



## USER GUIDE



# CaRE (CARDIOVASCULAR & RESPIRATORY EXAMINATION)

This product is available  
in light and dark skin tones

**91000**

**91100**

FOR MORE SKILLS TRAINING PRODUCTS

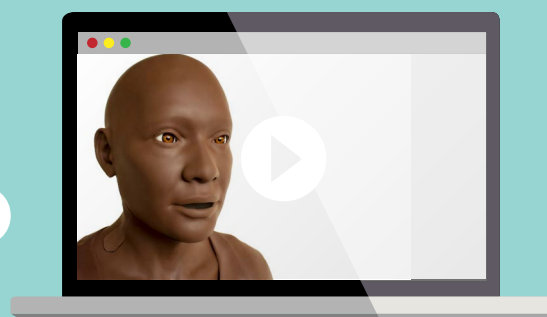
[limbsandthings.com](https://limbsandthings.com)

Sussex Street, St Philips, Bristol, BS2 0RA, UK | [sales@limbsandthings.com](mailto:sales@limbsandthings.com) | +44 (0) 117 311 0500

## INDEX

PACKAGE SUPPLIED	3
SAFETY & CLEANING INSTRUCTIONS	4
SET UP	6
• MODEL SET UP	6
• MODEL POWER ON	7
• MODEL CONNECTIVITY	8
• LimbPAD	10
• CHARGING	11
• REMOVING / REPLACING THE MODEL BATTERY	12
• STRAPPING THE MODEL TO THE BED	13
• ATTACHING THE BREASTS	14
CLEANING & STORAGE	15

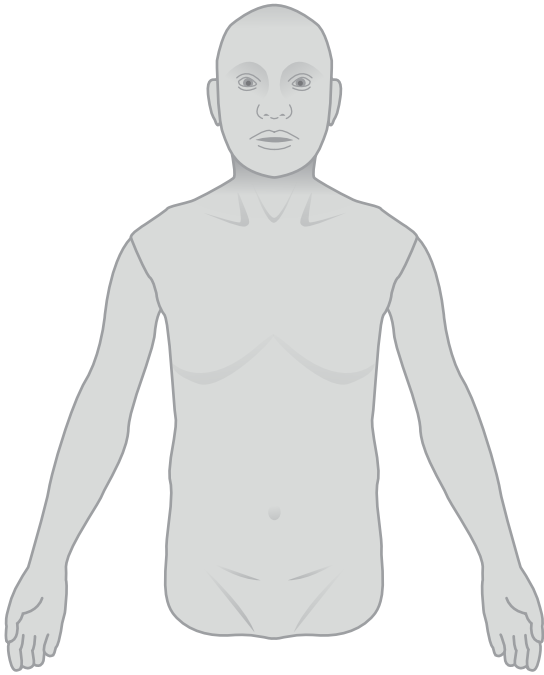
TAKE A LOOK  
AT OUR VIDEO



VISIT THE WEBSITE  
[limbsandthings.com](http://limbsandthings.com)  
OR YOUTUBE CHANNEL  
[youtube.com/limbsandthings](https://youtube.com/limbsandthings)

PACKAGE  
SUPPLIED

CaRE Torso  
(x1)



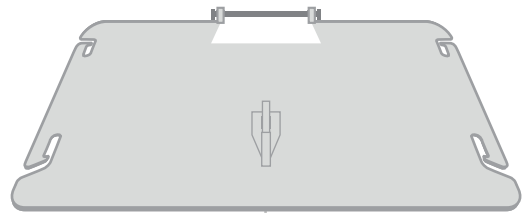
CaRE Breast Module  
(x1)

91002 91102



CaRE Base (x1)

91003

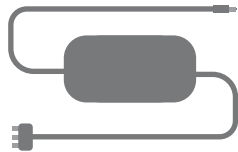


LimbPAD (x1)

91001



DC charger (x1)



USB-C Cable



CaRE Battery (x1)



CaRE Base Fixing Straps  
(pack of 2)

91004



## SAFETY & CLEANING INSTRUCTIONS

## READ THE SAFETY INSTRUCTIONS CAREFULLY BEFORE USING YOUR CHEST EXAMINATION TRAINER

### DO's



Follow all instructions. Keep these instructions. Heed all warnings.

Only use attachments/accessories specified by Limbs & Things



If a product is damaged or worn, it should be repaired by Limbs & Things. To arrange this, please contact your point of purchase who will be able to provide a repair quote.

To clean the product use wet wipes. The product must be stored dry



### DON'Ts



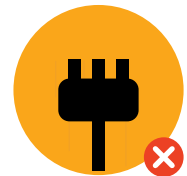
Do not install near any heat sources, do not expose the product to flames or use near naked flame sources. Do not use flammable solvents near or on this product.

Keep the product away from sources of water



Do not disassemble the product or attempt to repair a faulty unit, please return the product to Limbs & Things for assessment and repair.

Only use this model with the supplied charger



### WARNINGS

**CAUTION:** Risk of fire or explosion is the battery is replaced by an incorrect type

**CAUTION:** Do not use this product if it is damaged or has been dropped. Operating a damaged product may pose safety risks and affect its performance."



**MAGNETIC FIELD.** Can be harmful to pacemaker wearers. Pacemaker wearers stay back 10cm (4in.)



Always ensure that the products are properly packed and secured during transportation and storage in order to prevent personal injury or damage to the product

# SET UP

## MODEL SET UP

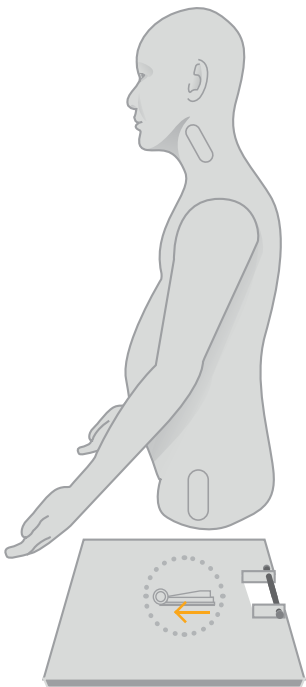
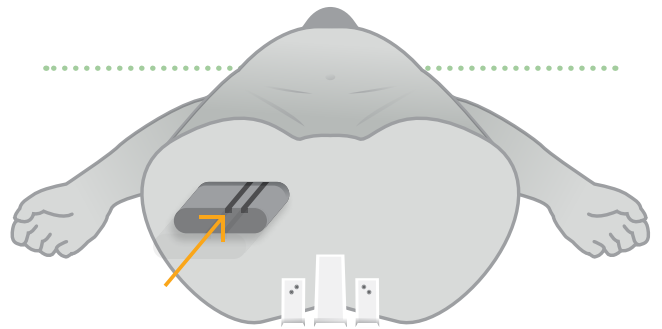
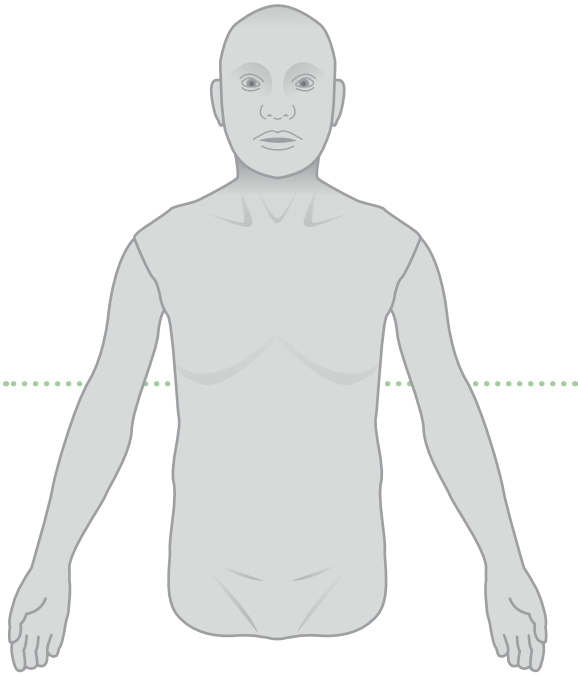


Before use check for latest software updates. Go to [www.limbsandthings.com/care-update](http://www.limbsandthings.com/care-update)



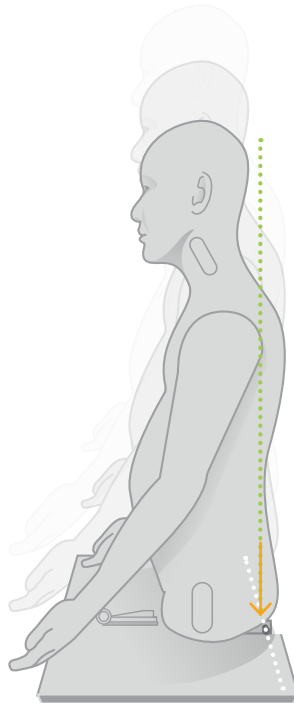
Place CaRE base on flat surface

Lay model down and insert battery into bottom of model



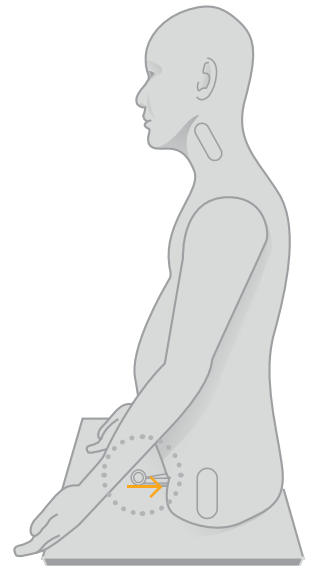
1

Pull out latch on the base



2

Place the model on the base



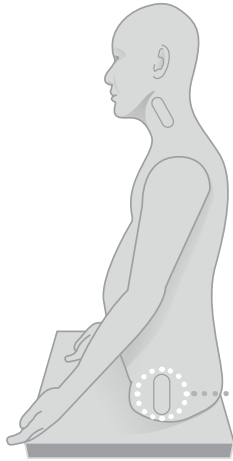
3

Push in latch on the base

## SET UP

### MODEL POWER ON

Fully charge unit before first use



Press the power button on the CaRE model

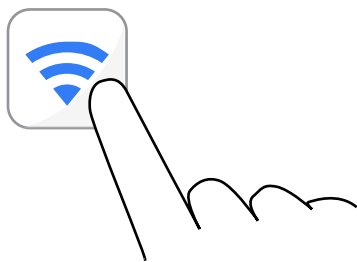
LED light will turn white when power is on

LED light will flash orange when battery is low

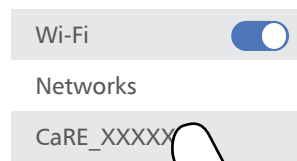
## SET UP

### MODEL CONNECTIVITY

1 Using a Wi-Fi enabled device, access the Wi-Fi settings

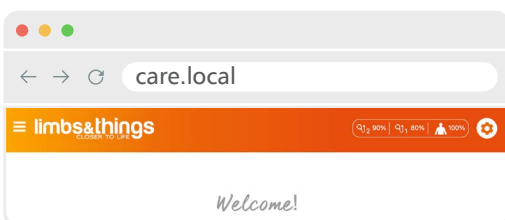


2 Locate the serial number for your CaRE model and select this option



Serial number of your model can be found on bottom on the model

3 Access the URL: **care.local** from any device to load the CaRE exam website



# SET UP

## LimbPAD

Fully charge unit before first use



Power Button & LED Indicator

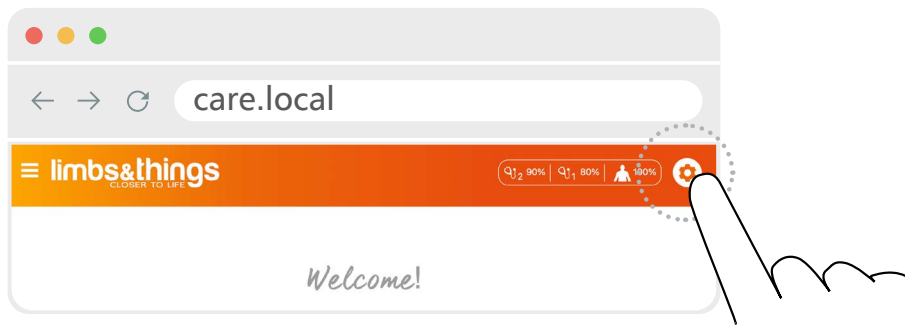
Volume control

3.5mm Mini Jack Audio Port

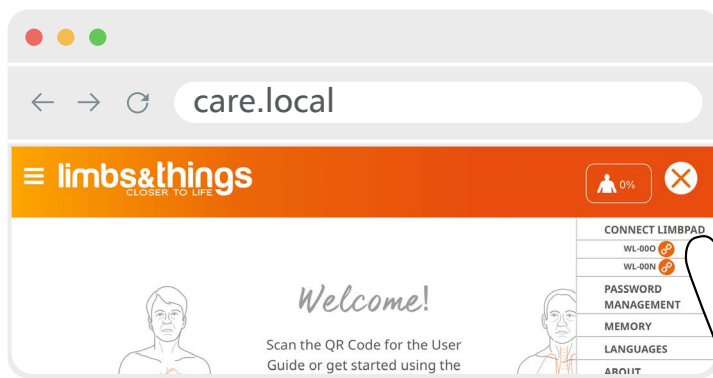
USB-C Port

1 Press down the power button  - Flashing Pink light will show. 

2 On the CaRE website access the settings menu





3 Select connect LimbPAD

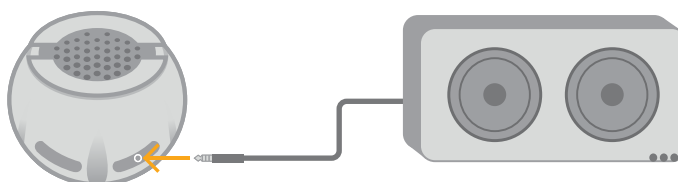


2 LimbPADS can be paired to each CaRE Model

Light turn solid when paired successfully 

 = Case is playing  
 = Error

5 Connecting to external speaker.



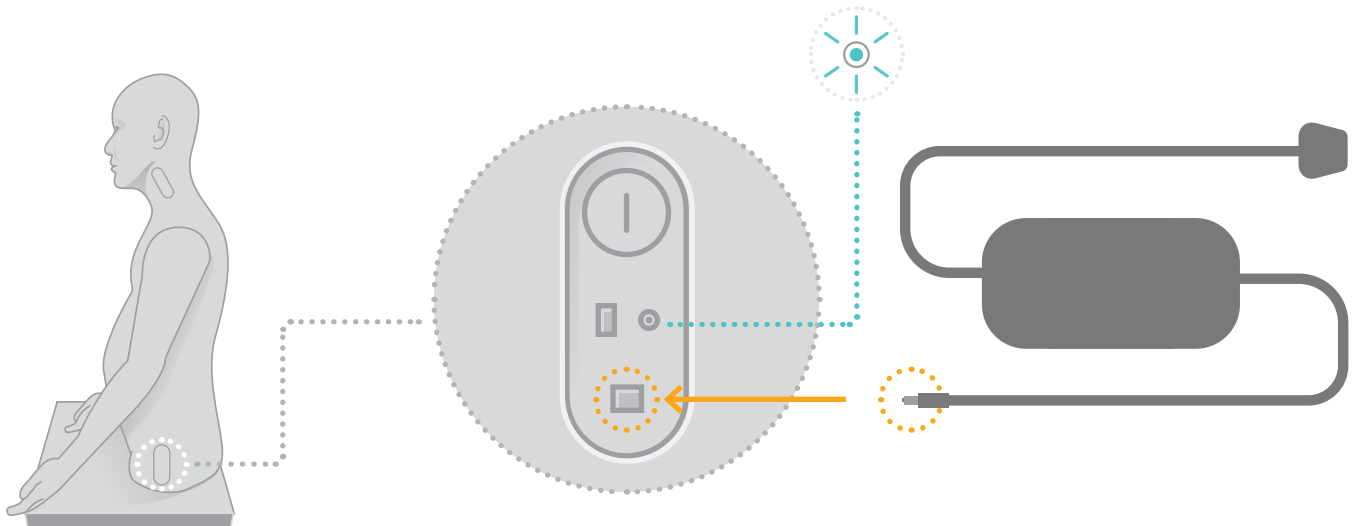
Recommended speaker range 40Hz to 16 kHz.

## SET UP

## CHARGING

### Charging the CaRE model:

Plug in DC charger – Blue light will flash to indicate model is charging.  
Light will turn solid blue when fully charged



### Charging the LimbPAD adapter:

Plug in the USB-C charger



Blue light will flash to indicate charging



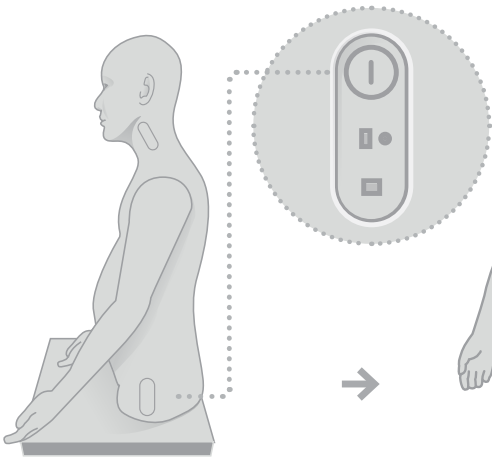
Light will turn solid blue when fully charged



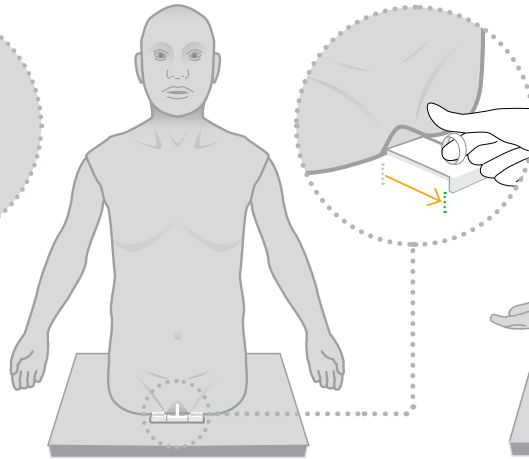
# SET UP

## REMOVING / REPLACING THE MODEL BATTERY

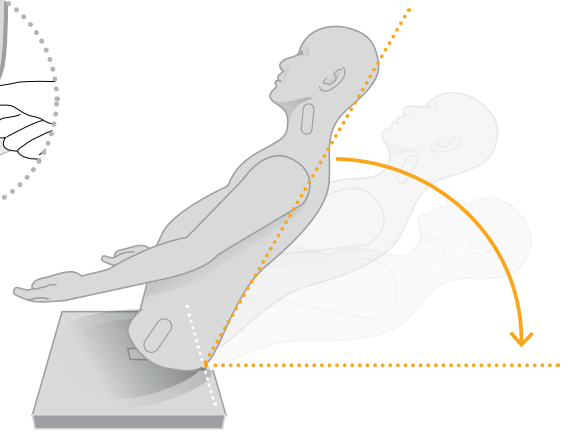
1 Turn off the CaRE model via power button



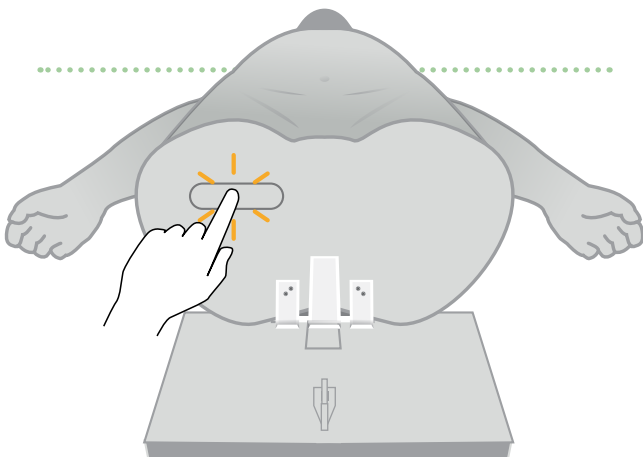
2 Pull back latch forward



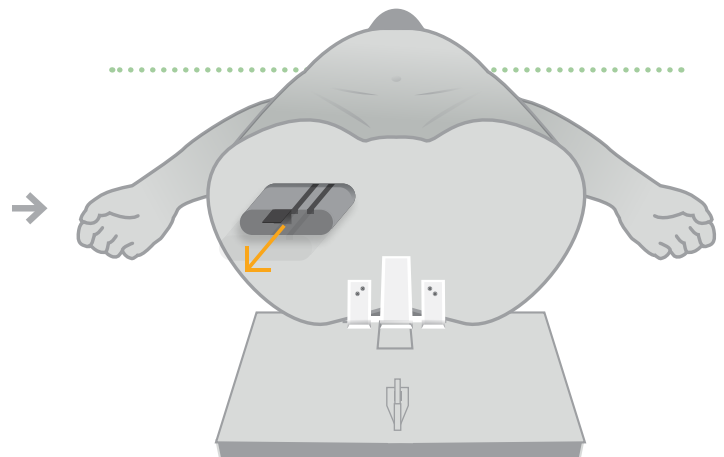
3 Turn off the CaRE model via power button



4 Use the latch to release the battery



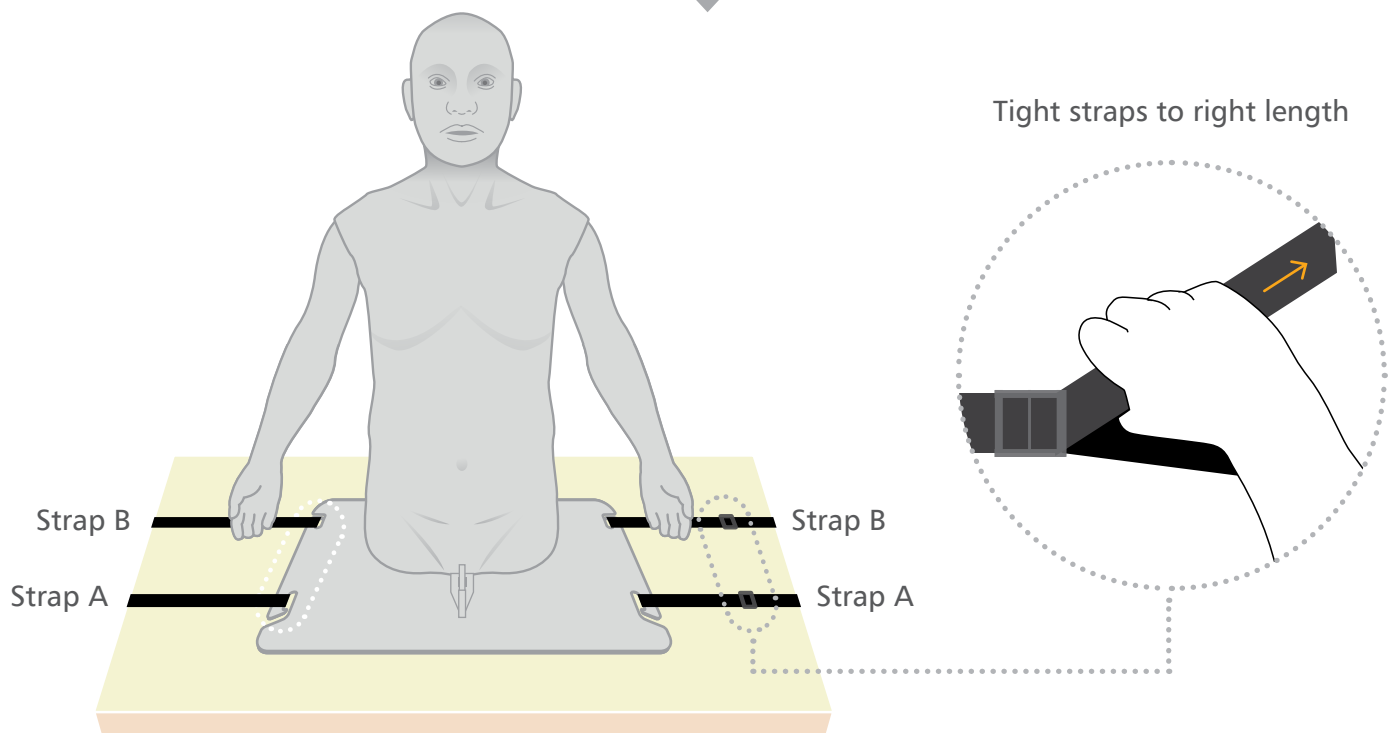
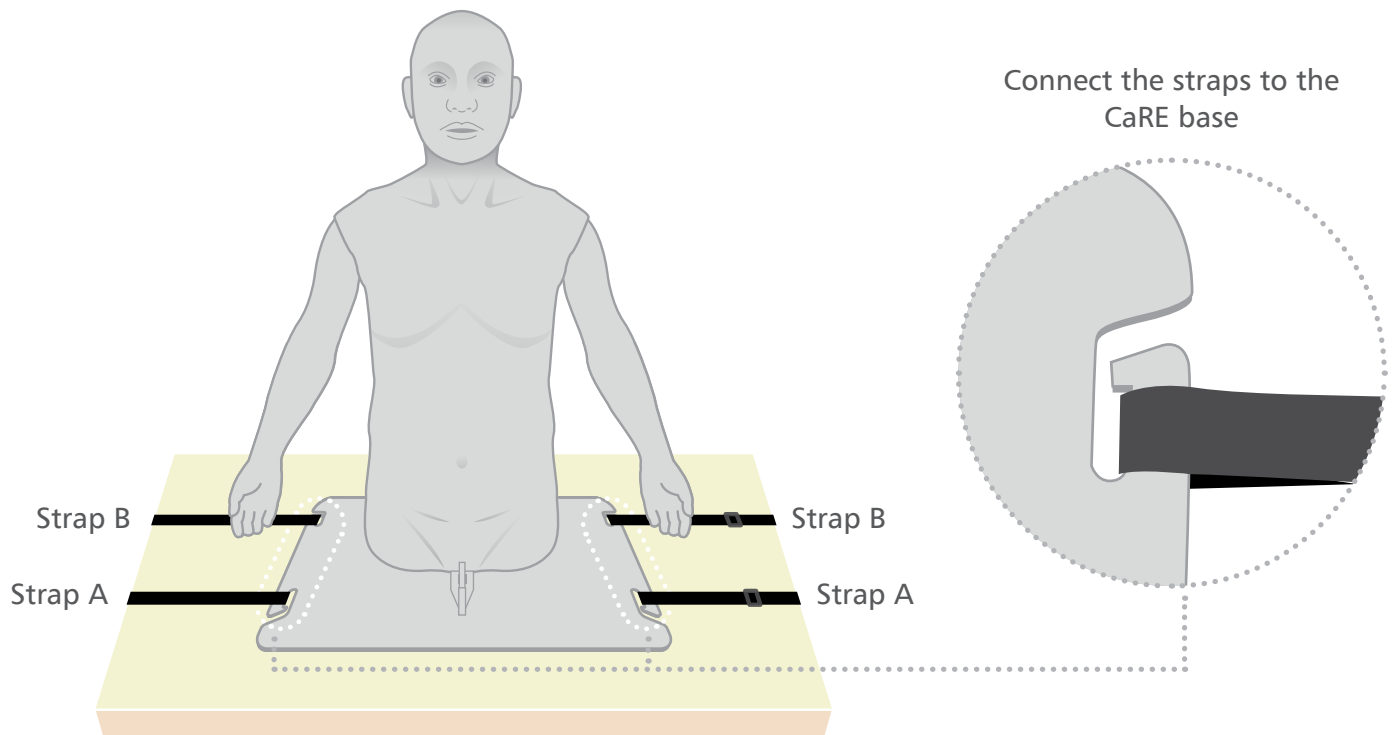
5 Use the battery tag to remove from the model



# SET UP

## STRAPPING MODEL TO THE BED

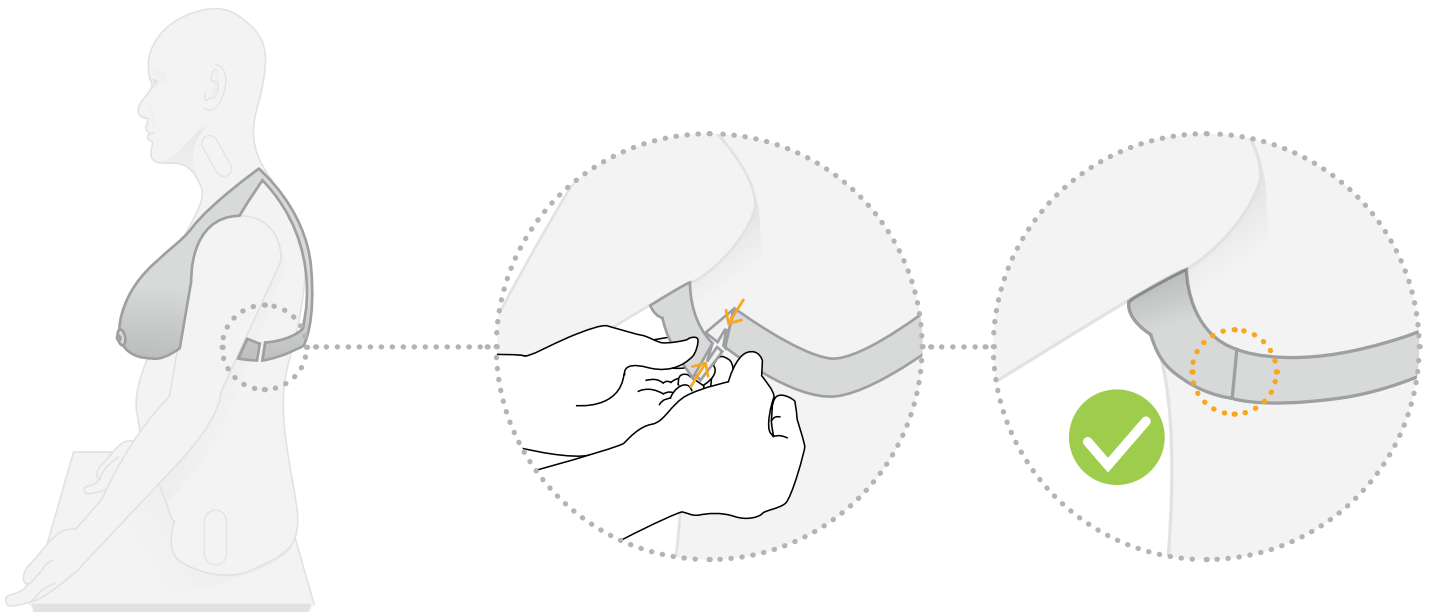
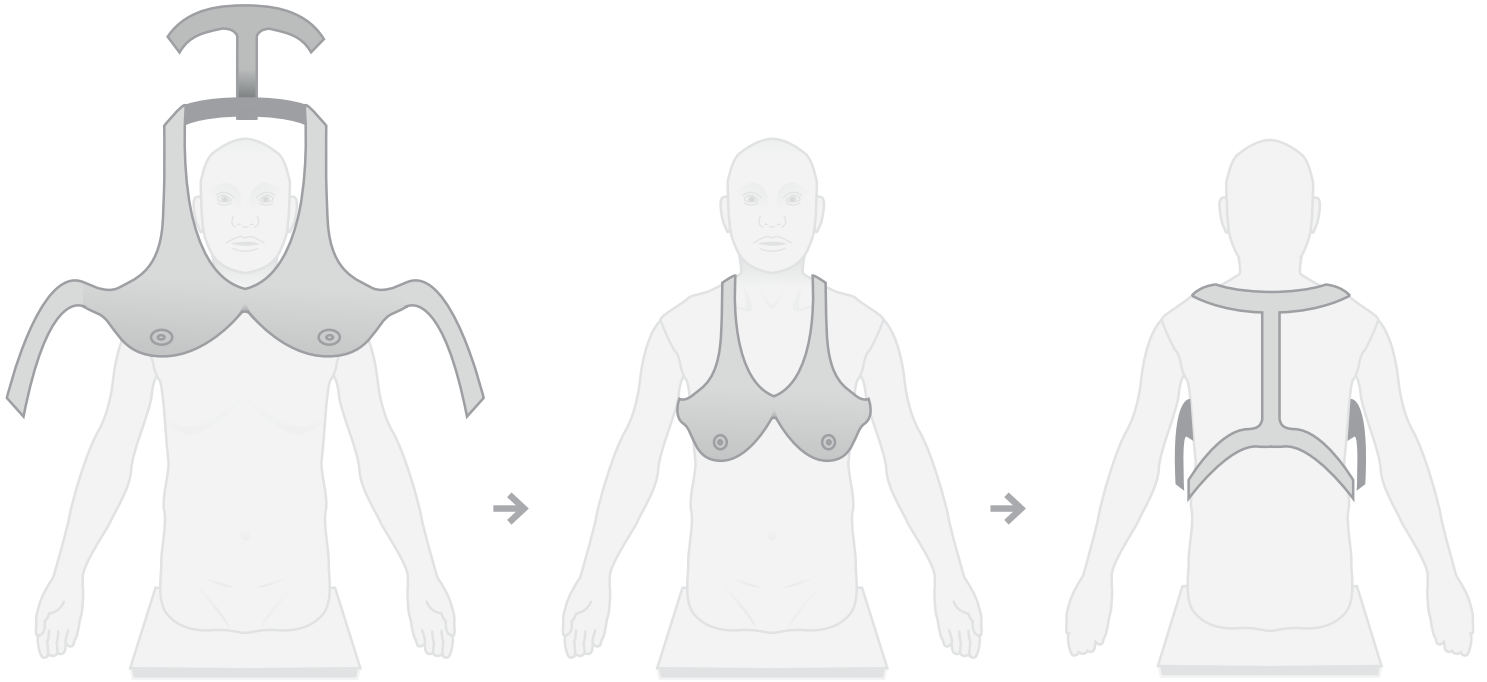
Use supplied straps to fix the CaRE model in place



## SET UP

## ATTACHING THE BREASTS

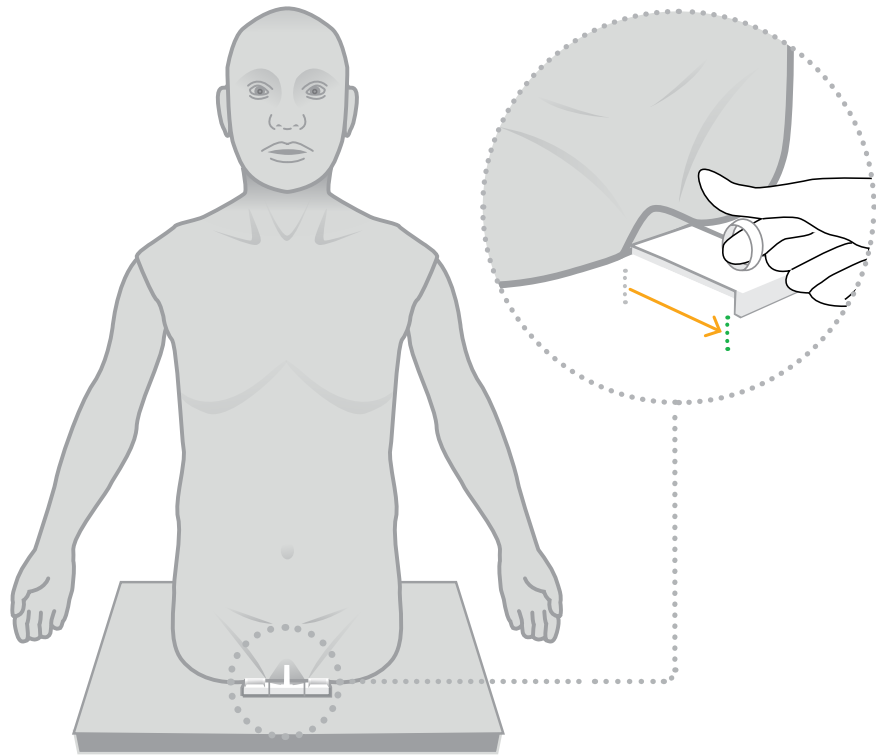
Place breasts over the model of the CaRE model



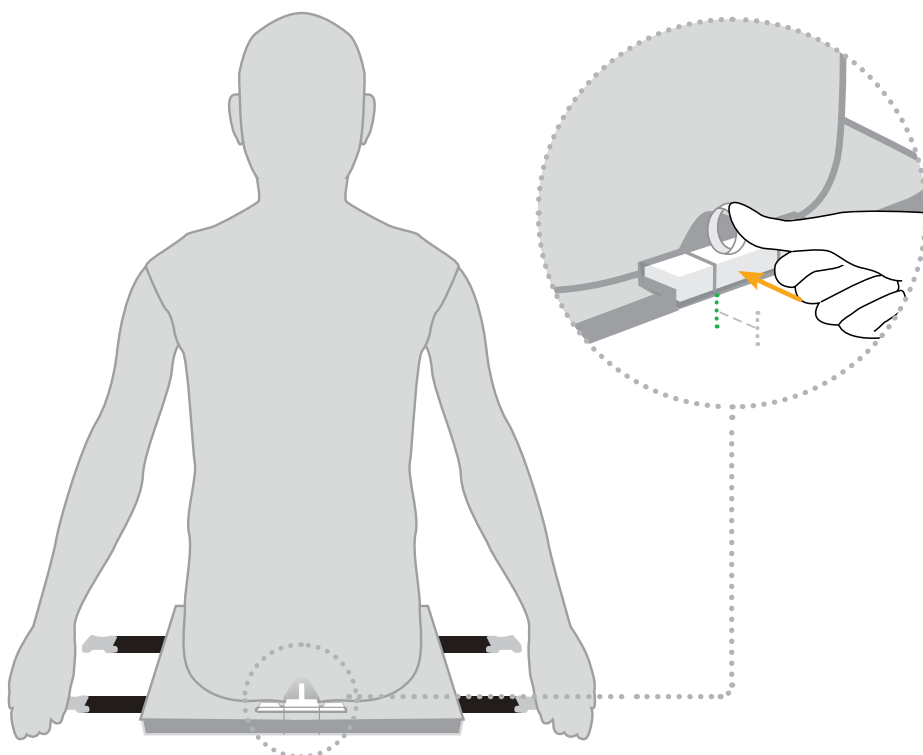
## SET UP

## REMOVING THE MODEL FROM THE BASE

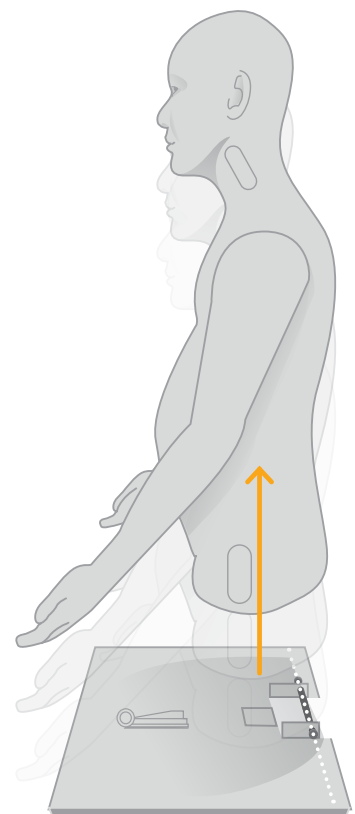
1 Pull the latch on the base



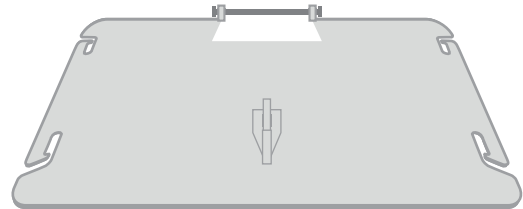
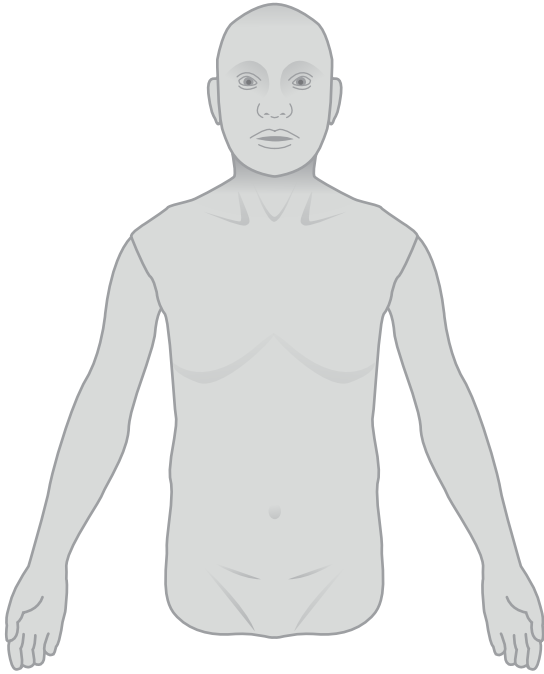
2 Push in the latch on the back of the model



3 Lift the model to remove from base



## CLEANING & STORAGE



Clean off any surface dirt with a damp, soft cloth, using only warm water and mild



STORE DRY

# UKCA DECLARATION OF CONFORMITY

We

**Limbs and Things Ltd**

of

**Sussex Street, St. Philips, Bristol, BS2 0RA**

Declare under our sole responsibility that the product described below:

<b>Brand and Model Name</b>	<b>Limbs and Things – Cardiac and Respiratory Exam (CaRE) trainer.</b>
-----------------------------	--

Has been tested and is in conformity with the following standards:

<u>SUBJECT</u>	<u>STANDARD</u>
Electrical Safety	EN IEC 62368-1:2020 + A11:2020
Electromagnetic Compatibility	<ul style="list-style-type: none"> <li>• EN 55032:2015 + A11:2020</li> <li>• EN 55035:2017 + A11:2020</li> <li>• EN 61000-3-2:2019</li> <li>• EN 61000-3-3:2013 + A1:2019</li> <li>• CFR47 part 15 subpart B</li> <li>• EN 301 489-1 V2.2.3 (2019-11)</li> <li>• EN 301 489-3 V2.1.1 (2017-03)</li> <li>• EN 301 489-17 W3.2.4 (2020-09)</li> <li>• IEC 62368-1:2018</li> <li>• IEC 62368-3:2017</li> </ul>

The product meets the essential requirements of the following regulations:

- The Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment Regulations 2012
- Electromagnetic Compatibility Regulations 2016
- Electrical Equipment (Safety) Regulations 2016
- Radio Equipment Regulations 2017
- Radio Equipment Directive (2014/53/EU)

I hereby declare that the equipment named above has been designed to comply with the relevant sections of the above referenced standards and satisfies the essential requirements of the applicable regulations.

Signed: Nick Hull  
Position:  
Location: Bristol, England

Signature .....   
Date 07/06/2024



# **CE DECLARATION OF CONFORMITY**

**In accordance with ISO IEC 17050-1: 2010**

We

**Limbs and Things Ltd**

of

**Sussex Street, St. Philips, Bristol, BS2 0RA**

Declare under our sole responsibility that the product described below:

<b>Brand and Model Name</b>	<b>Limbs and Things – Cardiac and Respiratory Exam (CaRE) trainer.</b>
-----------------------------	--

Has been tested and is in conformity with the following standards:

<b><u>SUBJECT</u></b>	<b><u>STANDARD</u></b>
<b>Electrical Safety</b>	<b>EN IEC 62368-1:2020 + A11:2020</b>
<b>Electromagnetic Compatibility</b>	<ul style="list-style-type: none"> <li>• EN 55032:2015 + A11:2020</li> <li>• EN 55035:2017 + A11:2020</li> <li>• EN 61000-3-2:2019</li> <li>• EN 61000-3-3:2013 + A1:2019</li> <li>• CFR47 part 15 subpart B</li> <li>• EN 301 489-1 V2.2.3 (2019-11)</li> <li>• EN 301 489-3 V2.1.1 (2017-03)</li> <li>• EN 301 489-17 W3.2.4 (2020-09)</li> <li>• IEC 62368-1:2018</li> <li>• IEC 62368-3:2017</li> </ul>
<b>RoHS 3</b>	<b>Directive (EU) 2015/863</b>

**Thereby meeting the essential requirements of directive (RED) (2014/53/EU)**

I hereby declare that the equipment named above has been designed to comply with the relevant sections of the above referenced Standards.

Signed: Nick Hull  
Position:  
Location: Bristol, England

Signature  .....

Date 07/06/2024



This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications to this product not authorized by (company) could void the product compliance and negate your authority to operate the product.

The Maximum altitude of this product is 2000 meters.

YOU MAY  
ALSO BE  
INTERESTED IN...

PARACENTESIS  
TRAINER

60100 60111



ABDOMINAL  
EXAMINATION  
TRAINER

60000 60054

