

# Act+Fast™ Anti Choking Trainer

## Users Manual

Constructed with  
Durable Neoprene.

Transparent PVC  
Airway allows user  
to see release of  
obstruction.

Rib Cage

User Manual  
window pocket

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:

ActFast neoprene vest - PVC bladder - Airway assembly -  
Ten foam plugs - Users manual - Storage bag  
*All contents are latex-free*

1 year product warranty

For instructions e-mail: [info@actfastmed.com](mailto:info@actfastmed.com)

ActFast Medical LLC

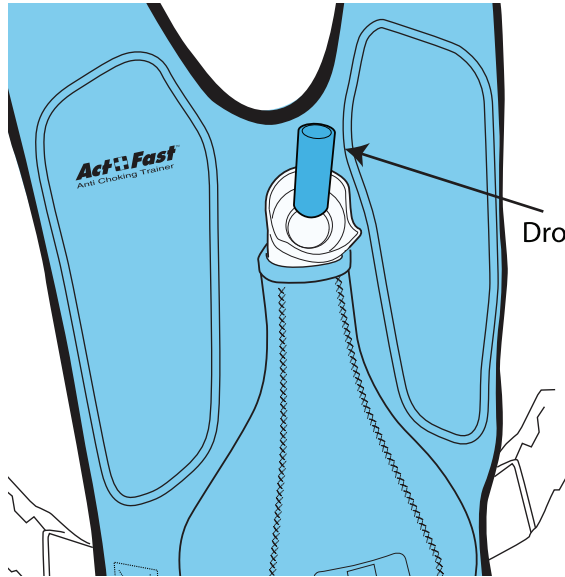
for more information, [www.actfastmed.com](http://www.actfastmed.com)

PATENT PENDING  
MADE IN CHINA  
ASSEMBLED IN USA

## Directions for Use

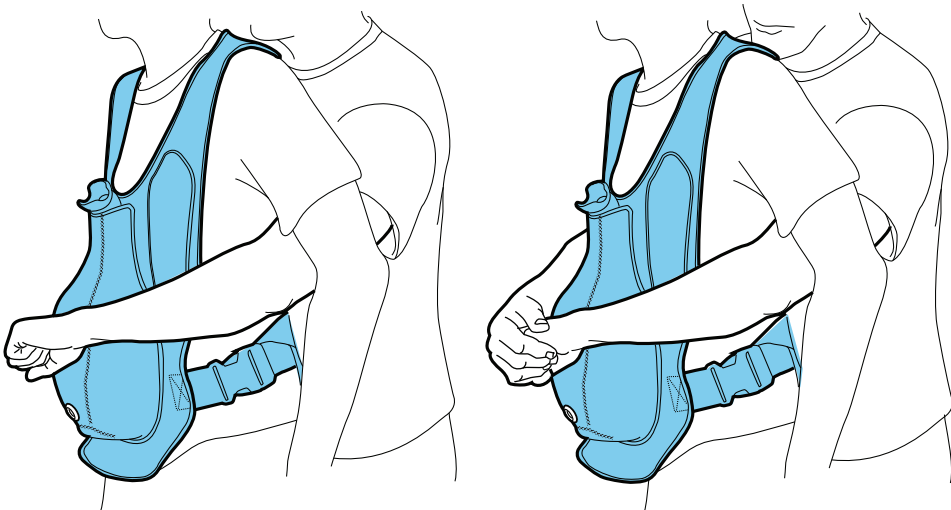
Intended for use under the direction of certified CPR Instructors.

Pull the vest over your head and cinch the waist belts snug.

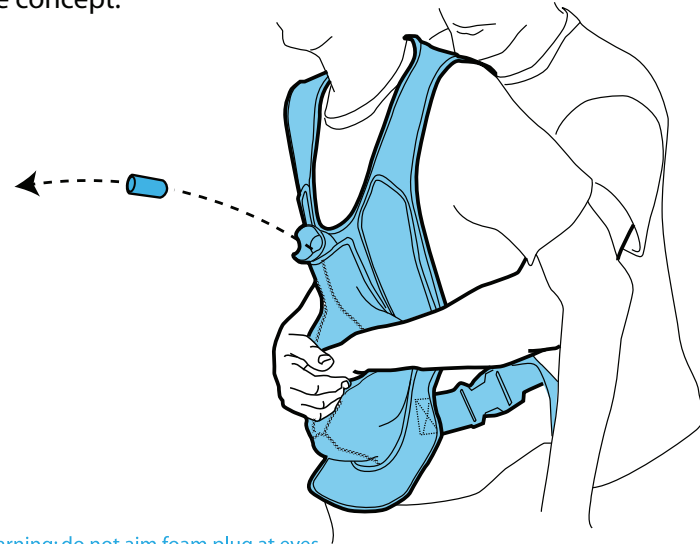


Drop a foam plug into the airway.

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.

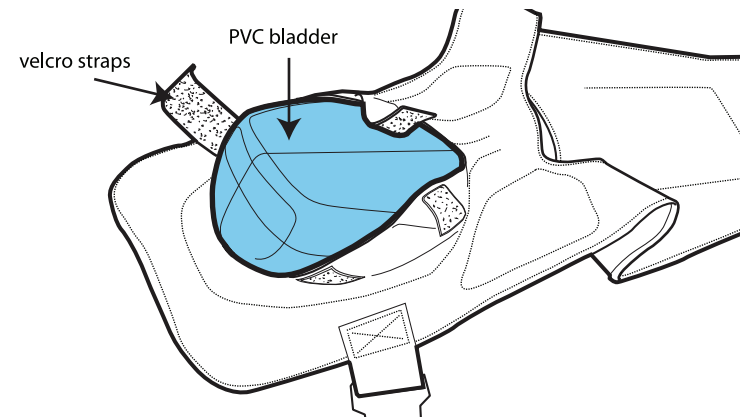


Warning: do not aim foam plug at eyes.

The training vest can be used in a variety of positions to create realistic scenarios, including: standing, sitting and laying 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.