



## USER GUIDE



## HAND & WRIST INJECTION TRAINER

**70230**

WITH TABLET

**70232**

WITHOUT TABLET

FOR MORE SKILLS TRAINING PRODUCTS VISIT

**[limbsandthings.com](https://limbsandthings.com)**

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PACKAGE  
SUPPLIED

HAND & WRIST  
MODEL



HAND & WRIST SKIN (x1 SPARE)

70234

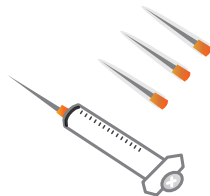


ANDROID TABLET  
*Included with 70230 only*



NEEDLE SET

70236



SHARPS BIN



AA BATTERIES (x2)



## SAFETY & CLEANING INSTRUCTIONS

READ THE SAFETY INSTRUCTIONS CAREFULLY BEFORE USING YOUR HAND & WRIST TRAINER

### DO's



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

Use needles provided or near new needle of 25 gauge.  
Package contains needles.



If a product is damaged or worn, it should be repaired by Limbs & Things. To arrange this, please contact your point of purchase who will be able to provide a repair quote.

Clean the product with a damp soft cloth or sponge, using only warm water with mild detergent.



Only use this product indoors.

The product must be used by appropriately trained adults only.



### 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.

Caution - Risk of explosion if battery is replaced with incorrect type. This product is intended for use with standard type AA Alkaline or similar non-rechargeable batteries. Check local guidelines for the correct disposal of batteries.



Do not inject the Hand & Wrist with liquids, or use this near water, this product contains electronics.

The product is not a toy and must not be used by children or untrained staff.



### 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.



Remove the batteries if the product is going to be stored for a long period of time.

# TEST CERTIFICATION



## EC DECLARATION OF CONFORMITY

*In accordance with ISO IEC 17050-1 : 2010*

**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 Hand and Wrist Injection Trainer, Part numbers: 70230,70231, 70232.
----------------------	---

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

SUBJECT	STANDARD
Electrical Safety	LVD Directive – 2014/35/EU EN 62368-1:2020 + A1:2020 Clause 5,6,7,8,9 & 10
Electromagnetic Compatibility	EMC Directive – 2014/30/EU Emissions: EN55032 2015 Class B 30MHz to 1 GHz EN55032 2015 Class B 1 GHz to 6 GHz Immunity: EN61000-4-3: :2006 +A1 2008 + A2 2010 Electrostatic Discharge EN 61000-4-2 2009
Radio performance	EN 300 328 V1.9.1:2015-02
RoHS	RoHS - Directive 2011/65/EU, as amended (by Directive 2015/863)

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 Nick Hull  
Position Managing Director  
Location Limbs & Things, Bristol, England  
Signature   
Date 23 August 2021



**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 Hand and Wrist Injection Trainer, Part numbers: 70230,70231, 70232.
----------------------	---

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

SUBJECT	STANDARD
Electrical Safety	Electrical Equipment (Safety) Regulations 2016 BS EN 62368-1:2020 + A1:2020 Clause 5,6,7,8,9 & 10
Electromagnetic Compatibility	Electromagnetic Compatibility Regulations 2016 Emissions: BS EN55032 2015 Class B 30MHz to 1 GHz BS EN55032 2015 Class B 1 GHz to 6 GHz Immunity: BS EN61000-4-3: :2006 +A1 2008 + A2 2010 Electrostatic Discharge EN 61000-4-2 2009
Radio performance	N/A
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  
Position Managing Director  
Location Limbs & Things, Bristol, England  
Signature   
Date 08/11/21



## **DECLARATION OF CONFORMITY**

We

**Limbs & Things Ltd**

of

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

Declare under our sole responsibility that the product described below:

<b>Brand and Model Name</b>	Limbs and Things Hand and Wrist Injection Trainer, Part numbers: 70230,70231, 70232.
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Has been tested and is in conformity with the following standards:

<b>Technical regulations</b>	FCC CFR47 Part 15:2017, Sub Part B Unintentional Radiators Radiated emissions (30MHz to 26.5 GHz) – ANSI C63.4:2014 Class B
<b>Test laboratory</b>	Eurofins Hursley Trafalgar House Trafalgar Close Chandlers Ford, Eastleigh Hampshire, UK SO53 4BW
<b>Test report number</b>	18J543 FC
<b>Test report date</b>	07 <sup>th</sup> September 2018

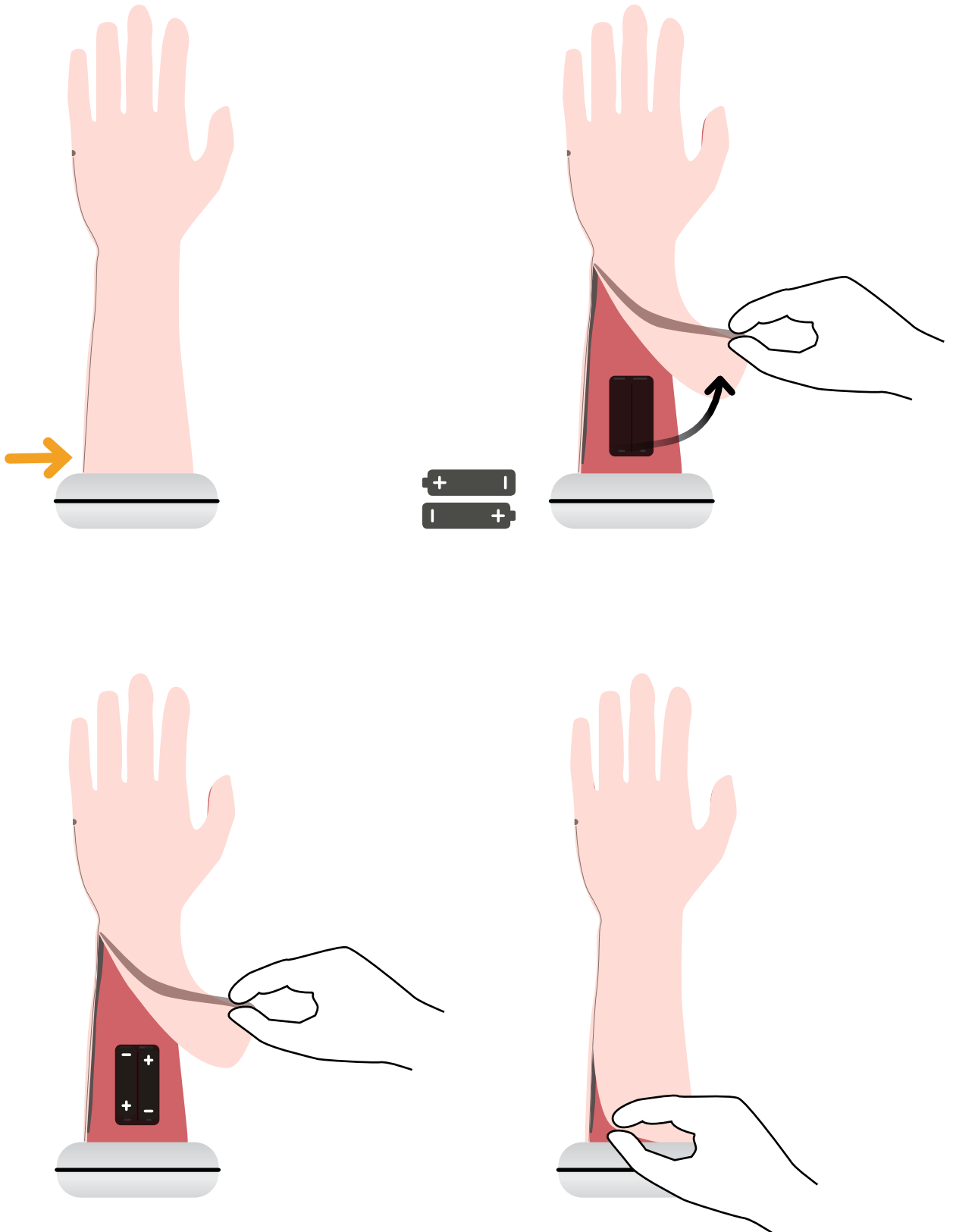
Signed      Nick Hull  
Position    Managing Director  
Location    Limbs & Things, Bristol, England

Signature .....

Date      23 August 2021


QUICK  
START

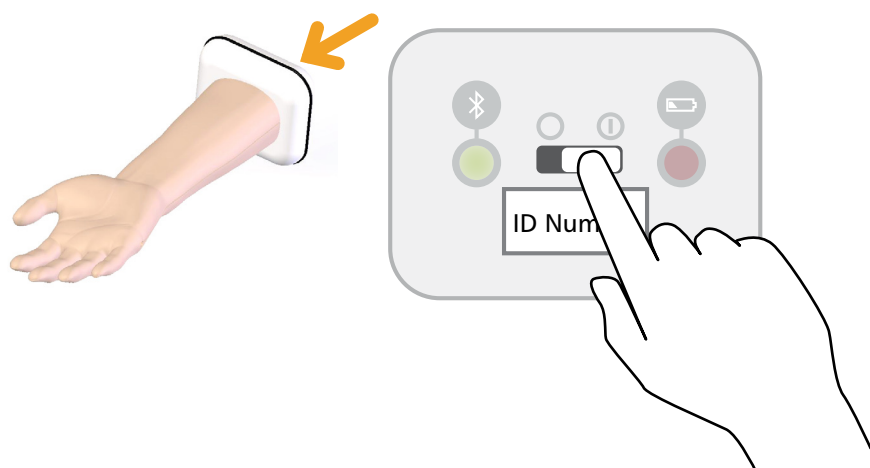
INSERT BATTERIES



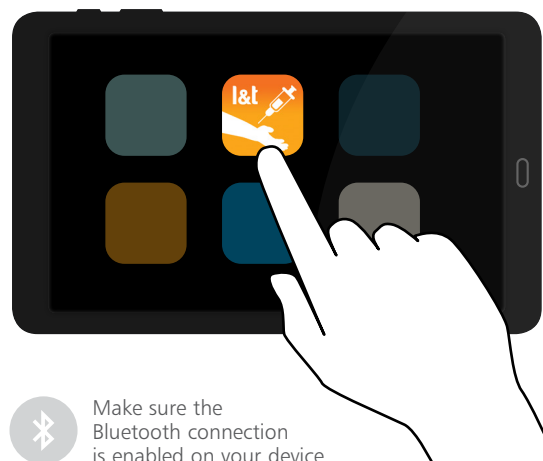
## QUICK START

### CONNECTING THE TABLET

1 Switch ON the Hand & Wrist 



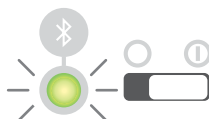
2 Open the Hand & Wrist Injection App  
*Available as a free download on the Limbs & Things website and Android Playstore. Internet required.*



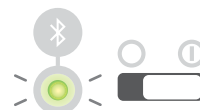
#### BLUETOOTH LIGHT



H&W OFF - No light

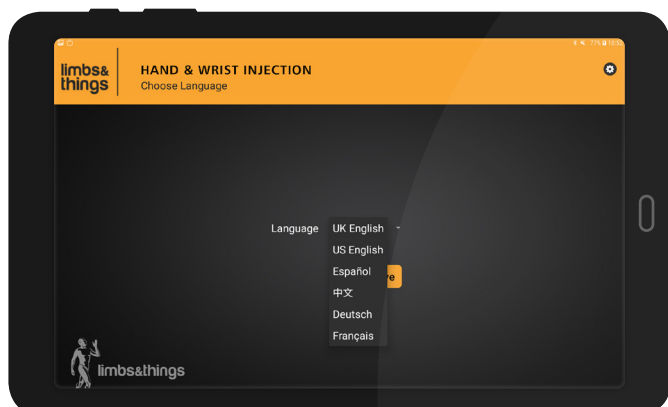


H&W ON - Light flashes fast  
BROADCASTING

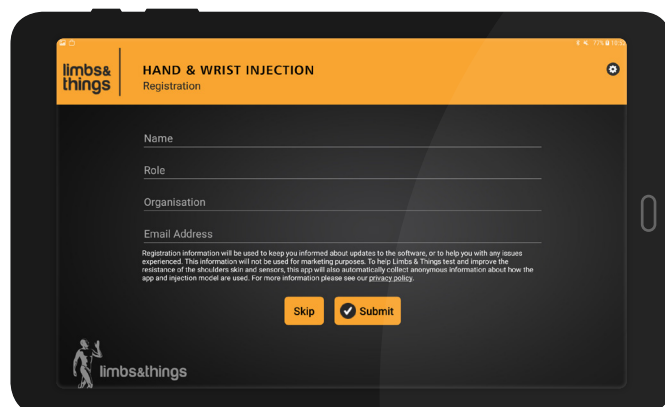


H&W ON - Light flashes slow  
CONNECTED

3 Choose language



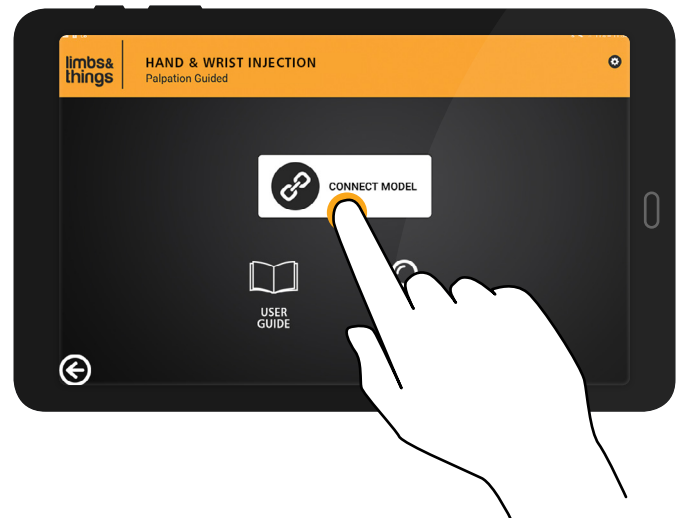
4 Submit registration details



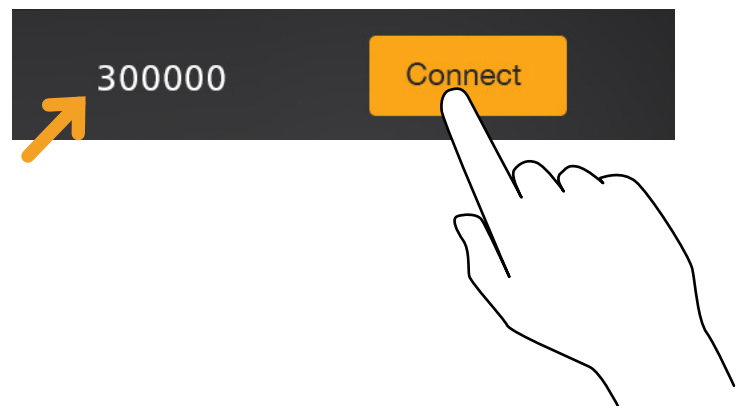
## 5 Select 'PALPATION GUIDED'



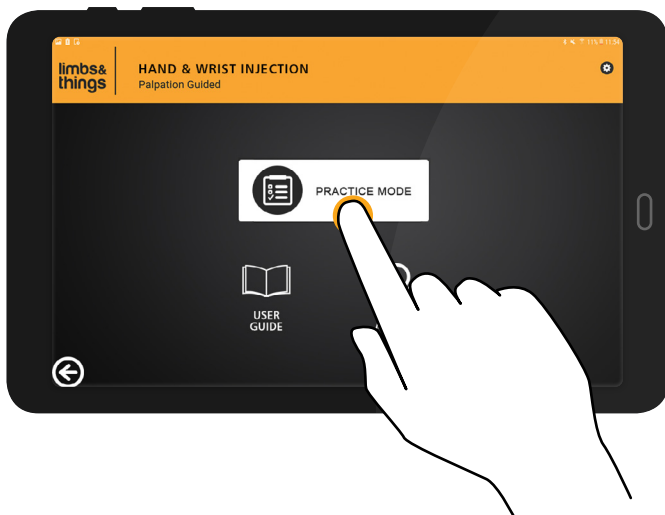
## 6 Select 'CONNECT MODEL'



## 7 Choose the correct number as printed on the Hand & Wrist and select 'CONNECT'



## 8 Select 'PRACTICE MODE'



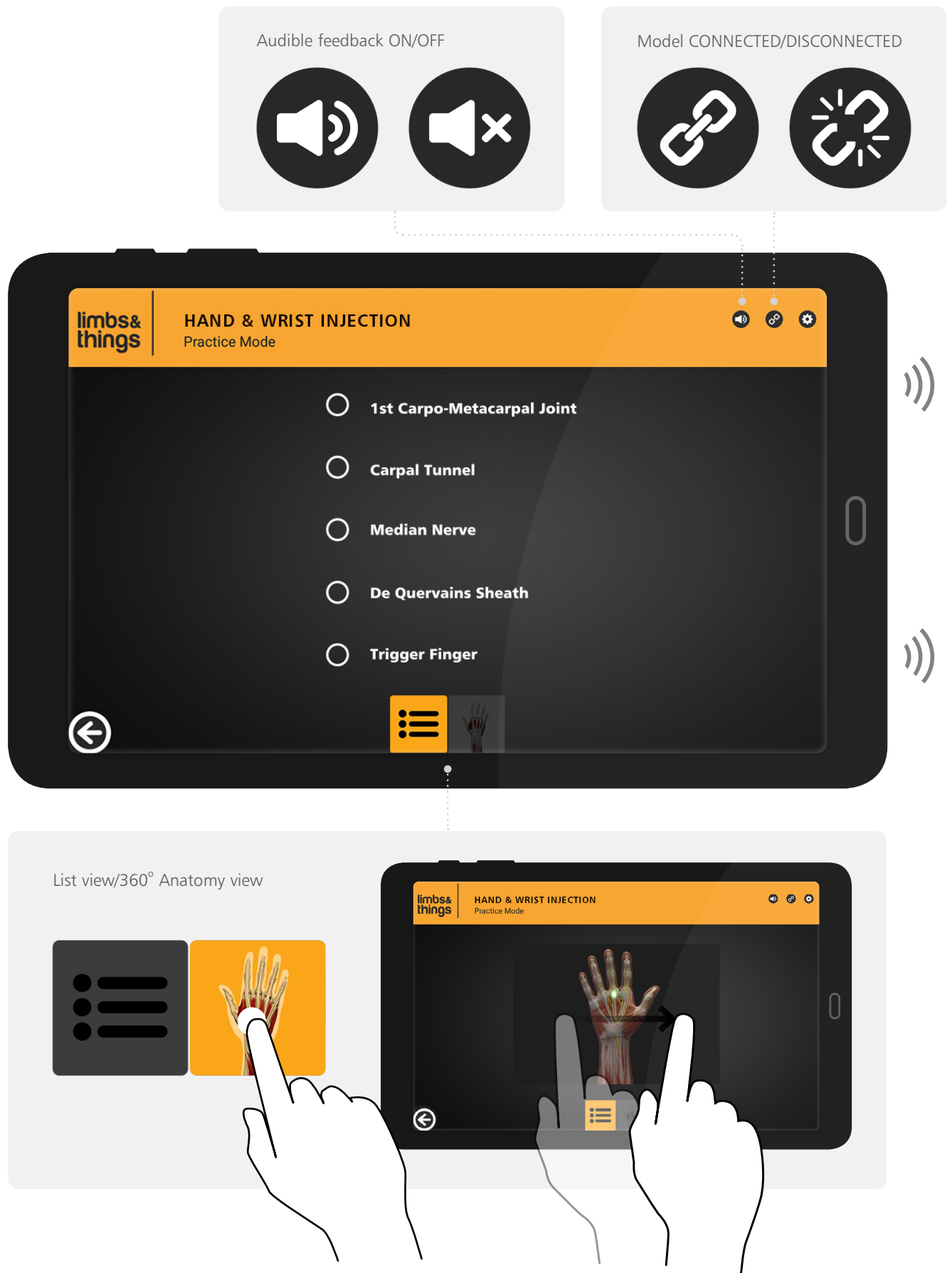
You can now start practicing



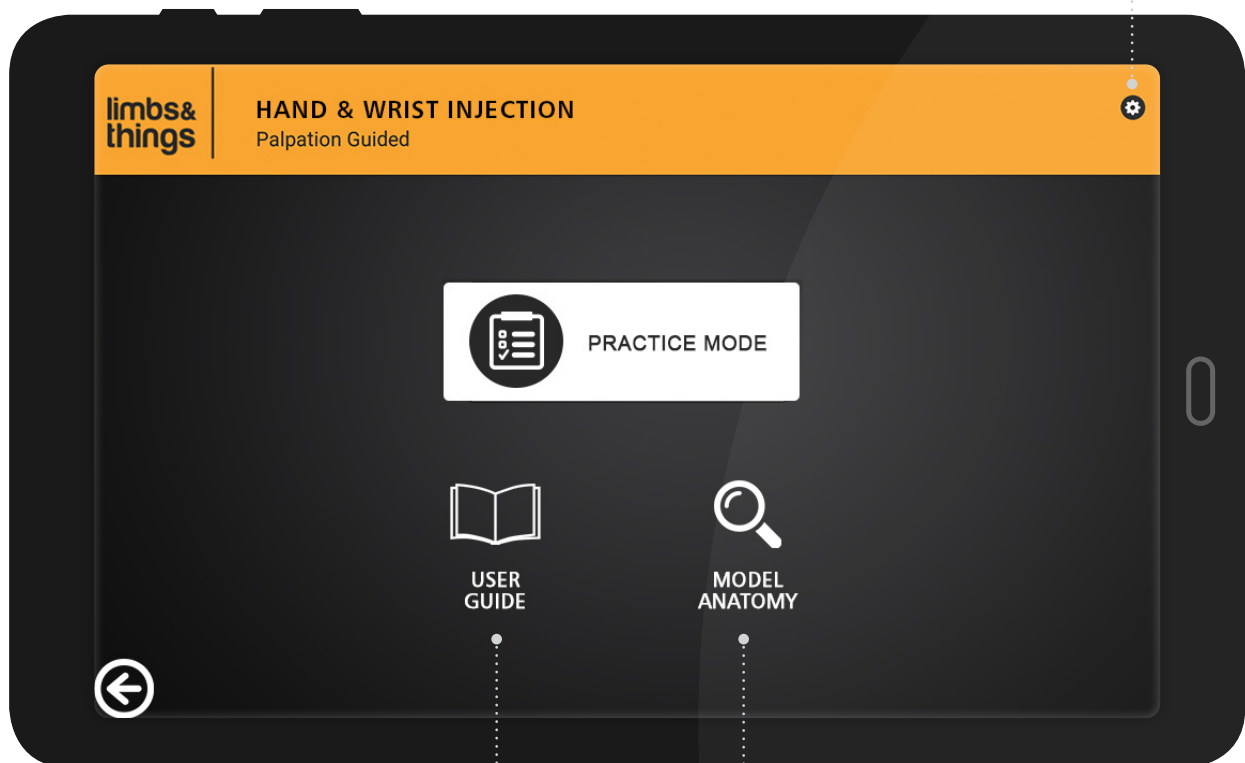
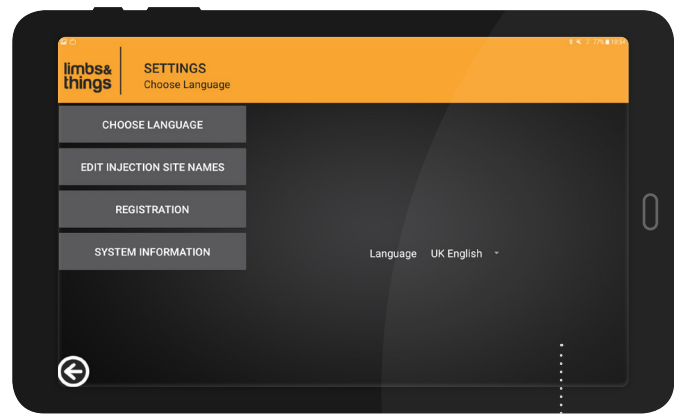
## PRODUCT USE

### Inject the Hand & Wrist

If you are correct, the app will light up and beep.  
An error noise is present if median nerve is struck.

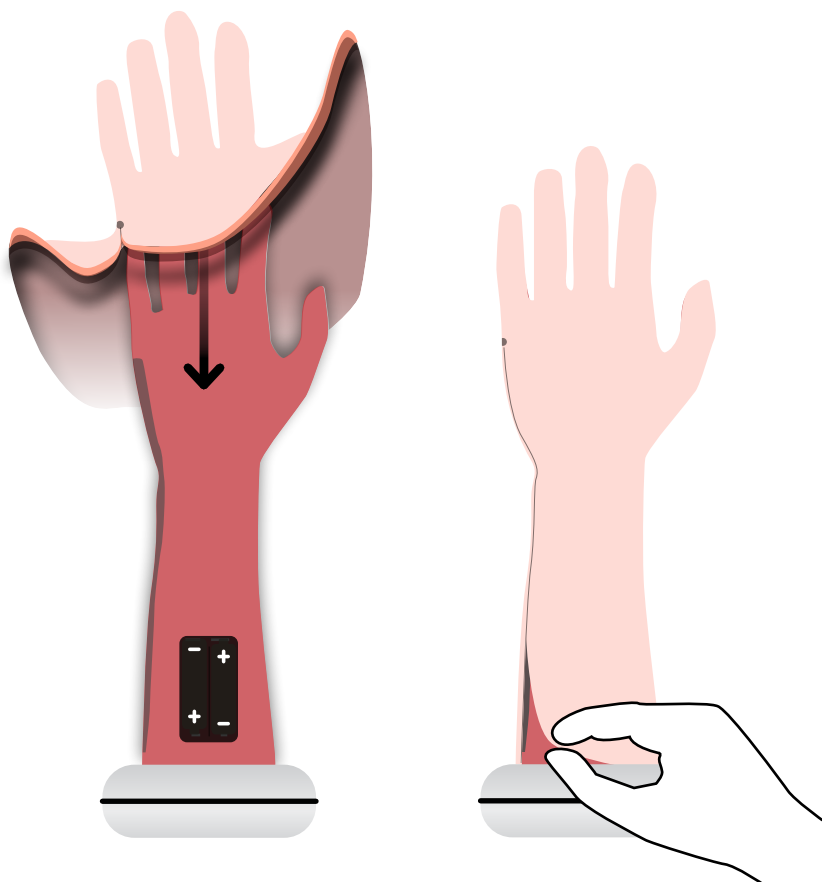
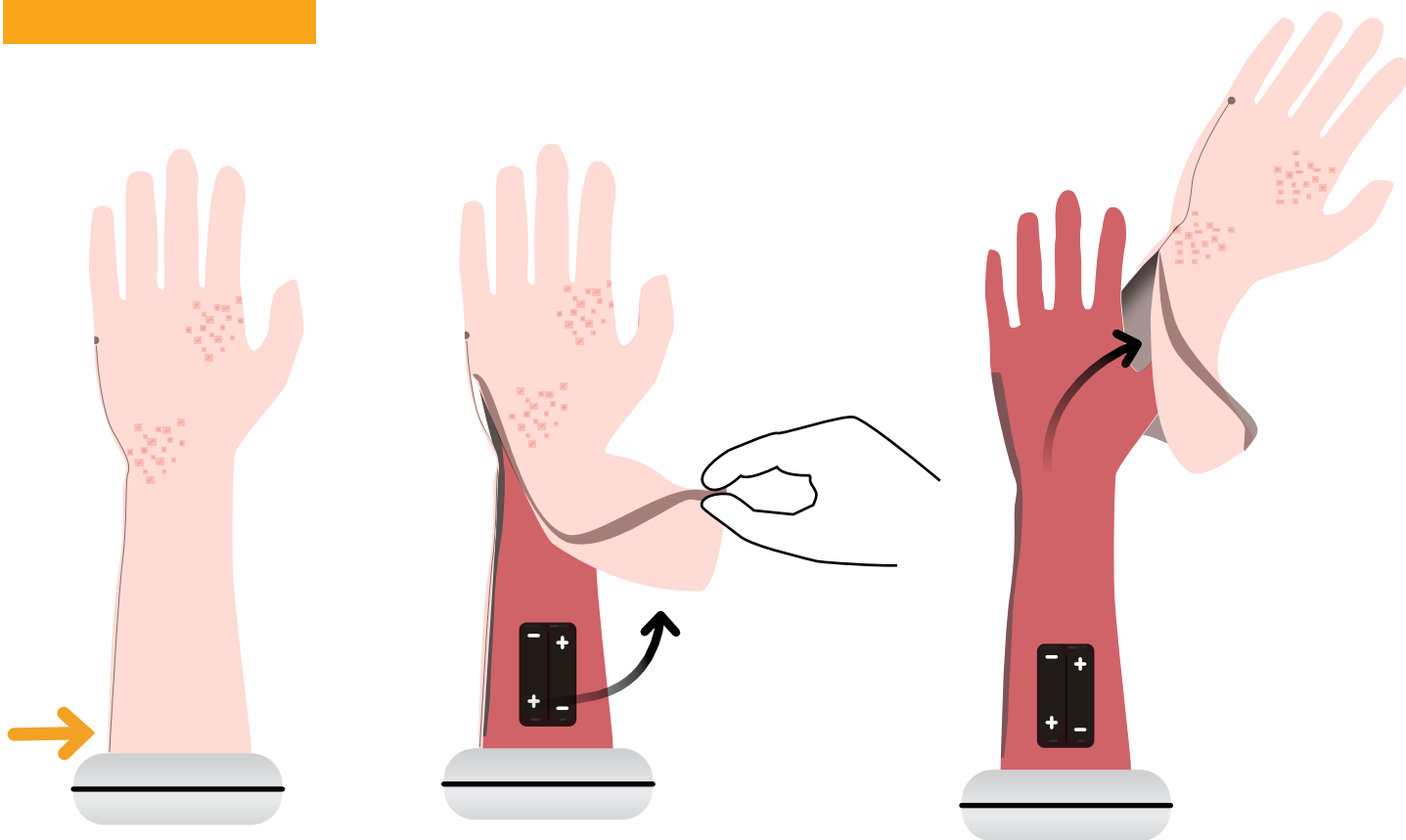


## OTHER APP FEATURES

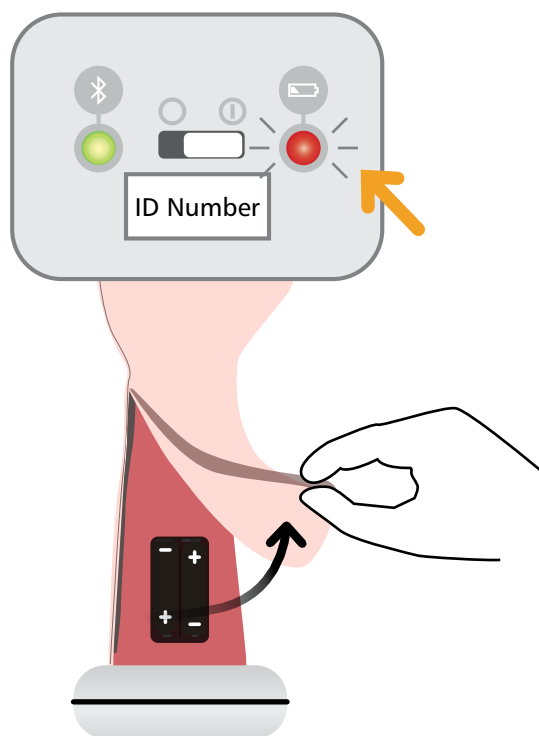


## CARE & MAINTENANCE

### SKIN REPLACEMENT



### BATTERY REPLACEMENT



## OTHER PRODUCTS IN OUR JOINT INJECTION RANGE

### SHOULDER INJECTION TRAINER RANGE

#### PALPATION GUIDED



#### ULTRASOUND GUIDED



### KNEE ASPIRATION & INJECTION TRAINER WITH ULTRASOUND CAPABILITY

70103 70114



### ELBOW FOR JOINT INJECTION

30080



### FOOT & ANKLE FOR JOINT INJECTION

30100

