



LIFEVAC[®]



www.lifevac.uk

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INFORMATION PAGE

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The LifeVac unit is a single use lifesaving apparatus developed for resuscitating a choking victim due to Foreign Body Airway Obstruction (FBAO) **WHEN STANDARD BASIC LIFE SUPPORT (BLS) HAS BEEN FOLLOWED WITHOUT SUCCESS or CANNOT BE APPLIED for example in a wheelchair, bedridden, sitting at a table, pregnant, obese, this is not an exhaustive list.**

LifeVac can be used when patient is in any of the following positions, sitting, standing, laying down. Always ensure that the head is supported and the airway is as open as possible, for example the lower jaw is down to allow the airway to be as open as possible.

CONTENTS

Upon receiving your LifeVac unit check to ensure you have received what you ordered. The standard contents for each type of LifeVac configuration are as follows. You can purchase additional masks of the size required. A practice mask is provided with instructions for its use so that you may familiarize yourself with LifeVac prior to use in an emergency.

Upon receiving the LifeVac unit, visually inspect contents for any defects or cracks.

LV01 - LifeVac Standard Kit - contents: 1 x LifeVac device, x 4 Masks including, 1 x Test Mask, labelled as Test Mask (TM), 1 x Large Adult Mask with Orange Label (OL), 1 x Small Adult/Child Mask identified with a yellow label (YL), and 1 x Paediatric Mask identified with a white label (WL), 1 x Instructions for use booklet, including a BLS protocol page, 1 x Feedback card.

LV07 - LifeVac EMS Kit - contents: 1 x LifeVac device, x 6 Masks including, 1 x Test Mask labelled (TM), 1 x Extra-large adult mask identified with red label (RL), 1 x Large adult mask labelled (OL), 1 x Medium adult mask identified with green label (GL), 1 x Small adult/Child mask labelled (YL), 1 x Paediatric mask labelled (WL), 1 x Instructions for use booklet, including a BLS protocol page, 1 x Feedback card.

LV08 - LifeVac Wall mounted Kit - contents: 1 x LifeVac device, x 4 masks including, 1 x Test Mask labelled (TM), 1 x Large adult mask labelled (OL), 1 x Small adult/Child mask labelled (YL), 1 x Paediatric Mask labelled (WL), 1 x Instructions for use booklet, including a BLS protocol page, 1 x Feedback card, 1 x A3 protocol poster, 1 x Wall mounting fixings.

LV14 - LifeVac Travel Kit - contents: 1 x yellow carrying bag, 1 x LifeVac device, x 4 Masks including, 1 x Test Mask, labelled (TM), 1 x Large Adult Mask labelled (OL), 1 x Small Adult/Child Mask labelled (YL), and 1 x Paediatric Mask labelled (WL), 1 x Instructions for use booklet, including a BLS protocol page, 1 x Feedback card.

Additional accessories are available for your LifeVac Unit.

These are as follows:

X-Large (RL), Large (OL), Medium (ML), Small Adult/Child (YL) and Paediatric Masks (WL), An empty wall mountable plastic case, Clear plastic EMS bag, LifeVac Travel bag. Please visit our website www.lifevac.uk for more details.

LIFEVAC ONLY TO BE USED ON CHILDREN BELOW 10KG WHEN A PEDIATRIC MASK IS FITTED, IDENTIFIED BY A WHITE LABEL



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INDICATIONS FOR USE

The LifeVac unit is a single use lifesaving apparatus developed for resuscitating a choking victim due to Foreign Body Airway Obstruction (FBAO) when Standard Basic Life Support (BLS) has been followed without success or cannot be applied. LifeVac is simple to use, available to the general public, and may be the last resort to save a life of a choking victim when all other avenues have failed.

GENERAL CARE

Store the LifeVac unit at room temperature. Do not store in direct sunlight. Do not store in garages or attics as extreme heat or cold could affect the integrity of the unit. An ideal place to store the unit would be a kitchen cabinet or an accessible place in case of an emergency. Once you feel comfortable using the LifeVac, repack your unit, masks and literature back into the storage bag as it was received. Make sure no masks are attached to the unit. Inspect masks periodically and strongly consider replacing masks before the manufacturers expiry date on the mask wrapper and also on the LifeVac serial number label. To order replacement masks go to www.lifevac.uk. LifeVac is not made with natural rubber latex. **The LifeVac device itself does not have an expiry date, however it is recommended to test the device annually as per the procedure on page 3 of this booklet to ensure it still holds a vacuum. If it does not hold vacuum, then purchase a new device immediately and do not attempt to use your current device.**

CUSTOMER FEEDBACK

There is an addressed feedback card with every device. If a device is used please either complete the pre addressed feedback card and return, or go to www.Lifevac.uk and go to report life saved tab and complete the online form.

If you have any comments / feedback that is not reference to a usage then please email info@lifevac.uk or call +44 (0)1271 316044. **You should also contact your Competent Authority of your country directly.**

RETURN POLICY

Check the unit for any crack or defects. If any defects are found contact www.lifevac.uk or info@lifevac.uk immediately for either an exchange or return for credit. All defects for damage must be reported within 5 days of invoice date. Defects found after 5 days should still be reported and will be considered case by case.

CONTRAINDICATIONS FOR USE

- LifeVac should only be used for an FBAO when standard BLS protocol has been followed without success, (patient is unconscious), or cannot be applied.
- LifeVac should ONLY be used for the resuscitation of a choking victim.
- LifeVac is not intended to be used on a victim of drowning.
- LifeVac should not be used if the victim is not choking and is breathing on their own.
- LifeVac should only be used on people under 10 kilograms by using the paediatric mask.
- Patients with an alternative airway eg. endotracheal tube, tracheostomy tube should not use LifeVac.

WARNINGS

- LifeVac is for use on humans only.
- LifeVac should only be used on the face.
- Masks are provided and the manufacturer's guidelines apply. The manufacturers earliest expiry date is both on the individual mask wrappers and on the serial number label of the LifeVac.
- There is a risk of death if all the instructions are not followed correctly.

RISKS

The LifeVac unit is not guaranteed to resuscitate a choking victim. A mask is provided with instructions for orientation so you may familiarize yourself with the unit before an emergency. Use at your own risk. LifeVac is not responsible for injury and/or death because of use. Risks may include bruising of the face from application of the mask and coughing after the removal of the object. To reduce these risks LifeVac must be used in accordance with the instructions provided. Visit our website www.lifevac.uk for further information and instructional videos.

- Caution read all documents before use
- Product is Latex free
- Handle with care
- Re-use is not allowed
- Keep out of direct sunlight

Re-use of the device if used on multiple occasions may cause cross contamination if not sterilised. Also, LifeVac cannot recommend any sterilisation or cleaning methods due to potential damage to the one way valve components by detergents.

Initial Orientation upon receipt and Annual Testing Procedure

Unwrap the mask labelled "Test Mask" and insert the TEST mask into the base of the LifeVac unit, with a twisting motion whilst applying pressure. Make sure you check that the mask is fully attached.

Use one hand to hold the mask firmly in place and depress the handle with the other hand. You will hear the rush of air come out of the unit.

When you depress the handle all the way, the handle should be pulled up quickly. You will feel the negative pressure that the LifeVac unit generates.

Once you are familiar with the LifeVac unit, remove the mask by twisting and pulling it, while holding the base of the LifeVac unit. It should be hard to remove the mask. If so you know you had secured the mask properly. Keep the test mask for further training and label test mask "not to be used in an emergency".

Repack the LifeVac unit, masks and literature back into the original packaging. Store the LifeVac kit in a safe, dry, accessible place in case of an emergency.

Instructions for use

FOLLOW ALL STANDARD BLS CHOKING PROTOCOL FIRST AND DIAL EMERGENCY SERVICES

Unwrap relevant unused mask. Insert mask into the base of the unit with a push and twisting motion, whilst applying pressure. **Make sure to check the mask is attached firmly to the LifeVac unit.**

Tilt head back, place top of mask on the bridge of the nose, between the eyes, bottom of mask over the mouth. Lip of mask should be situated between bottom lip and chin. If needed open mouth with thumb if mouth is closed. **Mask must be held firmly over nose and mouth with hand at all times to ensure seal is created.**

Holding mask firmly in place with one hand, place your other dominant hand on handle. **Hold the handle and then push handle down to compress bellows.**

Once bellows are depressed, **pull handle upwards in a firm quick motion, whilst always holding the mask firmly in place with other hand.**

Roll person onto their side and sweep mouth to clear any debris. **Also check LifeVac unit for debris, repeat steps up to 5 times if necessary.**

IF NO SPONTANEOUS RESPIRATION IS NOTED, THEN FOLLOW STANDARD BLS CPR PROTOCOL

Masks sizes by weight & Age

FOR REFERENCE ONLY

Age	Weight KG	Mask Size Colour
<1	<10	
1	10	Size 2
2	12	White
3	14	
4	16	
5	18	
6	20	
7	22	Size 3
8	26	Yellow
9	28	
10	32	
11	35	
12	38	
13	44	
14	50	Size 4
15	54	Green
16	58	
16+	60+	Size 5 Orange

Quick reference guide as to how and when to use LifeVac

INSTRUCTIONS FOR USE IN THE CASE OF CHOKING

If a casualty is a victim of choking

- 1 Encourage the victim to cough.
- 2 If the cough is not effective give 5 back slaps.
- 3 If obstruction has not been cleared, follow by 5 abdominal thrusts.

Repeat sequence until blockage is removed or victim becomes unconscious

4 Once unconscious or if steps 2 and 3 cannot be applied, call emergency services and use Lifevac.

Place over mouth and nose creating a good seal with correct sized mask

Push in handle/bellows

Pull handle up sharply

PLACE • PUSH • PULL

REPEAT UNTIL BLOCKAGE IS REMOVED OR UP TO 5 TIMES

If blockage is not removed commence CPR

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Choking Prevention Tips

Children
The diameter of a small child's airway is about the size of their little finger. Young children have undeveloped swallowing and immature teeth that do a poor job of grinding up large chunks of food.

Prevention of choking for children
When eating children should always be supervised by an adult, sitting upright and eat age-appropriate foods. While many of these foods are nutritious, the forms in which they are served can be deadly to children. To save lives AVOID giving children hotdogs, popcorn, lollipops, hard or chewy sweets, nuts and seeds, dried fruit, crunchy peanut butter, or anything that would be hard to swallow if not chewed correctly. Avoid letting children play with items that can fit into their mouths such as coins, batteries, small toys that can fit entirely in their mouths, marbles, balloons, or toys with small pieces.

Other precautions people can take to prevent children from choking are:

- Children should not eat whilst running, playing or riding in the car.
- Vegetables should be cooked and cut into small pieces.
- Cut hotdogs lengthwise and then width wise to form small half or quarter moons.
- Nut spreads should be spread thinly on bread or crackers.

Adults
For adults over the age of 75 choking is the third leading cause of home injury death. This peaks at about age 85 and when an adult reaches 89 choking becomes the second leading cause of home injury death. Although not chewing food properly is the most common cause for choking, eating too fast and consuming alcohol can increase the risk. Neurological conditions such as Multiple Sclerosis, Parkinson's disease, Alzheimer's disease, Cerebral Palsy, Lupus, Brain injury, paralysis, Muscular Dystrophy, stroke and ALS can also increase the risks of choking due to Dysphagia. Dysphagia is the loss of muscle function that enables people to swallow food and fluids correctly.

Prevention for adults
A few simple behaviours such as, chewing foods slowly especially when wearing dentures and refraining from laughing or talking whilst eating, can prevent you or your loved ones from choking.

Suggestions to prevent choking whilst hand feeding is as follows:

- Sit the person upright in a chair or if bed bound lift the head of the bed to a 90-degree angle.
- Adjust the size of bites and rate of feeding to the person's tolerance, AVOID PUSHING OR FORCE FEEDING.
- Alternate between solid and liquid boluses.
- Vary placement of food in the person's mouth for example of the person has a muscle weakness in the right-hand side of their mouth feed them on the left.
- Determine the viscosity that is best tolerated by the individual.

NOTICE: In the event of inconsistency or/and discrepancy or/and divergence between the English text and the text in any other language, the English text shall prevail.



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