

Constructed with Durable Neoprene.

Adjustable shoulder straps for easy fit.

# Act+Fast™ Anti Choking Trainer

## User Manual

Translucent PVC Airway allows user to see release of obstruction.

Vest front side

Large easy snap buckles with adjustable straps.  
One size fits all

Place hands here over air bladder.

Navel aids in correct hand placement.

Vest back side



### Kit Includes:

- Act+Fast neoprene vest
  - PVC bladder
  - Airway assembly
  - Thirty foam plugs
  - Users Manual
  - Storage bag
- All contents are lead and latex-free*

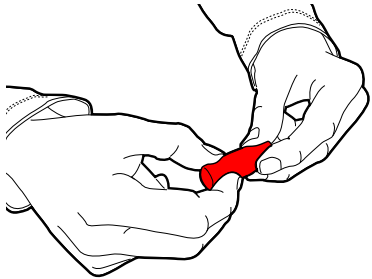
1 year product warranty  
 For instructions e-mail: [info@actfastmed.com](mailto:info@actfastmed.com)  
 Act Fast LLC  
[www.actfastmed.com](http://www.actfastmed.com)

## Directions for Use

Intended for use under the direction of Health or Safety Instructors.

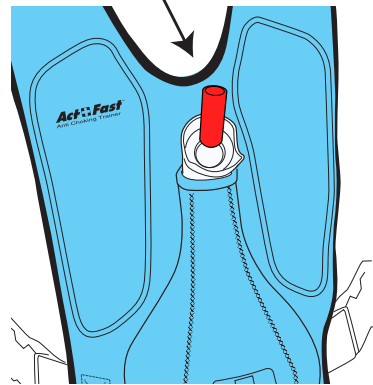
Each kit includes 10 green foam plugs for beginners, and 20 yellow foam plugs for more advanced students.

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



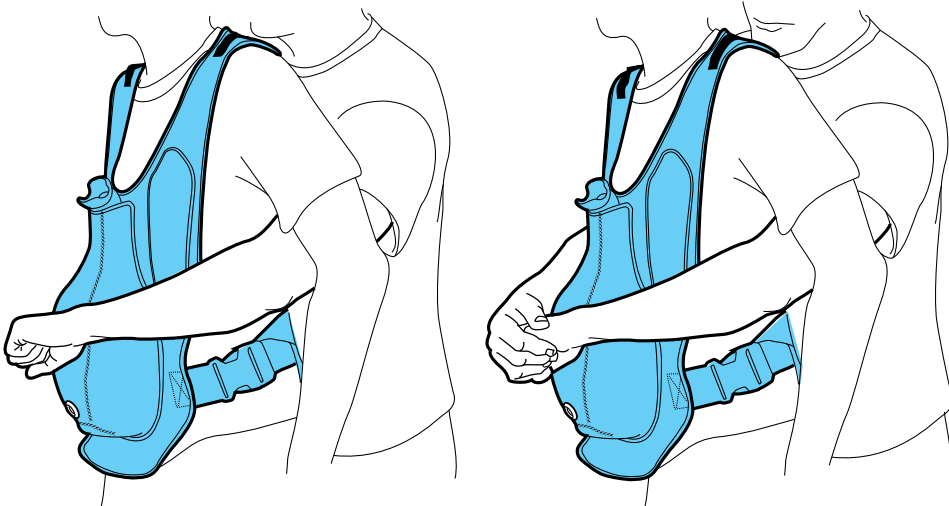
Pull the vest over your head and adjust the shoulder straps and waist belt to fit snugly.

Drop a foam plug into the airway.

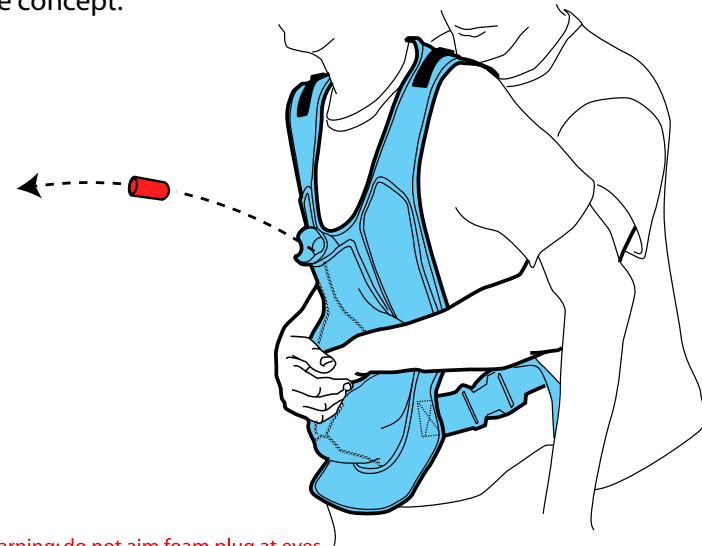


The size of these plugs are typical of CHOKING HAZARDS - providing realistic training, but they should be kept out of reach from children under 4 years of age.

Place your hands in the correct position, between the navel 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.

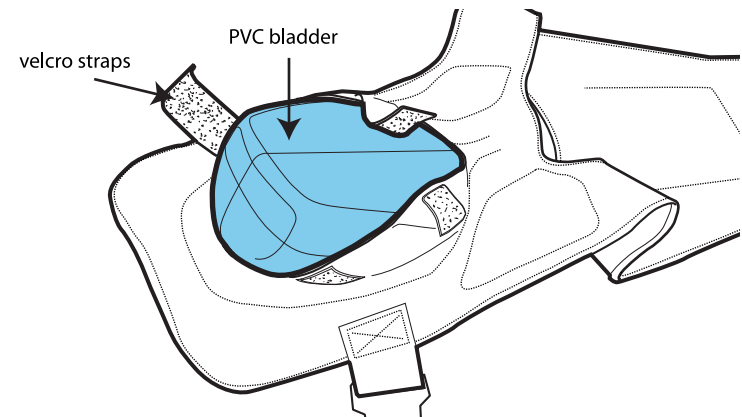


Warning: do not aim foam plug at eyes.

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 neoprene vest.



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