



USER GUIDE



BIRTHING SIMULATOR PROMPT FLEX

ADVANCED



This product is available
in light and dark skin tones

80106

80206

FOR MORE SKILLS TRAINING PRODUCTS VISIT

limbsandthings.com

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

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TAKE A LOOK
AT OUR **VIDEO**

VISIT THE WEBSITE
limbsandthings.com

OR YOUTUBE CHANNEL
youtube.com/limbsandthings

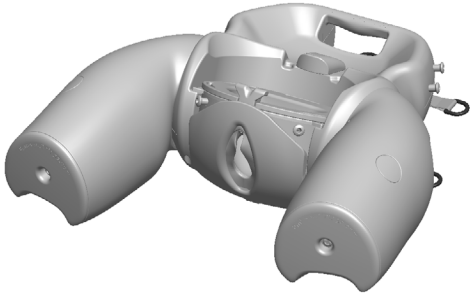


PACKAGE
SUPPLIED

BIRTHING MOTHER

80120

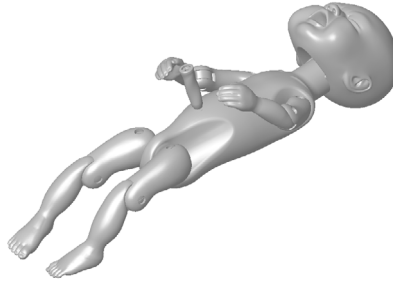
80220



WIRELESS FORCE MONITORING BABY

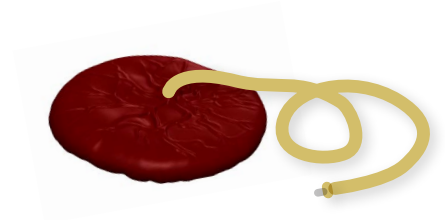
80122FM

80222FM



BIRTHING PLACENTA

80123



ABDOMEN

80124

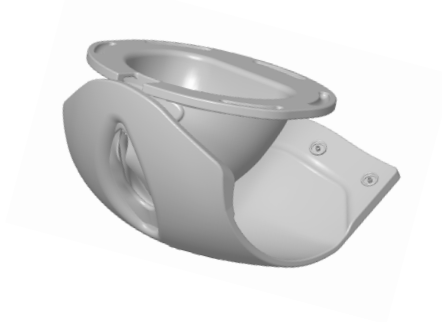
80224



PERINEUM & BIRTH CANAL

80125

80225



CERVIX

80126



PELVIC RING CLAMP

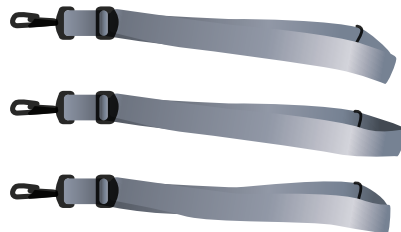
80107

80207



BED STRAPS

80130



LUBRICANT

10193



WHEELED CARRY CASE

01000



PROMPT FLEX ART MAT

60133





EC 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:

Brand and Model Name	Limbs and Things Prompt Flex Birthing simulator, Part number: 80122, 80106, 80206, 80108, 80208, 80222, 80197, 80297, 80198, 80298, 80199 & 80299.
----------------------	----------------------------------------------------------------------------------------------------------------------------------------------------

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

SUBJECT	STANDARD
Electrical Safety	IEC 61010-1 Ed.3.0 and EN61010-1: 2010 Safety requirements for electrical equipment for measurement, control and laboratory use.
Electromagnetic Compatibility	EN61326-1:2013 Electrical equipment for measurement, control and laboratory use. Emissions: EN55016-2-3:2006 EN61000-3-2:2006 +A1+A2 EN61000-3-3:2013 EN55011:2009+A1 (CISPR 11) Immunity: EN61000-4-2: 2009 EN61000-4-3: :2006 +A1 +A2 EN61000-4-4: 2004 EN61000-4-5: 2006 EN61000-4-6: 2009 EN61000-4-11:2004
Radio performance	EN 300 328 V1.8.1:2012-06
RoHS 2	2011/65/EU

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 and meets all essential requirements of the RTTE Directive.

Signed Nicholas Hull Signature 
Position Managing Director
Location Bristol, England Date 11 May 2020



Limbs & Things Ltd

DECLARATION OF CONFORMITY

In accordance with UK Government Guidance

We at

Limbs & Things Ltd

of

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

Declare under our sole responsibility that the product described below:

Brand and Model Name	Limbs and Things Prompt Flex Birthing simulator, Part number: 80122, 80106, 80206, 80108, 80208, 80222, 80197, 80297, 80198, 80298, 80199 & 80299.
----------------------	----------------------------------------------------------------------------------------------------------------------------------------------------

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

SUBJECT	STANDARD
Electrical Safety	Electrical Equipment (Safety) Regulations 2016 IEC 61010-1 Ed.3.0 and BS EN61010-1: 2010 Safety requirements for electrical equipment for measurement, control and laboratory use.
Electromagnetic Compatibility	Electromagnetic Compatibility Regulations 2016 BS EN61326-1:2013 Electrical equipment for measurement, control, and laboratory use. Emissions: BS EN55016-2-3:2006 BS EN61000-3-2:2006 +A1+A2 BS EN61000-3-3:2013 BS EN55011:2009+A1 (CISPR 11) Immunity: BS EN61000-4-2: 2009 BS EN61000-4-3: :2006 +A1 +A2 BS EN61000-4-4: 2004 BS EN61000-4-5: 2006 BS EN61000-4-6: 2009 BS EN61000-4-11:2004
Radio performance	Radio Equipment Regulations 2017 BS EN 300 328 V1.8.1:2012-06
RoHS	The Restriction of the use of certain Hazardous Substances in Electrical and Electronic Equipment Regulations 2012

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 Signature 
Position Managing Director
Location Limbs & Things, Bristol, England Date 



DECLARATION OF CONFORMITY

We

Limbs and Things Ltd

of

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

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-----------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------

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

Technical regulations	47CFR: 2008 Part 15, Sub Part C Intentional Radiators; Conducted (clause 15.207) and Radiated (clause 15.209) Emission Limits
Test laboratory	York EMC services 46 Waverley Road Beeches Industrial Estate Yate Bristol BS37 5QT
Test report number	B1726TR1
Test report date	9 th June 2015

This product contains a Panasonic radio module PAN1026 which has been tested in accordance with the necessary standards. This device holds FCC ID: T7VPAN10

Signed Nicholas Hull
Position Managing Director
Location Bristol, England

Signature 

Date 11 May 2020

SAFETY & CLEANING INSTRUCTIONS

READ THE SAFETY INSTRUCTIONS CAREFULLY BEFORE USING YOUR BIRTHING SIMULATOR PROMPT FLEX

DO's



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

Only use the lubricant supplied with this product. Use of non-recommended fluid products may weaken or damage the simulator.



Wear gloves at all times and remove all jewellery items. Sharp surfaces such as finger nails and rings can lead to damage of silicone parts.

Always lubricate the cervix, birth canal and baby before each birth.



Clean the product with a damp soft cloth or sponge, using only warm water with mild detergent, after every training session. Clean off excess lubricant from all mother and baby surfaces.

STORAGE & TRANSPORTATION



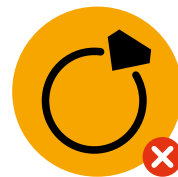
Always ensure that the products are properly packed and secured during transportation and storage in order to prevent personal injury or damage to the product.

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.

Do not use any attachments other than those supplied by the manufacturer.



Do not wear any jewellery items.

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



Do not handle with wet hands or immerse in water or other liquids, this product contains electronics.



A poorly lubricated baby or placenta may damage the birth canal or the cervix as it is pushed through.

WARRANTY

- We recommend that you check the contents of your product on arrival and store it in the appropriate manner.
- We recommend that you charge your baby's battery fully on receipt and, if the baby is unlikely to be used for a long periods, charge it fully before storing it to maintain the health of the battery.
- We also recommend that you register your baby as soon as received, so that we have the contact details of the person responsible for the baby and can advise them of any important product updates.
- Limbs & Things warrants this product against defective materials and workmanship for 12 months from date of invoice and will replace or repair them free of charge.

THIS WARRANTY DOES NOT COVER damage resulting from:

1. Misuse, including but not limited to
 - (a) failure to use the product for its intended use or in accordance with Limbs & Things' instructions on the proper use and maintenance, and
 - (b) installation or use of the product in a manner inconsistent with the technical or safety standards in force in the country where it is used and
 - (c) improper or incorrect installation of software
2. Repairs done by the customer himself
3. Defects of any system into which this product is incorporated
4. Damage resulting from use of non Limbs & Things approved accessories
5. Scratching or damage to all plastic surfaces and other externally exposed parts due to normal customer use

BIRTHING SIMULATOR PROMPT FLEX APP

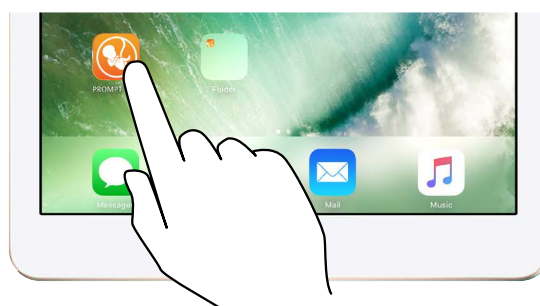
DOWNLOADING THE BIRTHING SIMULATOR PROMPT FLEX APP

Download App at
limbsandthings.com



DOWNLOADS

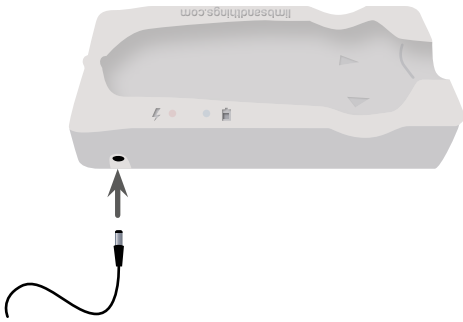
Choose the download applicable to your device



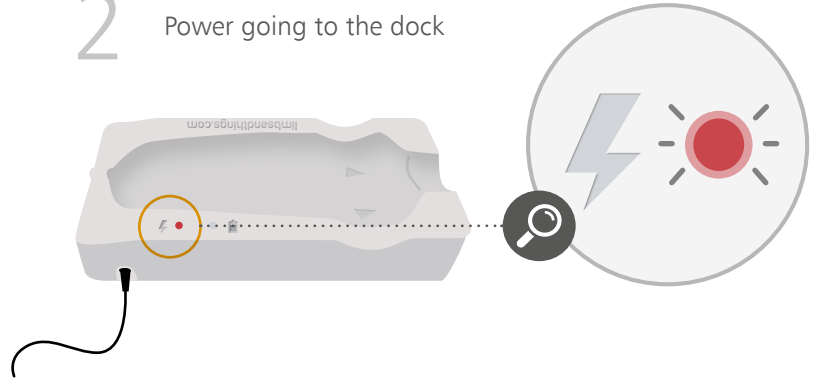
BIRTHING
SIMULATOR
PROMPT FLEX
APP

CHARGING YOUR BABY

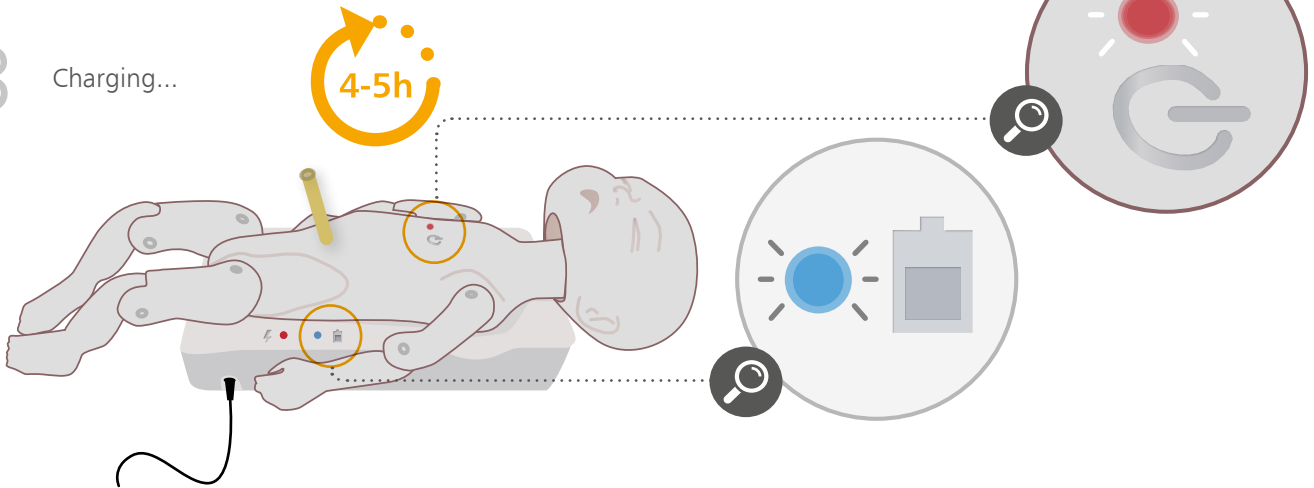
1 Connect



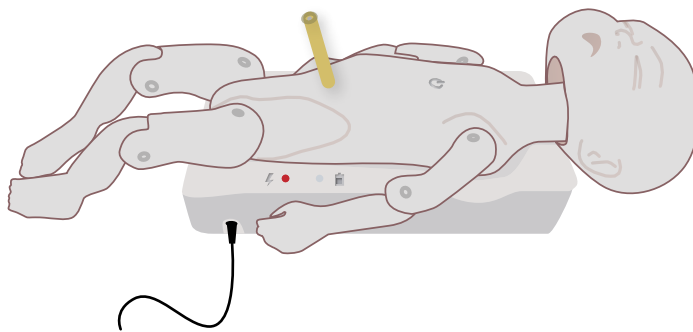
2 Power going to the dock



3 Charging...



4 Fully charged



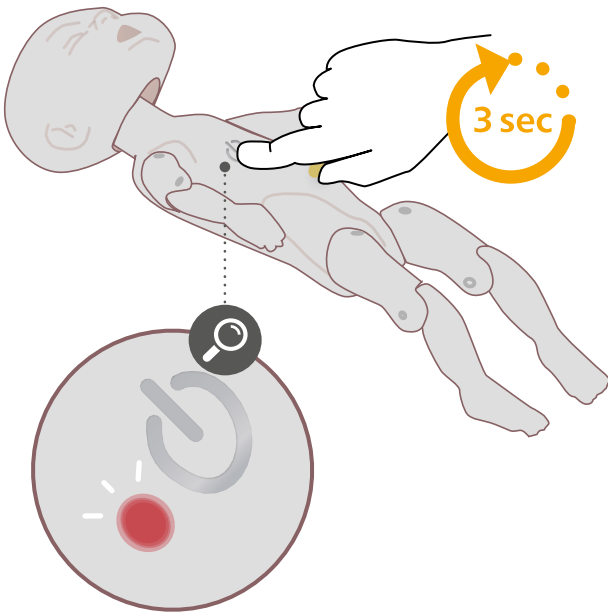
WIRELESS
FORCE MONITORING BABY
Technical Specification

Run Time	10 Hours (approximately)
Charge Time (from flat)	4-5 Hours (approximately)
Standby Time	40 Days
Auto Power-Off	2 Minutes
Maximum Load (force)	500 Newtons
Charger Cradle Supply (Dock) Rating	12V DC, 500mA

BIRTHING
SIMULATOR
PROMPT FLEX
APP

CONNECTING THE BABY WITH THE SOFTWARE

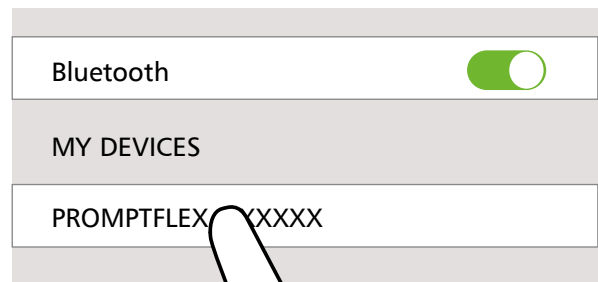
1 Switch ON the Baby



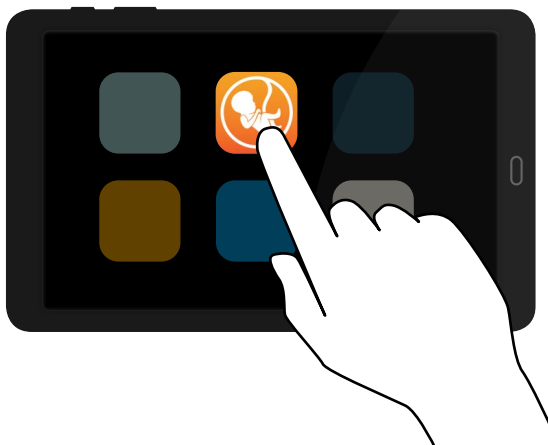
2 Enable Bluetooth on your device



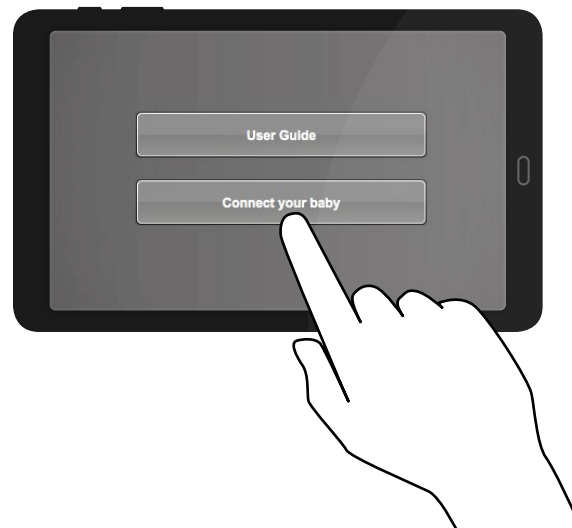
3 Add **PROMPTFLEX_XXXXXX** to your device



4 Open the PROMPT Flex App



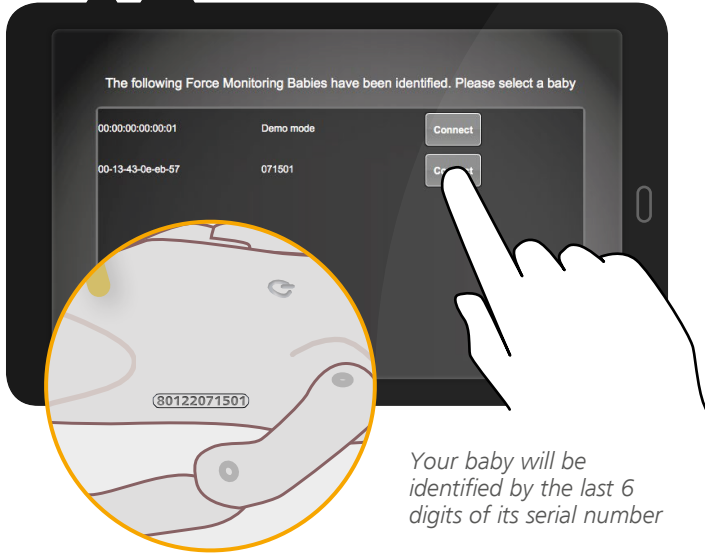
5 Press **Connect your baby**



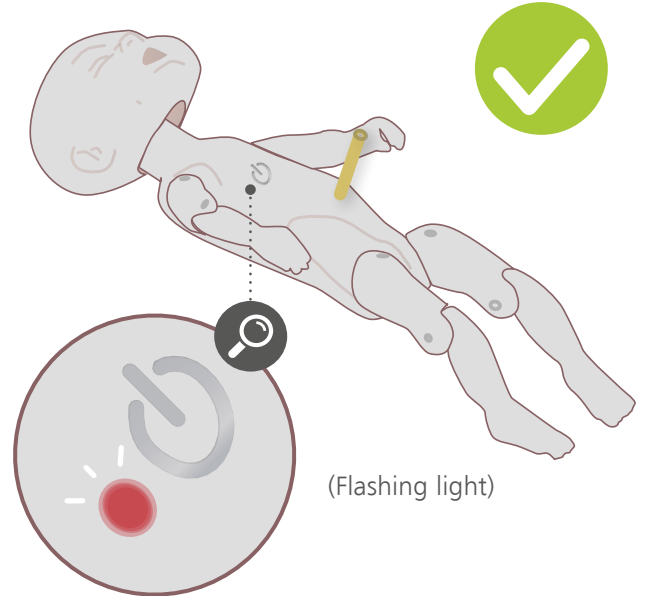
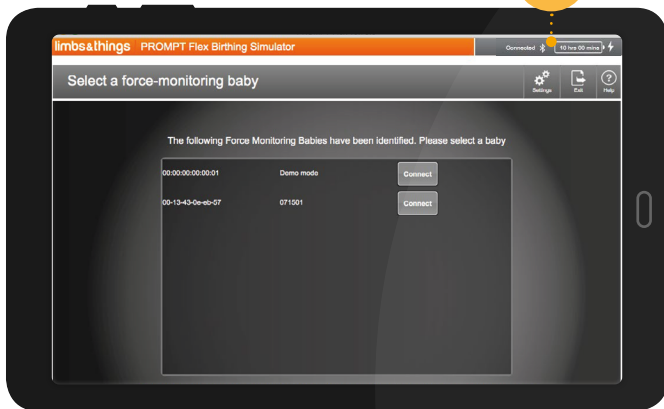
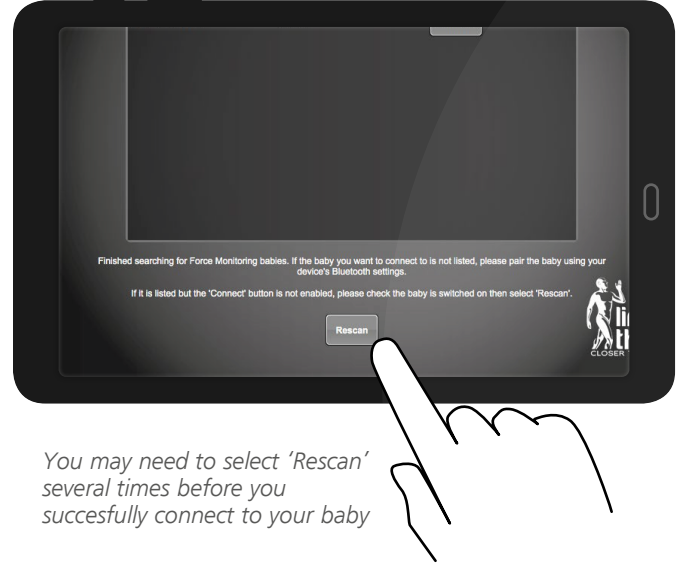
BIRTHING
SIMULATOR
PROMPT FLEX
APP

CONNECTING THE BABY WITH THE SOFTWARE

6 Click **Connect**



7 Press **Rescan** if your baby doesn't appear



Register your baby

Please complete the fields then select the 'tagged' button at the bottom of this form. This information will be stored on the baby device and sent to Limbs & Things. It is a one-time operation. (* denotes mandatory)

Your name: _____

Responsible: _____

Institution: _____

Department or Group: _____

Address line 1: _____

Address line 2: _____

Address line 3: _____

City: _____

State or county: _____

Country: **Please select our country**

Zip or Postal Code: _____

limbs&things

The first time you connect your baby with the software, the **Register your baby** screen will launch.

You need to have an internet connection when registering the baby

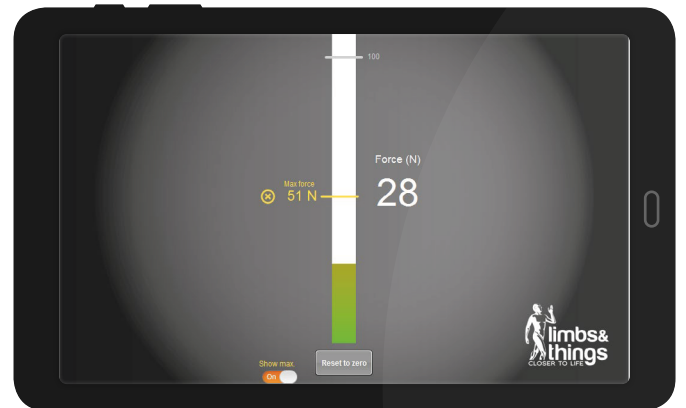
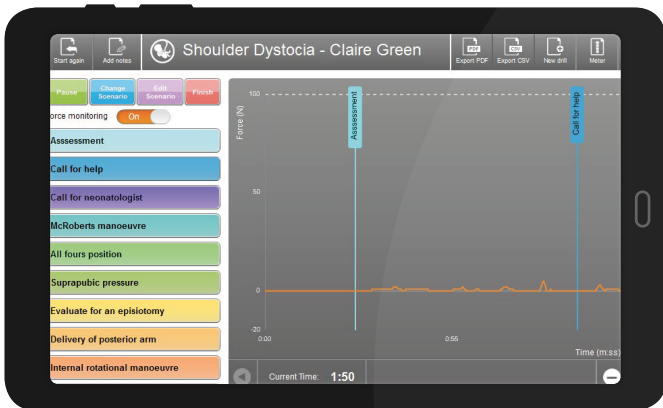
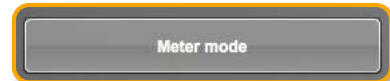
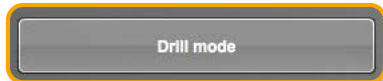
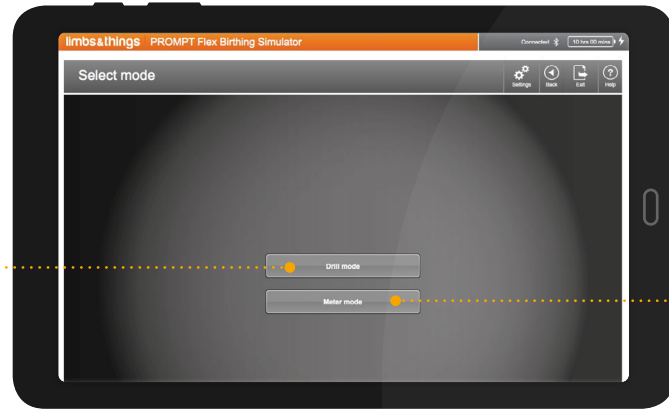
The email address you give us here will be used to advise you of any future product upgrades

Registration information cannot be edited

BIRTHING SIMULATOR PROMPT FLEX APP

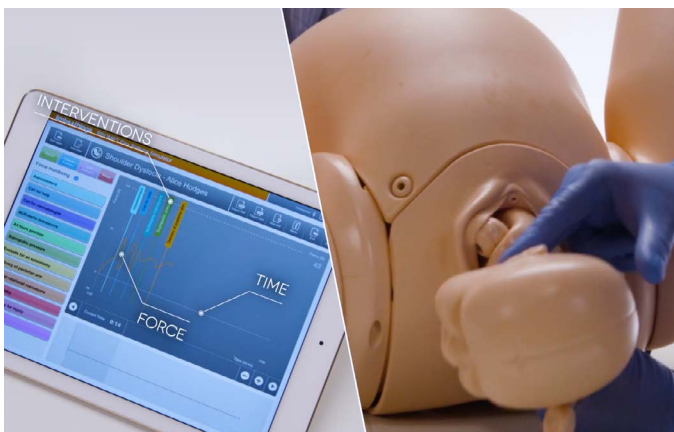
USING THE PROMPT FLEX SIMULATOR SOFTWARE

Drill/Meter mode



- 6 PRE-PROGRAMMED DELIVERY SCENARIOS:
 1. Normal Birth
 2. Shoulder Dystocia
 3. Vaginal Breech Birth
 4. Forceps
 5. Vacuum-assisted Birth
 6. Third Stage of Labour
- TIME, FORCE & INTERVENTIONS can be recorded

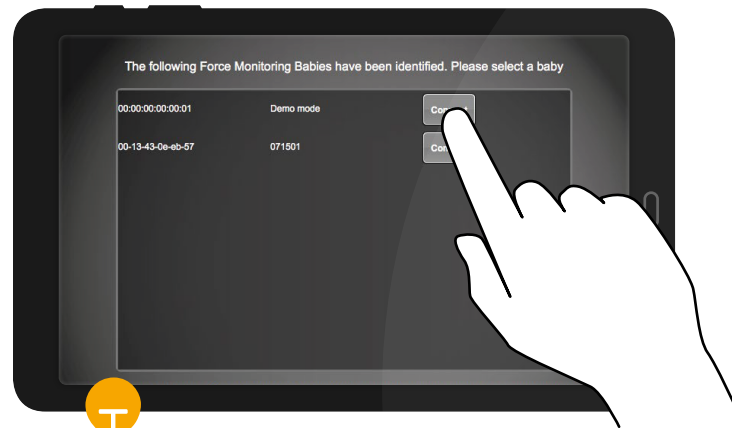
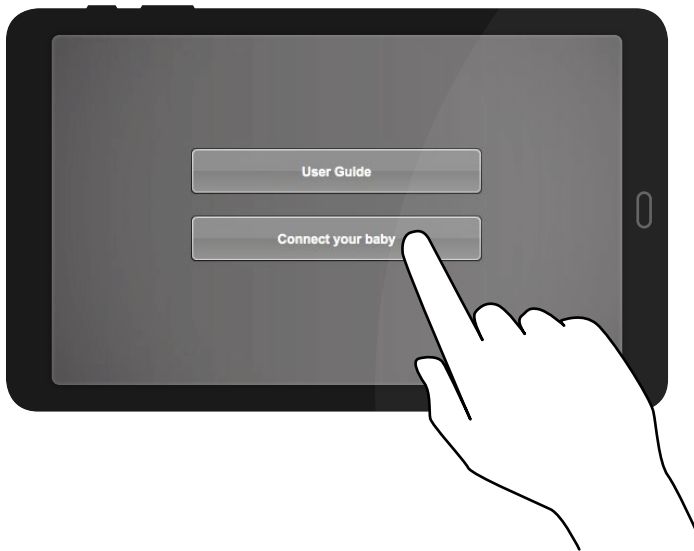
- Records the amount of FORCE in Newtons being applied to the baby's head during delivery
- Gives a reading and plots on a bar graph
- Allows you to monitor the force applied to the baby outside of the context of a scenario



BIRTHING SIMULATOR PROMPT FLEX APP

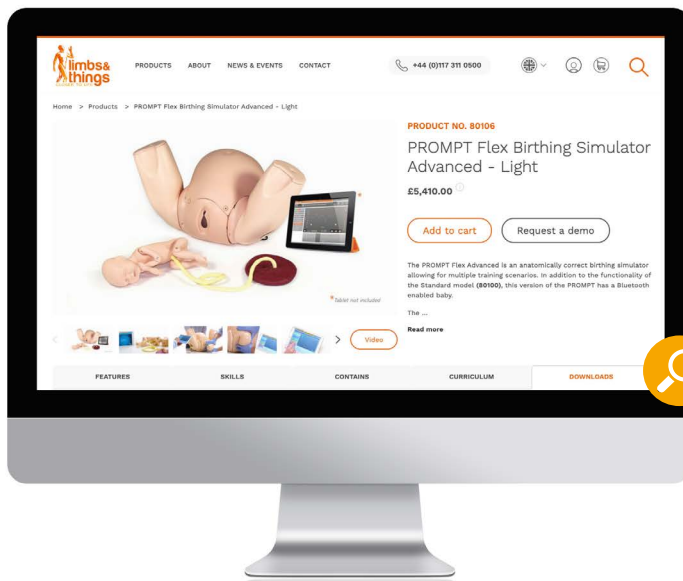
USING THE PROMPT FLEX SIMULATOR SOFTWARE

Exploring the Software
without a Baby connected



To demonstrate full functionality in **Drill mode**,
you should choose the **Shoulder Dystocia** scenario

You can view and download the latest FAQs, User Guide and product literature on our website limbsandthings.com



DOWNLOADS

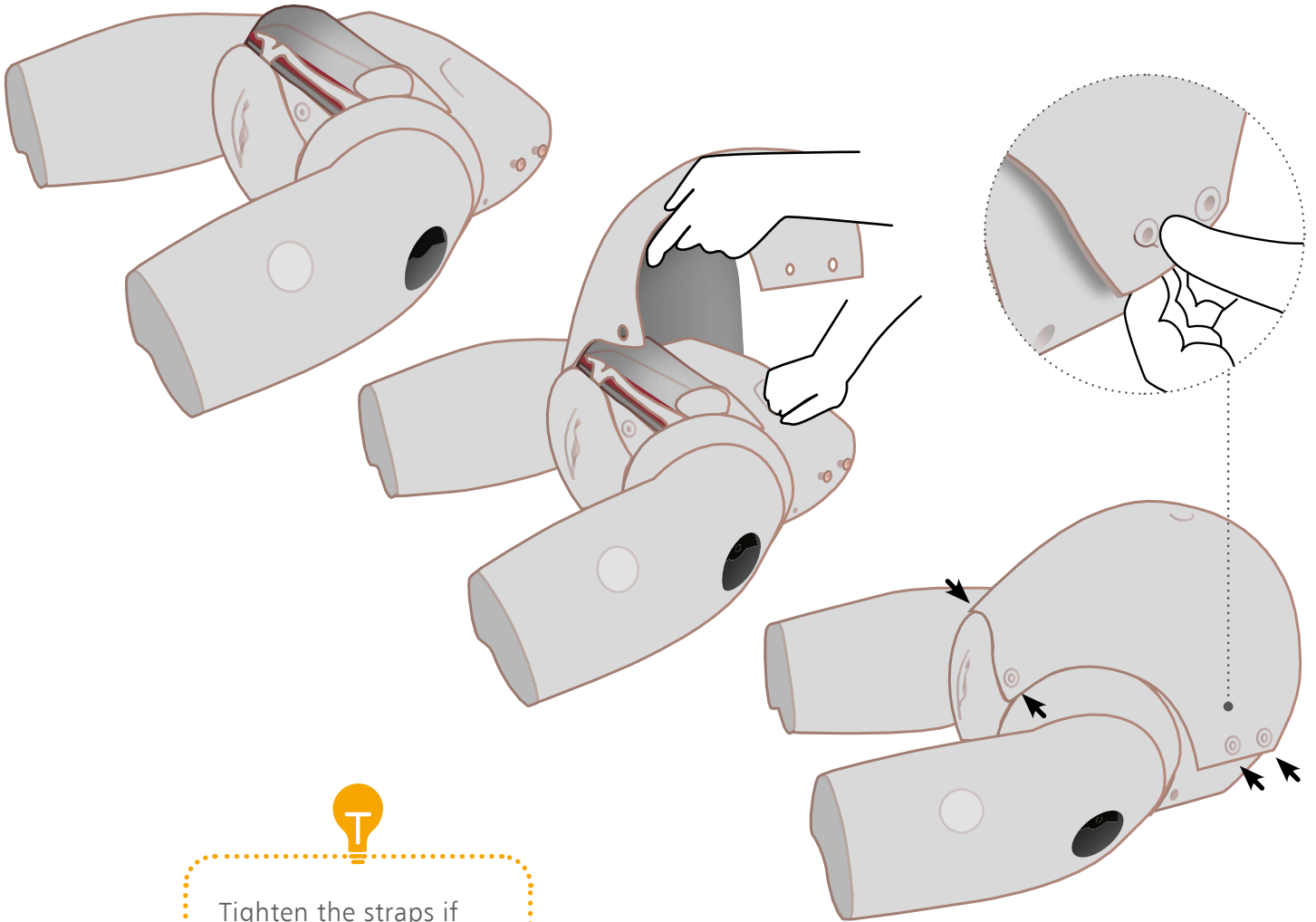
If your question is not answered in this document, please contact our Customer Services team by one of the methods below. It will greatly assist us in answering your query if you give us the following information:

- Your baby's serial number (beginning 80122 and embossed on the side of the baby)
- The platform and device you are using (eg. Windows 7 HP Laptop)
- The software version you are using (displayed in Settings/System Information)
- The firmware version on your baby (displayed in Settings/System Information)

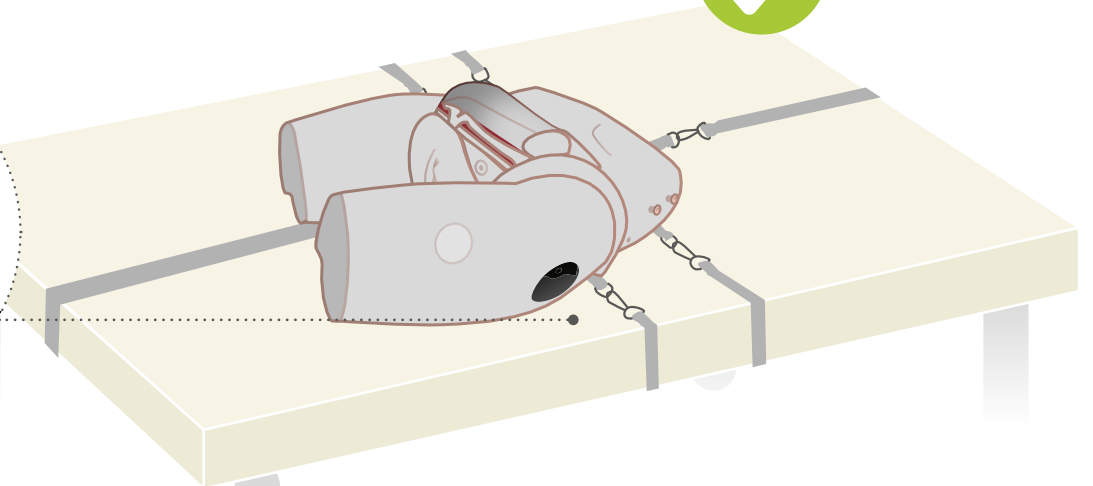
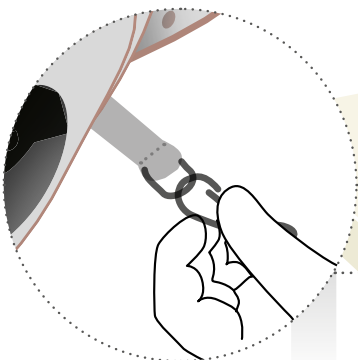
SET UP
PROMPT FLEX
MODEL

ADDING/REMOVING THE ABDOMINAL SKIN

The abdomen can be added/removed easily to facilitate correct positioning of the baby within the pelvis if necessary.



Tighten the straps if necessary to secure the model to the table top.

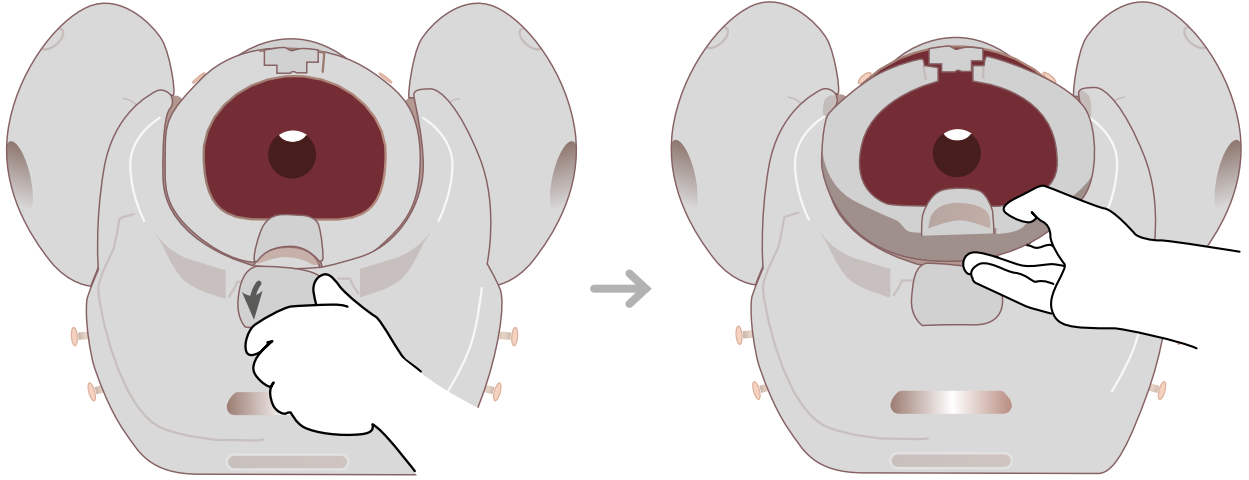


SET UP
PROMPT FLEX
MODEL

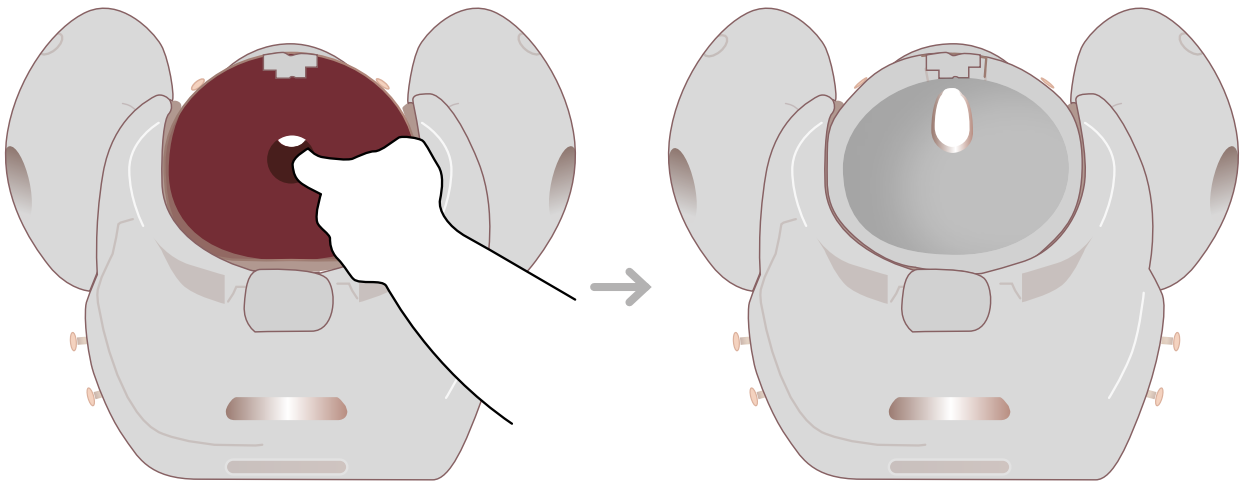
REMOVING
THE CERVIX

DRILLS	CERVIX REQUIRED
Normal Birth	✓
Breech Birth	✗
O.V.D.	✗
Shoulder Dystocia	✗

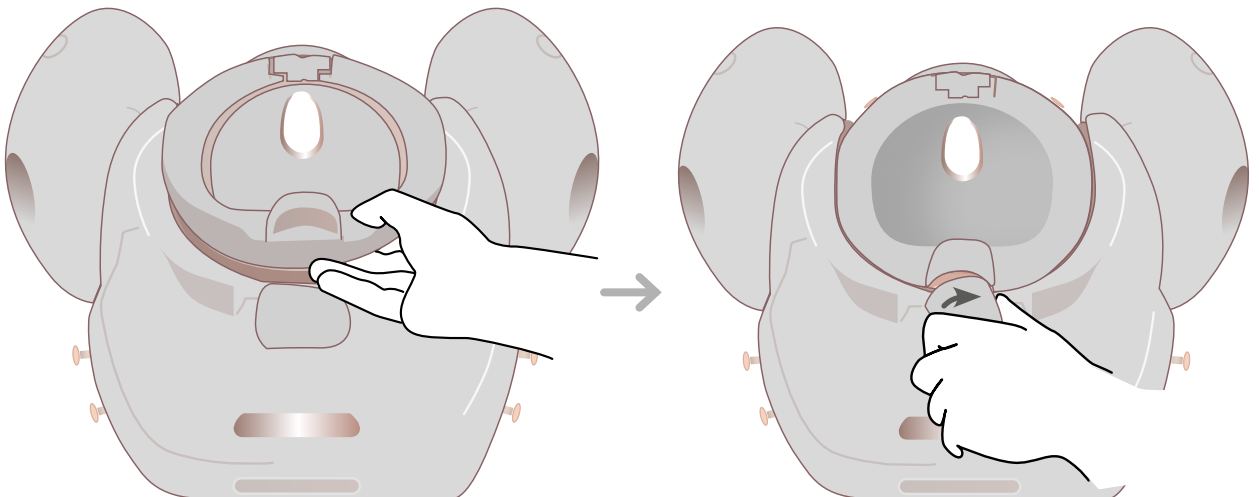
1



2



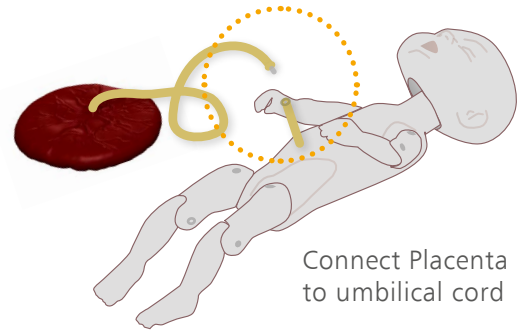
3



SET UP
PROMPT FLEX
MODEL

SETTING UP
THE DIFFERENT DRILLS

Always lubricate before each birth.

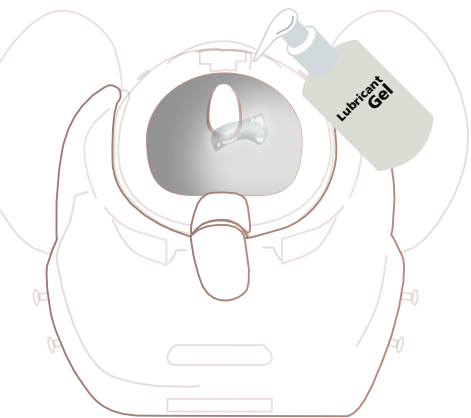
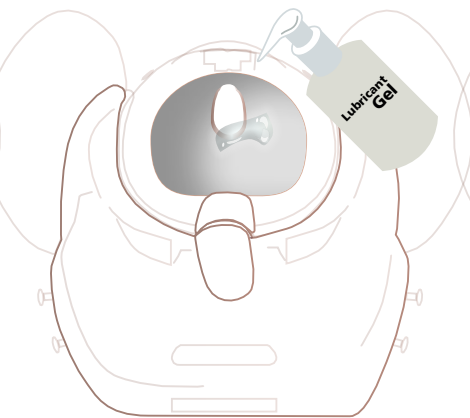
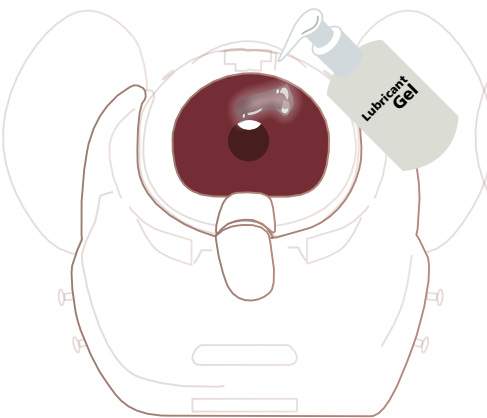
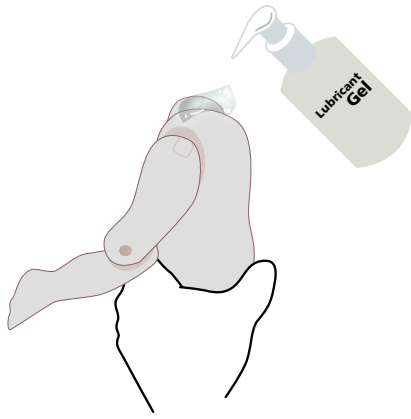
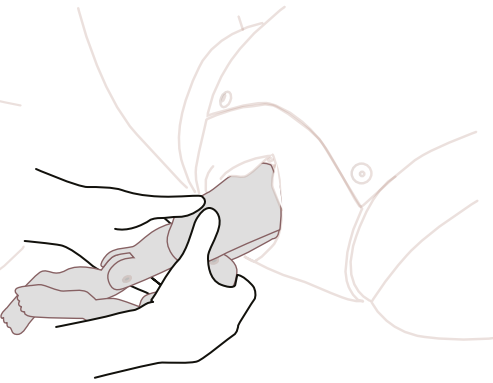
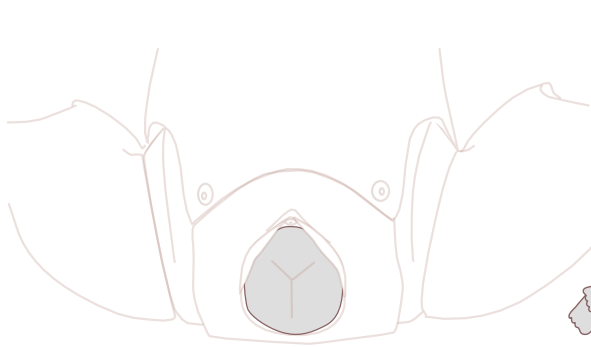


Connect Placenta
to umbilical cord

NORMAL BIRTH

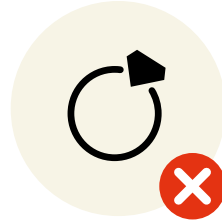
EXTENDED BREECH BIRTH

SHOULDER DYSTOCIA

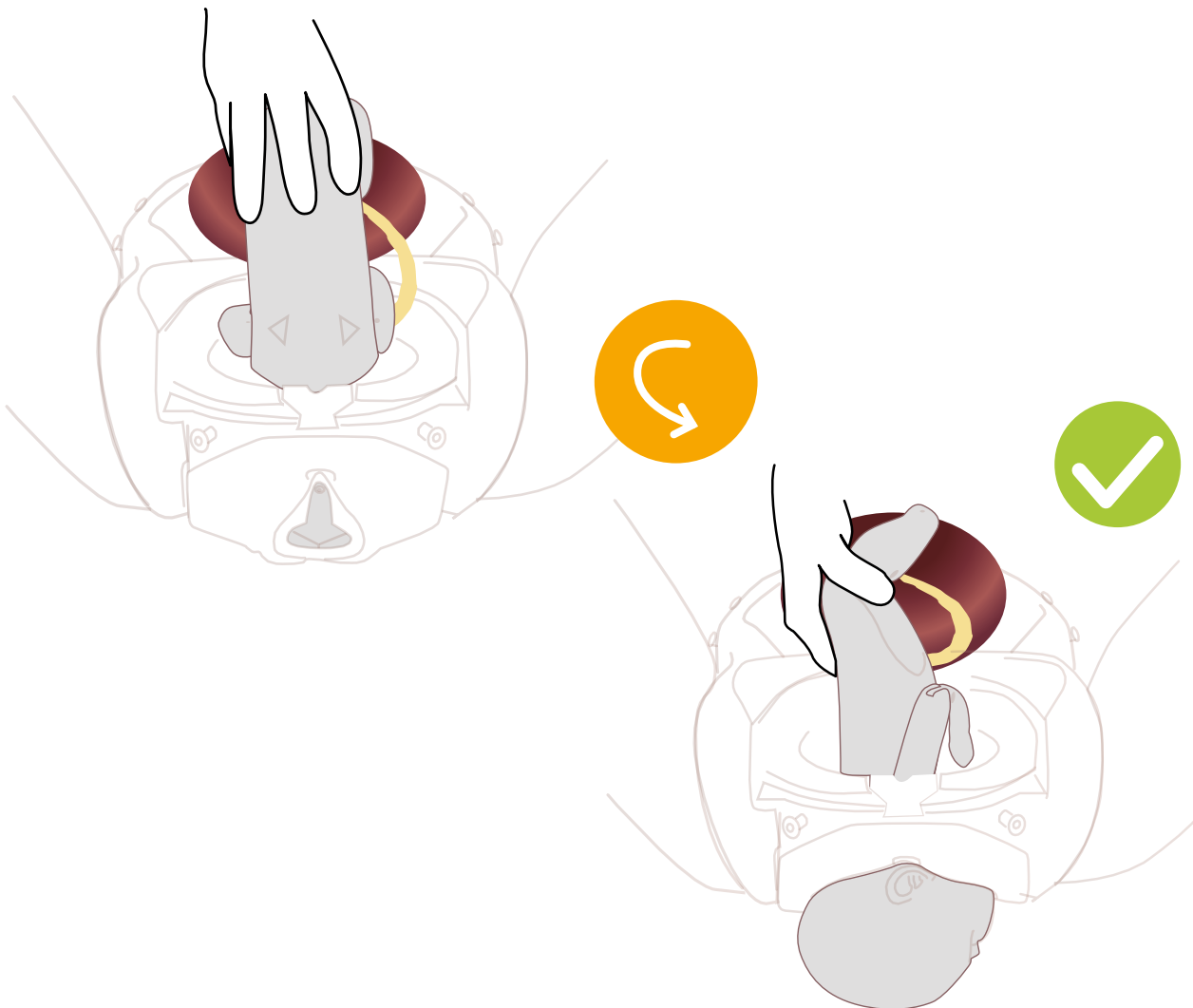


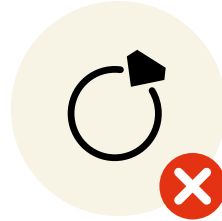
TRAINING

NORMAL BIRTH

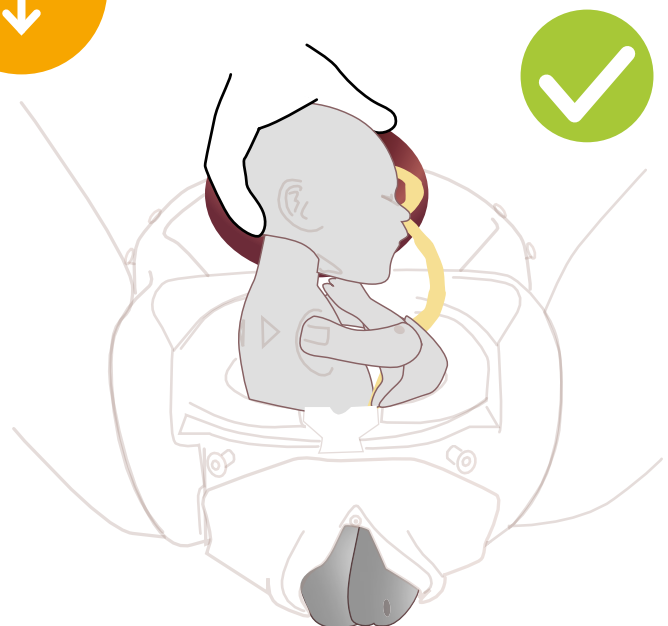
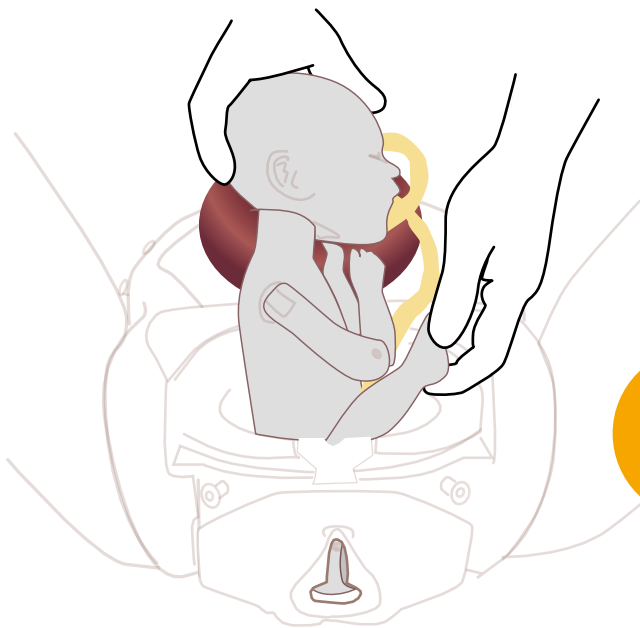


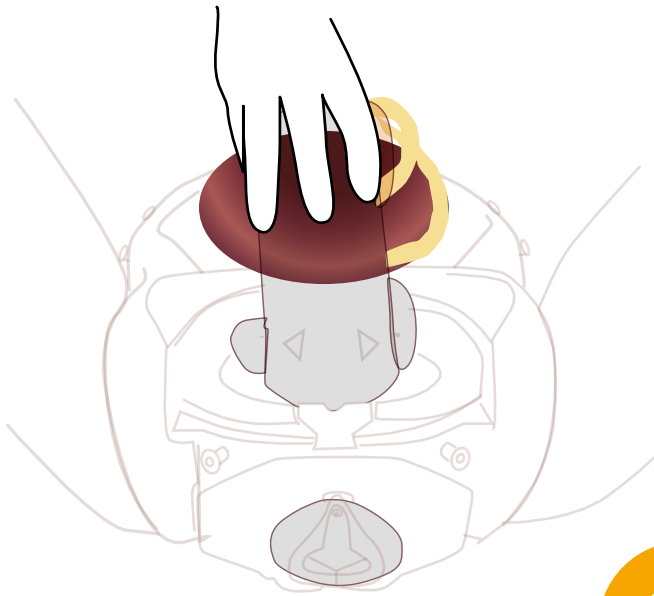
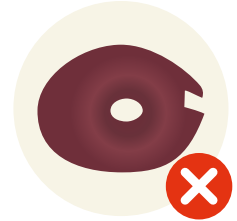
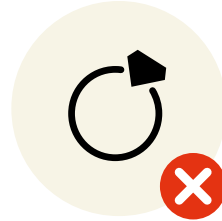
Push the baby through the pelvis, rotating the baby as appropriate to mimic the mechanism of normal delivery.



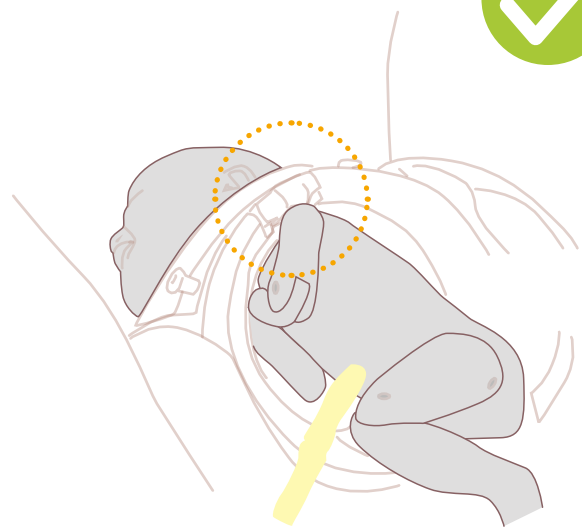
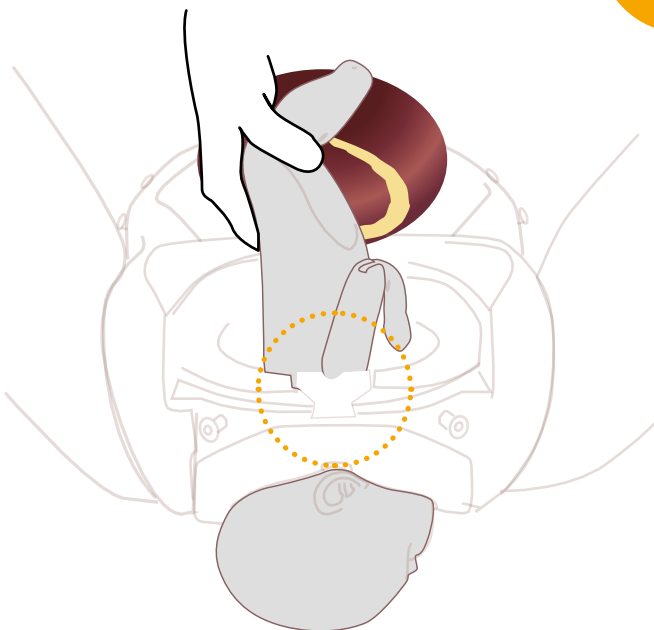


Push on the head to simulate contractions and maternal effort. Ensure the baby's arms remain flexed during the delivery.





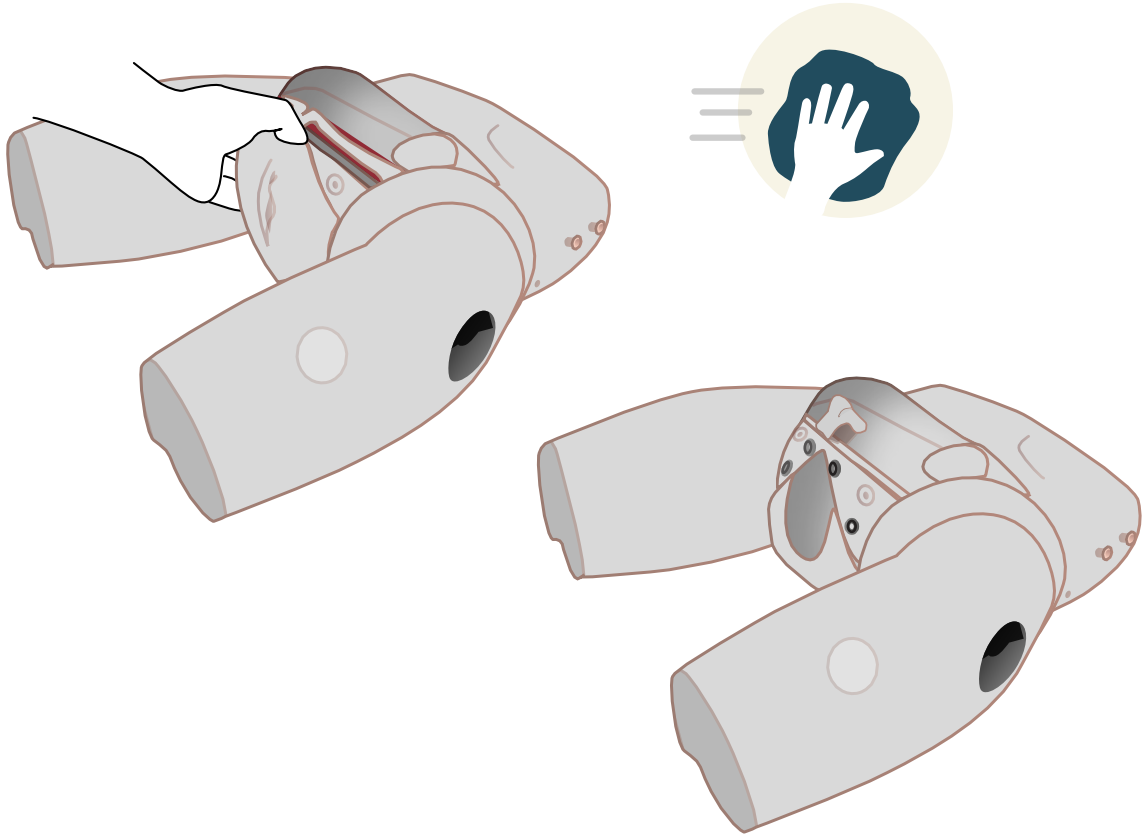
Ensure that the anterior shoulder of the baby is wedged behind the symphysis pubis.



CLEANING & STORAGE

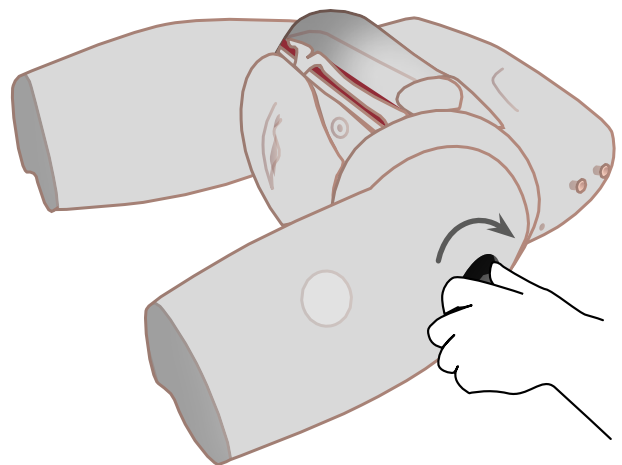
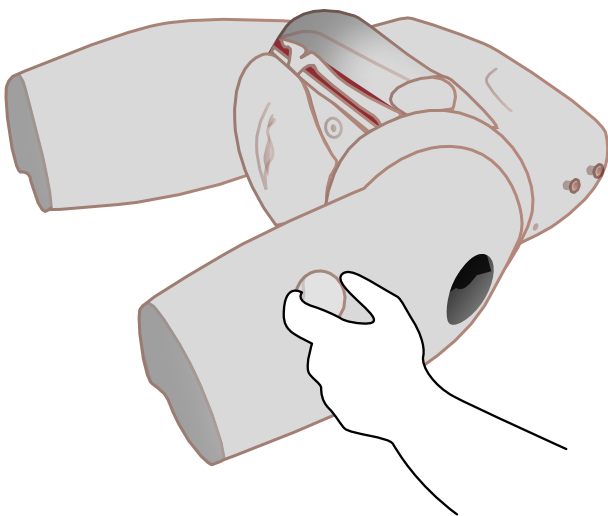
ADDING/REMOVING PERINEUM

After each training session, clean all the lubrication from all mother and baby surfaces with a warm damp cloth.



REPLACE/CLEAN IM PADS

TIGHTEN/LOOSEN THE LEGS



ADDITIONAL MODULES
ALLOW YOU TO TAILOR
YOUR TRAINING NEEDS

