RealCare™ Geriatric Simulator
Quick Start Guide

The RealCare™ Geriatric Simulator includes a sensitivity suit and complete curriculum to help participants understand the common physical effects of aging.

Product includes:

- 1 Geriatric Simulator
  - Weight vest
  - Cervical collar
  - Wrist weights (4)
  - Elbow restraints (2)
  - Ankle weights (2)
  - Knee restraints (2)
  - Gloves (2)
- Storage case
- Case of 6 visual impairment glasses
- 1 walker
- Downloadable curriculum
- 1-year limited warranty

*Visual impairment glasses and case

NOTICE! To access your downloadable curriculum, visit:
www.realityworks.com/geriatricsimulator-downloads

Instructions for use:

1. Check the contents of the package to ensure that every piece listed is included.
2. Work with a partner for assistance in putting on the RealCare Geriatric Simulator.

Ankle weights

3. Put one ankle weight on each ankle. Secure them tightly around each ankle. For a lighter weight alternative, use the extra set of wrist weights as the ankle weights.

Weight vest

4. With assistance from a partner, put the weight vest on. Adjust the Velcro straps until it is a secure fit.

Knee restraint

5. Put one knee restraint on each knee. Pull them tightly for a snug fit.

Elbow restraint

6. Put one elbow restraint on each elbow. Pull them tightly for a snug fit.

Cervical collar

7. Put the cervical collar around your neck. Strap it tightly enough so it is secure without cutting off circulation or air flow.

Wrist weights

8. Put one wrist weight on each wrist. Some users might prefer to add one more weight per wrist for a fuller simulation effect. Pull tightly for a snug fit.

Gloves

9. Pull the gloves tightly over each hand.

Visual impairment glasses

10. Choose the visual impairment glasses you desire and put them on.

Walker

11. Unfold the walker and adjust it to the proper height.

REALCARE™ GERIATRIC SIMULATOR

Cleaning instructions:

The Geriatric Simulator cloth items

- This product should be **hand-washed and air-dried only**. Do not wash any part of the Geriatric Simulator with a machine.

The Geriatric Simulator visual impairment glasses

- After each use, gently wipe glasses with an approved cleaning agent. Approved cleaning agents include disinfectant wipes, soapy water, and 70% isopropyl alcohol wipes.

Safety Instructions:

The Geriatric Simulator is intended for educational use only. Any misuse of this product can cause serious injury. It is recommended that the Geriatric Simulator be worn for at least 20 minutes to feel the effects.

While wearing the Geriatric Simulator:

- Do not walk on steep inclines or slippery surfaces.
- Do not wear high-heeled or slippery shoes.
- Do not twist side to side while bending over.
- Do not make any abrupt movements.
- Do not jump or run.
- Do not engage in strenuous activities (especially not in hot weather) to avoid risk of heat stroke.
- Immediately discontinue the use of this product if you feel any sharp pain, dizziness or tingling in your fingers.
- Use proper lifting technique when lifting the Geriatric Simulator and while wearing the simulator by squatting down to lift with your legs, not your back.

Additional help and information

Online Product Support

We're here to help! Our online Product Support features video tutorials, downloadable documents, frequently asked questions, and product notices, all of which make it easy for you to get support for products, software and more, day or night. Find our online product support area here: ***www.realityworks.com/knowledge-base***

Online Store

Supplies, accessories, select simulators, curriculum, and more are available for purchase from our online store 24 hours a day! Find our online store here: ***www.realityworks.com***

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