACT!  
EVERY SECOND COUNTS!**



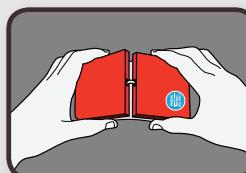
## CALL

Call **Emergency Services** and let them know of your location



## PUSH

Begin chest compressions **IMMEDIATELY**

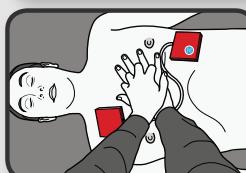


**CELLAED®**  
SNAP, PEEL, STICK®



## LISTEN

To audio prompts and follow instructions



## CPR

Continue chest compressions until Emergency Services arrive

## **BECOMING A LIFESAVER**

Sudden cardiac arrest requires a time-critical response, with the Chain of Survival providing the patient with the best chance:

- Early call for help (contact local emergency medical services)
- Early CPR (start chest compressions to assist the body in circulating blood)
- Early defibrillation (apply an AED to restore the person's normal heart function)
- Early advanced life support (provided by paramedics and the hospital)

The survival rate decreases rapidly with every minute that passes.

## **WHY DO I NEED A CellaED® TRAINER?**

**TRAINING CAN GIVE PEOPLE THE CONFIDENCE TO USE A DEFIBRILLATOR, AND CONFIDENCE CAN IMPROVE WITH REPETITION.**

Supported by the CellaED® TRAINER App, the CellaED® TRAINER dedicated training unit allows the user to repeat the CellaED® defibrillator activation and application process, to build the confidence to act, if and when required.

**If you are present when someone has a sudden cardiac arrest, you could help improve their chances of survival with a defibrillator and the confidence to act.**

## **UNPACKING AND INSPECTING THE CellAED® TRAINER**

After receiving the CellAED® TRAINER, carefully remove the TRAINER and the User Manual from the packaging. Examine the TRAINER and accessories for any sign of damage during shipping.

If any components are missing or the TRAINER appears to be damaged, contact your Distributor right away. Save the outer packaging for reshipping the TRAINER if necessary.

**Always place the TRAINER in a location separate from the defibrillator to avoid confusion in real emergencies. The CellAED® TRAINER is designed for training purposes only and cannot provide defibrillation.**

## **HOW DOES THE CellAED® TRAINER WORK?**

The CellAED® TRAINER reusable design enables you, your family, friends and colleagues to practice the CellAED® TRAINER SNAP...PEEL...STICK® actions multiple times.

Using the CellAED® TRAINER together with the CellAED® TRAINER App enables you to practice the actions under various scenarios, to increase your confidence to respond in the event of a sudden cardiac arrest.

## **GETTING STARTED WITH THE CellAED® TRAINER**

There are three simple steps to start using your CellAED® TRAINER. Scan the QR Code below to:

- 1** READ THE CellAED® TRAINER USER MANUAL (DIGITAL VERSION AVAILABLE)
- 2** DOWNLOAD AND INSTALL THE CellAED® TRAINER APP
- 3** WATCH THE CellAED® INSTRUCTIONAL VIDEO



CellAED.INFO/TRAINER



## THE CellAED® TRAINER APP

THE CellAED® TRAINER APP IS DESIGNED TO ENABLE YOU TO:

- Watch the CellAED® Instructional Video
- Choose from various *TRAINER* Modes, allowing you to practice handling and applying the CellAED® device under various scenarios:

RESPONSIVE MODES	Interactive	
	Manual	
AUTOMATED MODES	Infant Persons < 10 kg (22 lbs)	Random Scenario Various Individual Scenarios
	Adult Persons > 10 kg (22 lbs)	Random Scenario Various Individual Scenarios

### ► CellAED® AUDIO (VOICE) PROMPTS

The CellAED® device audio (voice) prompts guide the user through the defibrillation process. The various Modes within this App will provide the same audio (voice) prompts. Depending on the patient's condition and the defibrillator user actions, the device audio (voice) prompts may be delivered in a different order. The *TRAINER* App Modes allow you to practice using your *TRAINER* under various patient and use scenarios.

## RESPONSIVE TRAINER MODES

The **TRAINER** App Responsive Modes allow you to familiarise yourself with each audio (voice) prompt and required action. From the main App screen, select either Interactive or Manual.

### INTERACTIVE MODE

Manually direct a scenario by selecting preferred options and confirming actions. This mode is ideal for familiarising yourself at your own pace with the steps required for using the CellAED® and the audio (voice) prompts that guide CellAED® use.

### MANUAL MODE

Manually play each audio (voice) prompt used with the CellAED®. This feature is designed for use by CellAED® Distribution and Training Partners to direct training exercises. It can also be used to familiarise yourself with the individual audio (voice) prompts delivered by the CellAED®.

## AUTOMATED TRAINER MODES

After selecting Auto **TRAINER** Mode in the CellAED® **TRAINER** App, select Adult Mode or Infant Mode to play a preset scenario.

### INFANT MODE Persons < 10 kg (22 lbs)

This Mode differs to Adult Mode as it assumes the “patient” is an infant, requiring the user to engage Infant Mode (press Infant Push Button) when instructed by audio (voice) prompts.

- There are several preset Infant and Adult Mode scenarios that simulate the variables a responder may encounter during a real sudden cardiac arrest event (e.g. Shock Advised vs. Shock Not Advised). Practice each Mode multiple times for exposure to the various scenarios.

### ADULT MODE Persons > 10 kg (22 lbs)

This Mode differs to Infant Mode as it assumes the “patient” is an adult and audio (voice) prompts are programmed to assume the user does **not** engage Infant Mode.

## THE USER INTERFACE

The CellAED® **TRAINER** and CellAED® defibrillator device can be differentiated by colour. The pictorial guides on the CellAED® **TRAINER** and CellAED® defibrillator are, however, identical.



## INSTRUCTIONS FOR USE



### 1 SNAP

Hold the CellAED® TRAINER in both hands with the label 'Reusable Liner - Do Not Discard' facing downwards (toward the "patient's" chest). Press down and inwards to SNAP the trainer in half. The CellAED® device liner is labelled 'This Side Face Down'.



### 2 PEEL

After the SNAP action, the protective, reusable gel pad liner will begin to peel from the gel pads. Separate the two halves of the CellAED® TRAINER to completely remove the liner from the gel pads and put aside for reuse. Some manual removal of the liner may be required. Pull the two halves as far apart as the extendable cable allows.

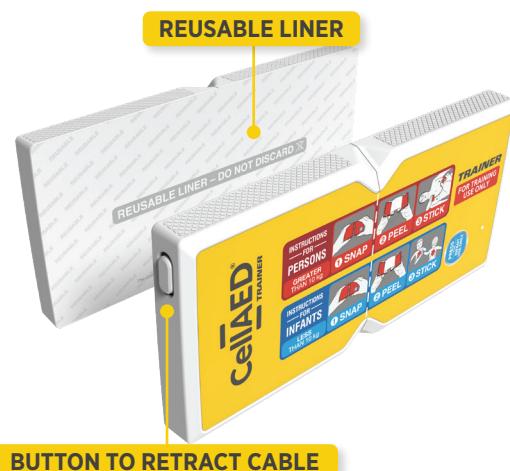
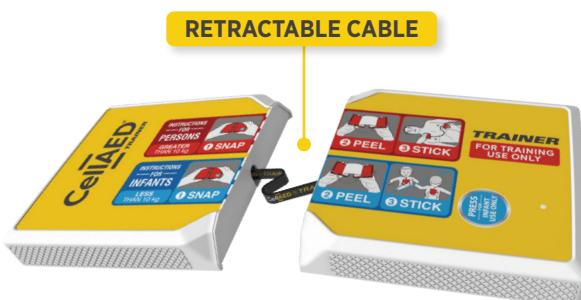


### 3 STICK

Place the gel pads on the "patient" in the positions indicated on the CellAED® TRAINER pictorial label. For adults, position one gel pad at the top right and one at the bottom left of the chest. For infants, position one at the front of the chest between the nipples, roll the infant forward (away from you), and position the other on the centre of the back.

## RESET

To retract the cable connecting the two pads, press the button and provide gentle resistance to bring the edges of the two gel pads slowly back together while realigning to their original position. You will feel an internal magnet joining the two halves together. Replace the reusable gel pad liner to the back of the TRAINER.



## MAINTAINING YOUR CellAED® TRAINER

**ALWAYS RETRACT THE CABLE AND REPLACE THE REUSABLE GEL PAD LINER TO RESET THE DEVICE AFTER USING THE CellAED® TRAINER.**

**WARNING: THIS DEVICE IS FOR TRAINING PURPOSES ONLY.  
THE CellAED® TRAINER CANNOT PROVIDE DEFIBRILLATION.**

When the gel pad adherence begins to reduce, gently peel the gel pads off the CellAED® TRAINER, and clean with a soft cloth dampened in soapy water. Allow the gel pads to dry completely before reapplying them to the CellAED® TRAINER by aligning the matching symbols on the pads and the TRAINER. Then replace the reusable gel pad liner.

**Do not** use abrasive cleansers or ketones.

**Do not** immerse the CellAED® TRAINER in water.

**Check** for cracks or loose parts before using the CellAED® TRAINER.

## CellAED®: A PORTABLE AED

The CellAED® is a single-use, portable, fully automated external defibrillator (AED) intended to treat patients experiencing sudden cardiac arrest (SCA) caused by irregular heart activity: ventricular fibrillation (VF) and ventricular tachycardia (VT).

CellAED® is designed to increase the availability, accessibility, affordability and usability of life-saving defibrillation by minimally trained bystanders.



**OUR GOAL IS TO BRING AN INEXPENSIVE, LIGHTWEIGHT AND EASY TO USE DEFIBRILLATOR DEVICE INTO HOMES AND WORKPLACES AROUND THE WORLD.**

## UP TO 80% OF SUDDEN CARDIAC ARRESTS HAPPEN IN THE HOME<sup>i</sup>

<sup>i</sup>. Mehra R. Global public health problem of sudden cardiac death. J Electrocardiol. 2007;40(6 SUPPL. 1):118–22.

## GAME-CHANGING INNOVATION

The CellAED® comes with a range of support, tools and accessories to make saving a life easier.

Through Internet of Things (IoT) technology, the CellAED® captures the critical event data while analysing the heart rhythm. This data can be used by jurisdictions to save costs, optimise distribution of resources, and ultimately, to save lives.



**Manufacturer**

RRR MANUFACTURING PTY LTD  
2 - 6 Skinner Avenue, Riverwood,  
NSW 2210 Australia