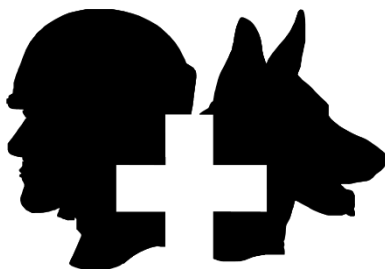


# TRAUMA F/X<sup>®</sup>

*Improving Survivability*



TRAUMA FX<sup>®</sup> CHEST TRAINER (CT)

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## Chest Trainer (CT) User Guide

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**TRAUMA F/X<sup>®</sup>**

*Improving Survivability*



TraumaFX®  
Chest Trainer (CT)

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## Chapter 1: Introduction

### About the Chest Trainer (CT)

The TraumaFX® Chest Trainer (CT) is a ruggedized upper body ‘crawl’ trainer that takes realism to the next level by introducing trainees to the skills needed to treat and perform interventions on patients suffering from traumatic upper body injuries. The CT is lifelike in shape and size and includes a simulated rib cage and sternum. Students learn to find realistic anatomic landmarks to execute critical patient treatment without relying on marked indicators. The CT helps teach responders to perform life-saving tasks such as needle chest decompression and intraosseous infusion. The CT is designed for classroom use. To ensure proper operation, do not subject CT to unnecessarily harsh treatment. Careful preventive maintenance and frequent after-use inspection is essential to ensure the service life of your CT. Please review Chapter 5: After Use Care of this user guide, which outlines the standard preventive maintenance required under the terms of the CT limited warranty.

The CT is a multi-purpose training simulator that functions as a stand-alone skills trainer. The CT’s simulated intervention sites allow for multiple uses with cost-effective replacement components available.



### Item Checklist

The components listed below are required to set up and operate your Chest Trainer (CT) and come standard with each TraumaFX® CT purchase.

### Standard Components

Chest Trainer (CT)



Pleural Membranes  
(Pkg of 20)



Figure 1

## Special Notes and Cautions

***Read the KGS instructional manual before attempting to operate the Chest Trainer (CT).***



### After Use Care

The CT is designed for rugged use in realistic training environments. To keep the CT working optimally, careful preventive maintenance and frequent after-use inspection will extend the service life and is required under the terms of the limited warranty. Please read Chapter 5: After Use Care detailing the tasks to perform at the end of every training session, such as cleaning the CT and replacing skin plugs when needed.



### Storage

The CT and accessories should be stored in a cool, dry place.

## Chapter 2: Chest Trainer (CT) Features

This section describes the highly realistic features of the Chest Trainer (CT) that contribute to the unique training experience the CT provides. The CT contains the following features:

- Life-sized and shaped with self-healing intervention sites.
- Intraosseous trainer for use with any intraosseous introducer, with replaceable manubrium and skin plug.
- Bilateral Needle decompression (3¼" 14 gauge needle) sites with responsive pleural membranes and replaceable skin plugs.

### Composition

The CT's skin plugs are made of a silicone-based compound that requires cleaning with water. The main structure of the CT's upper body is composed of a durable urethane. This construction results in a high-fidelity look and feel with exceptional durability.



#### Cautions and Care

When washing the CT's outer skin, use a soft wet cloth or sponge after each use with water only. Do not use ink or marker on the CT for medical notations.



## Chest Trainer (CT) Overview

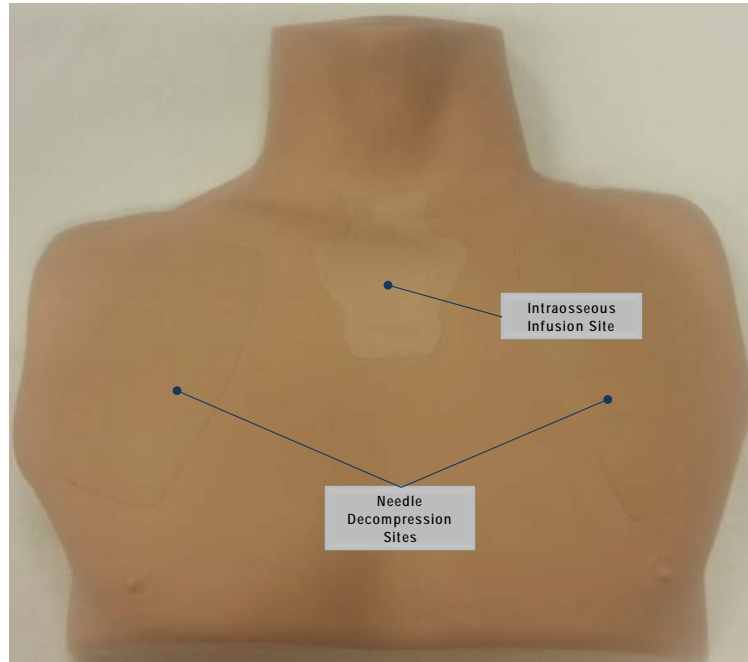


Figure 2

# Chapter 3

## Chapter 3: Getting Started



***Read the CT manual before attempting to operate the Chest Trainer (CT) and -accessories.***

### Notes on General Use and Care

To ensure proper operation, care for the unit as you would a live patient by not subjecting the CT to unnecessarily harsh treatment. Also, careful preventive maintenance and frequent after-use inspection is essential to ensure the service life of the unit(s). Please review Chapter 5: After Use Care, which outlines the after use care required under the terms of the CT limited warranty.

### Inserting the non-infusible Manubrium and Manubrium Skin Plug

1. **Insert the manubrium** into the manubrium skin plug (Figure 3).



Figure 3

2. **Insert the manubrium with skin plug into the sternal recess** by matching the ball and socket joints.
3. Adjust the skin plug edges as needed to eliminate “seams”

### Inserting the Pleural Membrane

Insert the pleural membrane so the edges are under the tabs in the pleural membrane recess, and gently depress pleural membrane until it ‘snaps’ into place, as shown below in (Figure 4).



Figure 4

Inserting the Needle "D" Skin Plugs

Insert the left or right needle "D" skin plug into the matching side recess. Ensure all tabs are securely in place under the skin, and adjust the skin as needed (Figure 5).

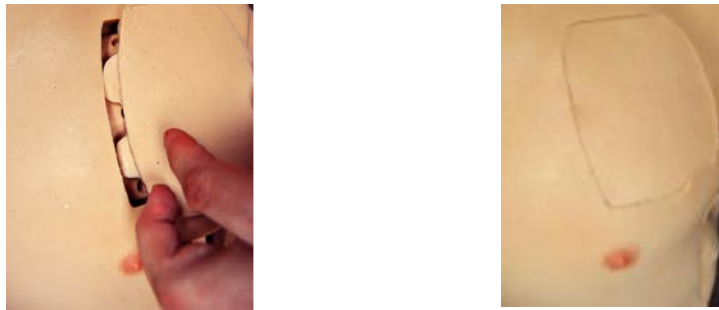


Figure 5

## Chapter 4: Operating the Chest Trainer (CT)

This chapter describes the CT's operational and simulated training features.

### Simulated Intraosseous Site

The *Simulated Intraosseous Site* allows trainees to palpate the sternal notch for proper placement and insertion of any Intraosseous (I/O) infusion introducer (Figure 6). I/O infusion provides immediate, vascular access for fluid and medication infusion for victims experiencing shock and trauma, and allows for the rapid, safe, and reliable administration of sternal I/O infusions. The intraosseous training site uses a multi-use, replaceable manubrium to accommodate repeated simulations.



Figure 6

### Simulated Bilateral Needle 'D' (3¼" 14 gauge) Site

The *Simulated Bilateral Needle 'D' Sites* provide trainees with palpable landmarks at the ribs to locate the correct needle decompression site and fully insert the decompression needle (Figure 7) to relieve pneumothorax caused by physical trauma to the chest such as a blast injury. This site uses reusable and replaceable needle 'D' skin plugs to accommodate repeated simulations.



Figure 7

## Chapter 5: After Use Care



**To keep the CT operating as designed, the following preventive maintenance actions must be completed after each training session.**

These easy to perform maintenance actions will help ensure the CT remains in peak operating condition for each training session:

1. Wipe down the CT carefully with a soft, wet cloth or sponge after each use with clean water only.

## Troubleshooting

Issue	Actions
Skin plugs will not stay in place or appear damaged from multiple simulation use	<ul style="list-style-type: none"> <li>▪ Replace with a new skin plug. For replacement skin plugs, please contact your account representative 800-200-7465 or customer support at <a href="mailto:MATTSupport@traumafx.net">MATTSupport@traumafx.net</a></li> </ul>
Receiving less than adequate resistance on needle chest decompression	<ul style="list-style-type: none"> <li>▪ Replace the pleural membrane. For replacement pleural membranes, please contact your account representative 800-200-7465 or customer support at <a href="mailto:MATTSupport@traumafx.net">MATTSupport@traumafx.net</a></li> </ul>

Additional Support  
Customer Service and Support

For other troubleshooting issues not identified above, please contact Technical Support at [MATTSupport@traumafx.net](mailto:MATTSupport@traumafx.net) or 1-800-200-7465.



## Appendix A – Chest Trainer (CT) Technical Specs

Chest Trainer (CT)

***Weight:*** 6 lbs

***Dimensions:*** 15x15x5

***Electrical:*** None

***Water, Heating, and HVAC Requirements:*** Water is required to wash unit.



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