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Beauregard Parish Library Wellness Kit
To read the full manuals visit: https://library.beau.org/library-of-things/
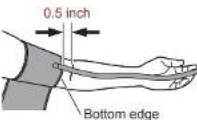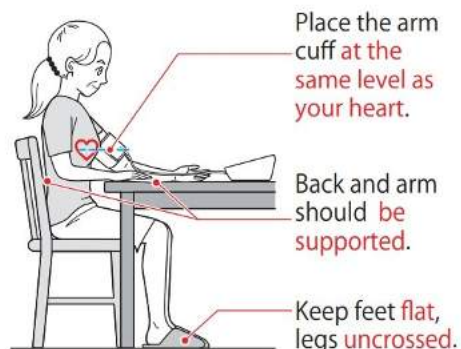Or scan the QR code:

How To Use The Omron Model BP7100 Blood Pressure Monitor

Apply the arm cuff

1. Plug the arm cuff into the monitor.

2. Apply the arm cuff onto your left upper arm.
   The bottom edge of the arm cuff should be 0.5 inch above the inside elbow.
   0.5 inch
   Bottom edge

3. Wrap the cuff securely.
   Make sure that air tube is on the inside of your arm.

For details, refer to the instruction manual.

Sit correctly

Place the arm cuff at the same level as your heart.

Back and arm should be supported.

Keep feet flat, legs uncrossed.

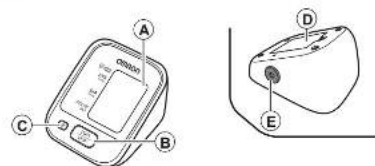For details, refer to the instruction manual.

Take a measurement

1. Press the [START/STOP] button.

2. Remain still until the arm cuff deflates.

3. After the measurement, your reading is displayed.
   To turn off the monitor, press the [START/STOP] button.

   Systolic — 120
   Diastolic — 78
   Pulse rate — 70

For details, refer to the instruction manual.

Know Your Monitor

Contents:
Monitor, arm cuff, instruction manual, quick start guide

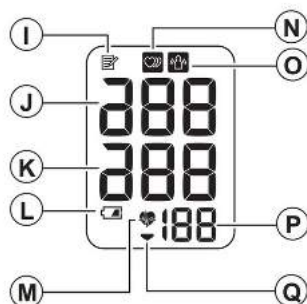**Monitor:**

A. Display
B. START/STOP button
C. Memory button
D. Battery compartment
E. Air jack

Arm cuff:

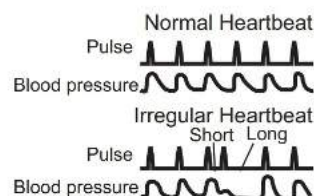F. Arm cuff (Arm circumference 9" - 17" (22 - 42 cm))
G. Air plug
H. Air tube

Display:

I. Memory symbol
J. Systolic blood pressure
K. Diastolic blood pressure
L. Low battery symbol
M. Heartbeat symbol (Flashes during measurement.)
N. Irregular heartbeat symbol
O. Movement error symbol
P. Pulse display / Memory number
Q. Deflation symbol

Display symbols

Irregular Heartbeat Symbol ( )
When the monitor detects an irregular rhythm two or more times during the measurement, the irregular heartbeat symbol will appear on the display with the measurement values. An irregular heartbeat rhythm is defined as a rhythm that is 25% less or 25% more than the average rhythm detected while the monitor is measuring the systolic and diastolic blood pressure.
If the irregular heartbeat symbol displays with your measurement results, we recommend you consult your physician. Follow the directions of your physician.

Normal Heartbeat
Pulse
Blood pressure

Irregular Heartbeat
Short Long
Pulse
Blood pressure

Movement Error Symbol ( )
The movement error symbol is displayed if you move your body during the measurement. Please remove the arm cuff, and wait 2 - 3 minutes. Take another measurement, remain still during measurement.

Classification of BP (Blood Pressure)
ACC/AHA 2017 Hypertension guidelines define categories of BP in adults as below.

Categories of BP in Adults*

BP Category	Systolic BP		Diastolic BP
Normal	< 120 mmHg	and	< 80 mmHg
Elevated	120-129 mmHg	and	< 80 mmHg
Hypertension			
Stage 1	130-139 mmHg	or	80-89 mmHg
Stage 2	≥ 140 mmHg	or	≥ 90 mmHg

* Individuals with Systolic BP and Diastolic BP in 2 categories should be designated to the higher BP category.
BP indicates blood pressure (based on an average of ≥ 2 careful readings obtained on ≥ 2 occasions).
Source: ACC/AHA 2017 High Blood Pressure Clinical Practice Guideline

⚠ **Warning** NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.

Using The Memory Function
The monitor automatically stores the results up to 14 sets.
Note: If the memory is full, the monitor will delete the oldest value.

To View The Measurement Values Stored In Memory
1. Press the button that looks like a piece of paper with a pencil. The memory number appears for a second before the pulse rate is displayed. The newest set is numbered "1".
2. Press that same button again repeatedly to view the values stored in memory.

To Delete All The Values Stored In Memory
1. Press the button that looks like a piece of paper with a pencil, while the memory symbol appears.
2. While holding that same button, press the START / STOP button for more than 3 seconds.
Note: You cannot partially delete the values stored in memory.

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How To Use The Zacurate Model 500DL Pro Series Fingertip Pulse Oximeter

Quick Start Guide
1. Insert your finger into the finger chamber.
2. Press the power button to turn the device on.
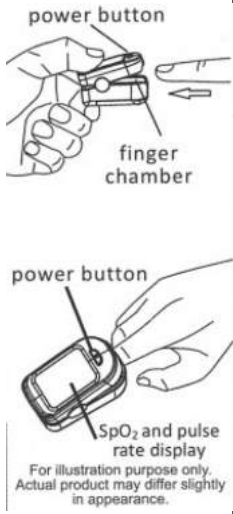(Wait 5-10 seconds for SpO2 and pulse rate readings to be displayed.)
Note: for most accurate measurement: please allow the device to stabilize.
This may take up to 30 seconds or longer, especially if you have cold hands.

FAQs
1. What is the normal range for SpO2? The normal range for SpO2 is 95% and above. The SpO2 measurement may be lower at high altitudes.
2. What is the normal range for pulse rate?
The normal resting range for pulse rate is typically between 60 -100 beats per minutes.

Tips To Getting A Good Reading
1. Make sure that your finger is inserted deep into the chamber so that the fingertip is placed directly in between the LED light source and the LED sensor.
2. Avoid making any body movements, especially your finger, while taking a measurement.

power button
finger chamber
power button
SpO₂ and pulse rate display
For illustration purpose only. Actual product may differ slightly in appearance.

Schematic Diagram of Display

The following figure shows the information display on the LED screen of the Oximeter in normal detection state:

Low-voltage indication
%SpO₂
Symbol of oxygen saturation
Measured value of oxygen saturation
Symbol of pulse rate
♡ /Min
Measured value of pulse rate
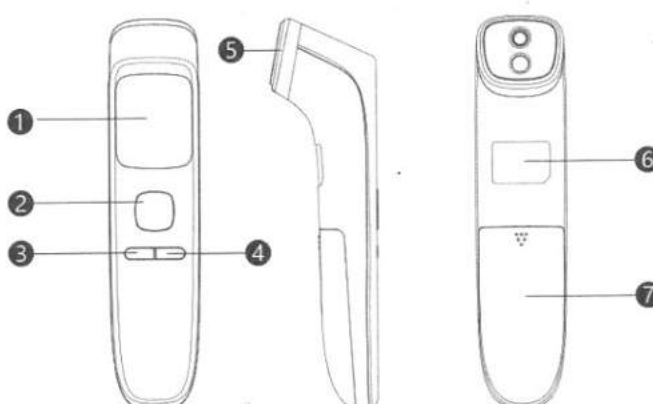Pulse rate strength

Note: The display shows all segments during an internal self-check when powered on.

When the battery icon ⟨▭⟩ flickers continuously on the LED screen, the battery is low and needs to be replaced.

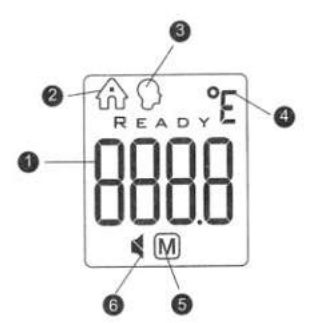## How To Use The Finicare Model FC-IR202 Infrared Thermometer

Product Structure

① LCD display screen
② Measure button
③ Mem (Memory Recall)
④ Mute-unmute button (or °F/°C conversion)
⑤ Sensor
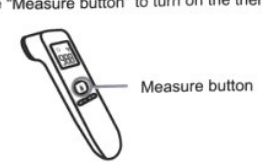⑥ Rating label
⑦ Battery cover

5. Display description
1. Temperature value
2. Room/Object temperature mode
3. Forehead temperature mode
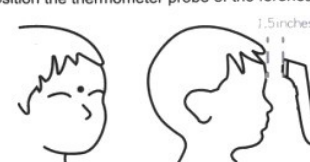4. Fahrenheit/Celsius degrees
5. Memory recall
6. Mute/Un-mute

READY
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How to use your thermometer?

① Press the "Measure button" to turn on the thermometer.
Measure button

② Position the thermometer probe of the forehead and keep it within 1.5 inches.
1.5inches

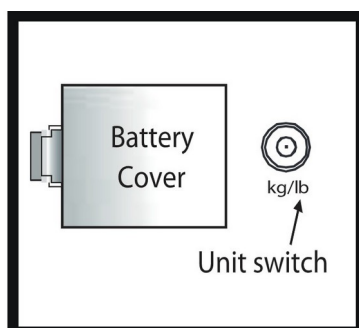③ Press the Measure button " 🌡 ", start to measure.

④ When the beep is completely heard, you can now read the value.

°F / °C Converstion: When the thermometer is on, long press the Mute / Un-Mute button for 5 seconds, to switch between °F / °C.

How To Use The Detecto Model D119 Digital Scale

Before Using This Scale – Please Read

Battery Cover
kg/lb
Unit switch

Measurement Of Weight
This scale is calibrated to weigh in pounds (lbs.), but can also measure in kilograms. You can convert the weight unit as follows:

1. Find the unit switch on the back of the scale.
2. Press the switch on the bottom of the scale to convert the scale unit between KG (kilograms) – LB (pounds).

Before Returning Equipment To The Library

Please clean all equipment, and make sure that everything is in the case before returning it to the library.

- Thank you