



# CRICOID PRESSURE TRAINER LF03760U INSTRUCTION MANUAL



**Life/form**® Products by NASCO



### About the Trainer...

The NASCO Life/Form<sup>®</sup> Cricoid Pressure Trainer has been designed specifically to teach the theory, anatomy and skills needed to accurately apply cricoid pressure.

The goal of cricoid pressure is to protect the patient from aspiration of stomach contents. There is no doubt that it can be very effective but it is often misapplied. There are two distinct times when cricoid pressure is applied: In association with mask ventilation during resuscitation (CPR) and in association with endotracheal intubation when the patient is not fasted or has gastro-esophageal reflux.

Cricoid pressure looks simple to apply but this is deceptive. If inadequate force is applied or the force is not applied in the right place or direction, the technique does not protect the patient. If too much force is applied or applied in the wrong place or direction it can make ventilation or intubation more difficult or even impossible!

### List of Components:

- Cricoid trainer head
- Trainer stand
- Electronic display unit
- Pump spray lubricant
- Carrying case



**Figure 1**

### Setting up the trainer

NASCO has taken great care to create an airway management trainer that is anatomically correct in respect to both size and detail. Landmarks include: nostrils, teeth, tongue, oral and nasal pharynx, larynx, cricoid ring, epiglottis, arytenoid, false and true cords, trachea, esophagus, lung set, and stomach.

The NASCO Life/Form<sup>®</sup> Cricoid Pressure Trainer allows you to practice oral, digital, and nasal intubation. E.T., E.O.A., PTL<sup>®</sup>, and Combitube<sup>®</sup> insertion can all be practiced as well (please see "Using the Combitube<sup>®</sup>"). Suction techniques and proper cuff inflation can also be performed and evaluated.

### Using the Combitube<sup>®</sup>:

Thoroughly read and follow the instructions that come with the Combitube<sup>®</sup>. The trainer will accept either a full-size or a small adult tube. As with a live patient, it may be necessary to back the tube out slightly if ventilation cannot be established.

*NOTE: Depending on tube placement, the large cuff may not accept the recommended amount of air. In this case, simply inflate the cuff to its maximum volume (when the plunger stops) and, while holding the plunger down, detach the syringe from the blue pilot balloon, and proceed.*

## Lubricating the Airway Trainer Head:

Lubricate both the simulator and supplies being used with the NASCO pump spray lubricant provided (Figures 1 & 2).



**Figure 2**

*NOTE: NASCO recommends the use of the provided lubricant or a similar vegetable-based lubricant for the Cricoid Pressure Trainer. The use of a silicone-based lubricant may cause damage to the simulator, thus voiding NASCO's warranty on the trainer.*



**Figure 3**

Insert batteries carefully observing polarity. Connect the cable from the manikin head to the display unit (Fig. 3).

Press the on button and the unit will test all of the lights. Press the timer up and down buttons until the desired time for cricoid pressure is lit. The timer is not used when the red timer light is on.

## Using the display unit

Feel for the correct position on the manikin neck. Press down on the cricoid. When 4.4 lbs. (2kg) or more is detected, the timer will start counting down. The neck display has a green light when more than 20N force is applied to the correct position. A red light is shown on the neck display when force is applied to the incorrect location.

The bar on the right hand side of the display unit shows the force applied to the cricoid. The recommended force during the procedure is 6.6 lbs. (3kg).

Turn off after use. Remove the batteries if the unit will not be used for more than 3 months. When the battery low indicator is lit constantly, the battery will need to be replaced or recharged shortly. When this indicator is flashing, the battery needs to be replaced or recharged immediately. Only use AA batteries of the same type and brand.

An extension cable may be used if required. A standard DB-9 male-to-female shielded cable will be adequate and can easily be purchased from any computer retailer. The maximum recommended length of cable extension is 6 feet (2 m). A longer cable may result in poor force accuracy.

If you possess a number of cricoid pressure trainers, it is important that the head units are not swapped with display units. Each display unit is factory calibrated using a specific head unit.

## Supplies/Replacement Parts for Airway Management Trainer Head:

- LF03285U** Replacement Lungs
- LF03644U** NASCO Pump Spray Lubricant
- W09919U** REN Cleaner

**Cleaning & Maintenance:**

This manikin is not intended for use with direct mouth-to-mouth techniques, as it cannot be safely disinfected.

Never attempt to clean or disinfect the interior of the Cricoid Pressure Trainer, as liquids will permanently damage the components.

A damp cloth with a drop or two of mild dish soap will remove most soil from the face skin. Use REN cleaner, available from NASCO (Part No. W09919U), to remove stubborn stains. Never allow the skin to remain in contact with printed paper or plastic. These materials, as well as ballpoint pens, will leave indelible stains. Do not use any cosmetics on the manikin.

## Other Available *Life/form*® Simulators

- LF00698U** Adult Injectable Arm (White)  
**LF00856U** Female Catheterization  
**LF00901U** Prostate Examination  
**LF00906U** Ostomy Care  
**LF00929U** Surgical Bandaging  
**LF00957U** Enema Administration  
**LF00958U** Pediatric Injectable Arm  
**LF00961U** Intramuscular Injection  
**LF00984U** Breast Examination  
**LF00995U** Arterial Puncture Arm  
**LF00997U** Adult Injectable Arm (Black)  
**LF00999U** Pediatric Injectable Head  
**LF01008U** Intradermal Injection Arm  
**LF01012U** Heart Catheterization (TPN)  
**LF01019U** Ear Examination  
**LF01020U** Supplementary Ear Set  
**LF01025U** Male Cath-Ed I  
**LF01026U** Female Cath-Ed II  
**LF01027U** Peritoneal Dialysis  
**LF01028U** Suture Practice Arm  
**LF01036U** Spinal Injection  
**LF01037U** Hemodialysis Arm  
**LF01062U** Pelvic, Normal & Abnormal  
**LF01063U** Stump Bandaging, Upper  
**LF01064U** Stump Bandaging, Lower  
**LF01069U** Cervical Effacement  
**LF01070U** Birthing Station  
**LF01082U** Cricothyrotomy  
**LF01083U** Tracheostomy Care  
**LF01084U** Sigmoidoscopic Examination  
**LF01087U** Central Venous Cannulation  
**LF01095U** Blood Pressure Arm  
**LF01108U** Intraosseous Infusion Simulator  
**LF01121U** Advanced IV Arm  
**LF01139U** Advanced IV Hand  
**LF01142U** Auscultation Trainer  
**LF01162U** Venatech IV Trainer  
**LF03000U** **CPARLENE**® Series  
**LF03601U** Adult Airway Management Trainer  
**LF03602U** Adult Airway Management on Manikin  
**LF03603U** Adult Airway Management Head Only  
**LF03609U** Child Airway Management Trainer  
**LF03610U** Child Airway Management Trainer Head Only  
**LF03611U** Child Defibrillation Chest Skin  
**LF03612U** Child IV Arm  
**LF03613U** Child Blood Pressure Arm  
**LF03614U** Child Intraosseous Infusion/Femoral Access Leg Only  
**LF03615U** Complete Child **CRiSis**™ Update Kit  
**LF03616U** Child **CRiSis**™ Manikin  
**LF03617U** Deluxe Child **CRiSis**™ Manikin with Arrhythmia Tutor  
**LF03620U** PALS Update Kit  
**LF03621U** Infant Airway Management Trainer Head Only  
**LF03622U** Intraosseous Infusion Right Leg  
**LF03623U** Infant Airway Management Trainer  
**LF03626U** Child Femoral Access Injection Pad Replacement  
**LF03632U** Child Intraosseous Infusion/Femoral Access Leg on a Stand  
**LF03633U** Child Airway Management Trainer with Torso  
**LF03693U** **Basic Buddy** CPR Manikin  
**LF03699U** "Airway Larry" Airway Management Trainer  
**LF03720U** **Baby Buddy** Infant CPR Manikin  
**LF03953U** **CRiSis**™ Manikin  
**LF03955U** Deluxe **CRiSis**™ Manikin  
**LF03965U** Deluxe "Plus" **CRiSis**™ Manikin  
**LF04001U** **GERi**™ Nursing Manikin  
**LF04020U** **KERi**™ Nursing Manikin  
**LF04021U** **KERi**™ Basic Manikin  
**LF04022U** **KERi**™ Advanced Manikin  
**LF04030U** **GERi**™ Advanced Manikin  
**LF04040U** **GERi**™ Basic Manikin  
**LF06001U** **CPR Prompt**™ Adult/Child Manikin  
**LF06012U** **CPR Prompt**™ Infant Manikin  
**LF06200U** **CPR Prompt**™ Keychain Rescue Aid  
**LF06200U** **CPR Prompt**™ Rescue and Practice Aid

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