



USER GUIDE



HAND & WRIST INJECTION TRAINER

70230

WITH TABLET

70232

WITHOUT TABLET

FOR MORE SKILLS TRAINING PRODUCTS VISIT

limbsandthings.com

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

INDEX

PACKAGE SUPPLIED	2
SAFETY & CLEANING INSTRUCTIONS	3
QUICK START	6
• INSERT BATTERIES	6
• CONNECTING THE TABLET	7
• PRODUCT USE	9
OTHER APP FEATURES	10
CARE & MAINTENANCE	11
• SKIN REPLACEMENT	11
• BATTERY REPLACEMENT	11

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.



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	<i>RoHS - Directive 2011/65/EU, as amended (by Directive 2015/863)</i>

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



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:

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:

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

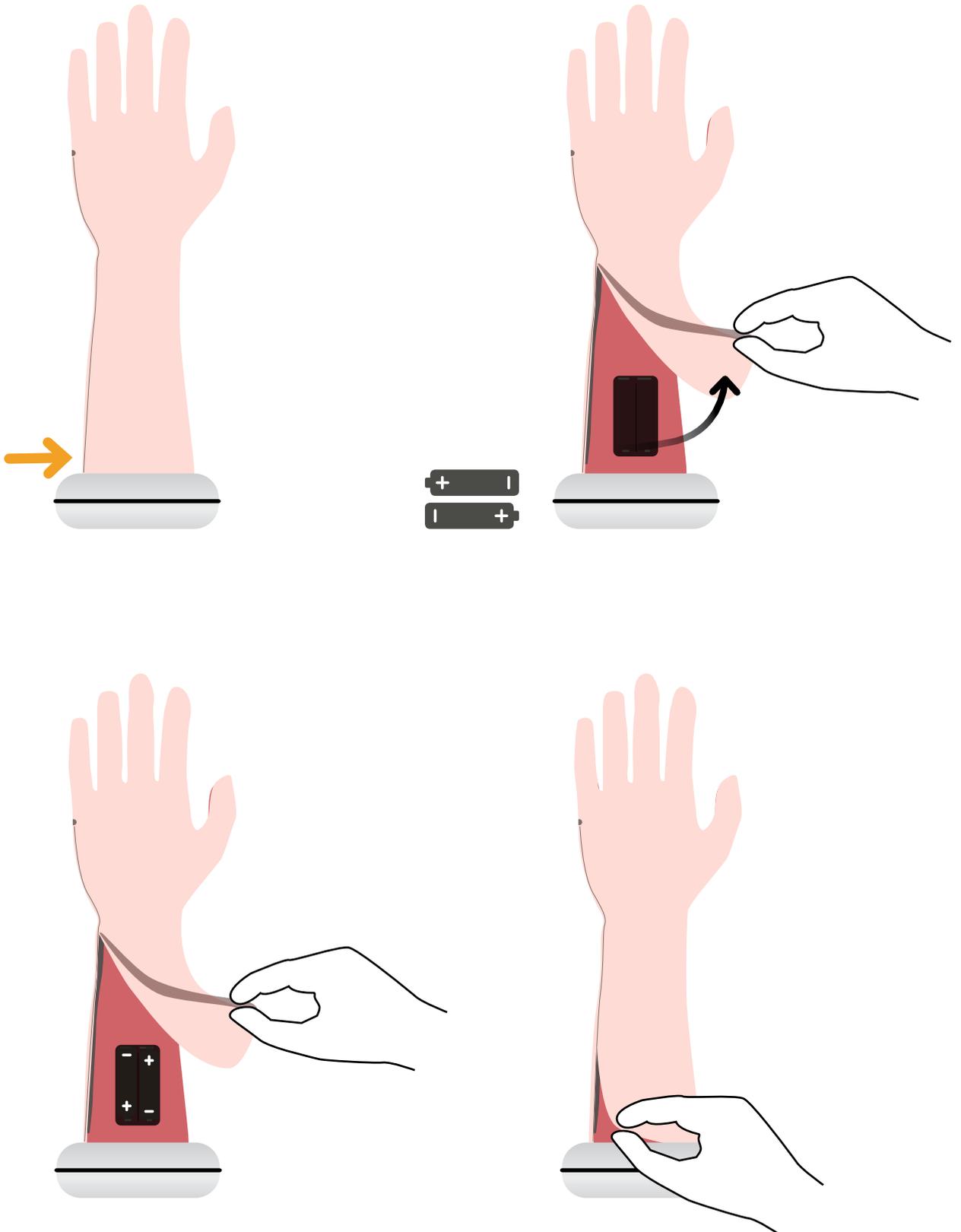
Signed Nick Hull
Position Managing Director
Location Limbs & Things, Bristol, England

Signature 

Date 23 August 2021

QUICK
START

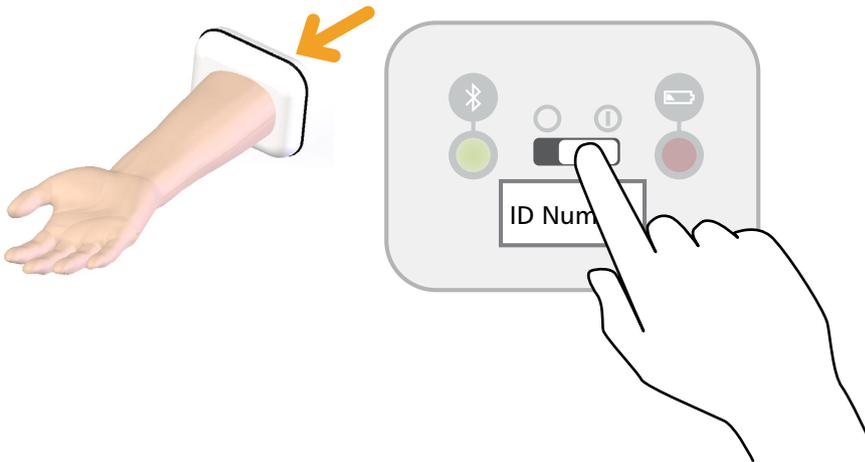
INSERT BATTERIES



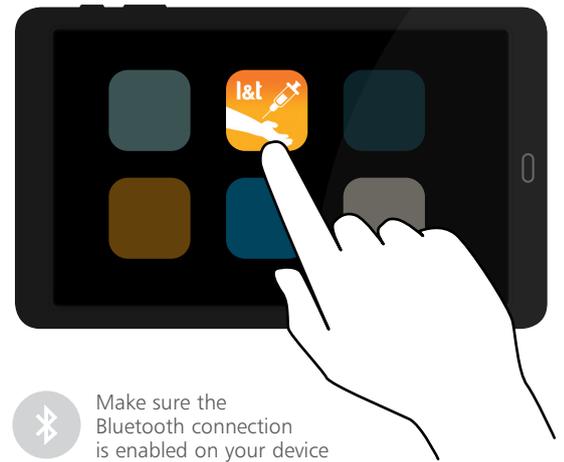
QUICK START

CONNECTING THE TABLET

1 Switch ON the Hand & Wrist 



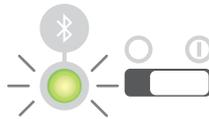
2 Open the Hand & Wrist Injection App
Available as a free download on the Limbs & Things website and Android Playstore. Internet required.



BLUETOOTH LIGHT



H&W OFF - No light

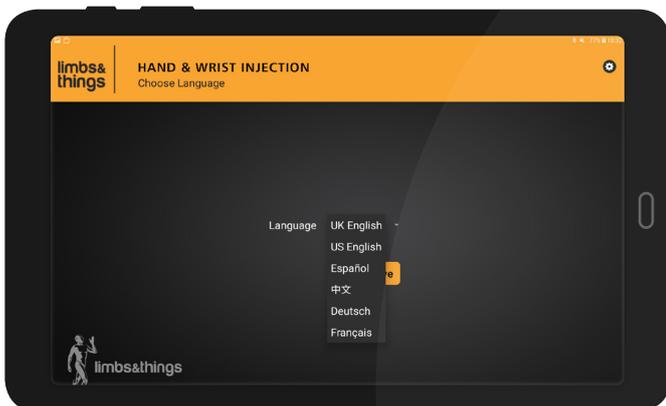


H&W ON - Light flashes fast
BROADCASTING

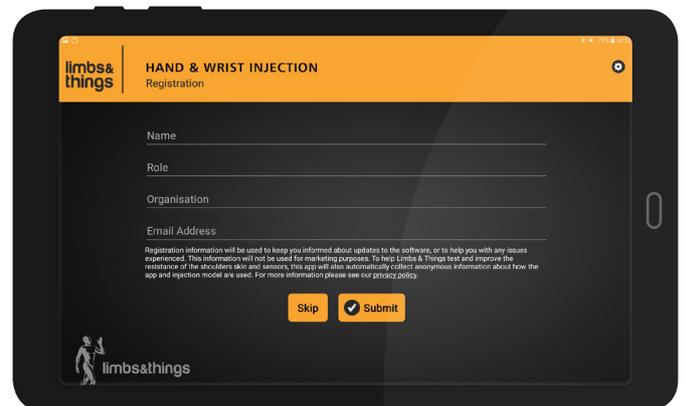


H&W ON - Light flashes slow
CONNECTED

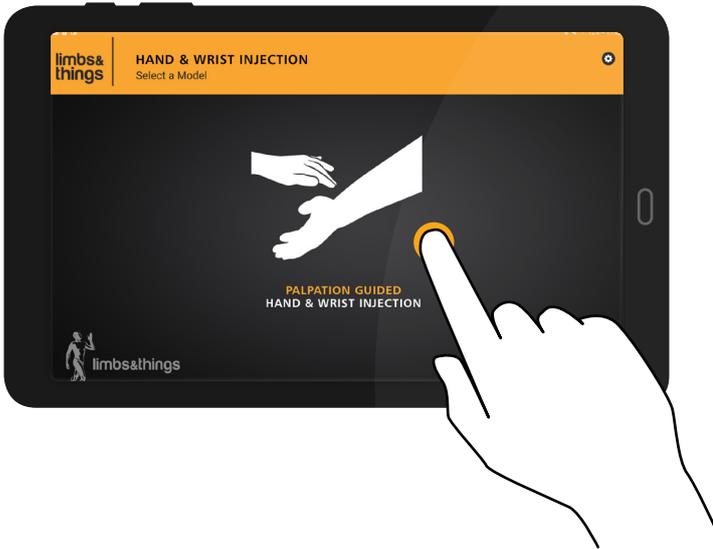
3 Choose language



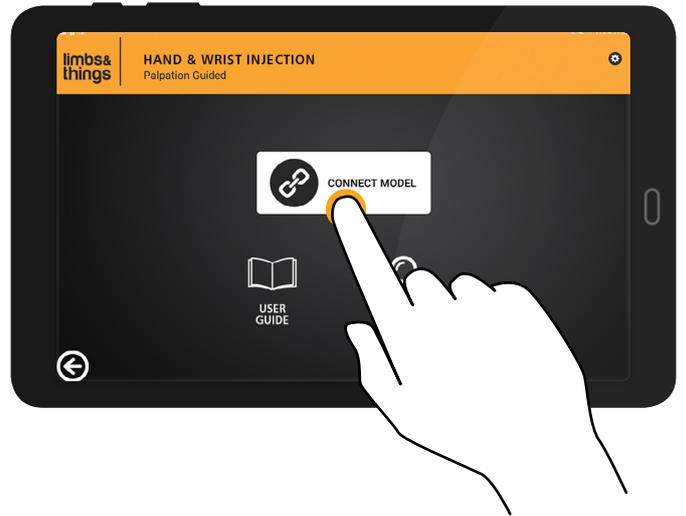
4 Submit registration details



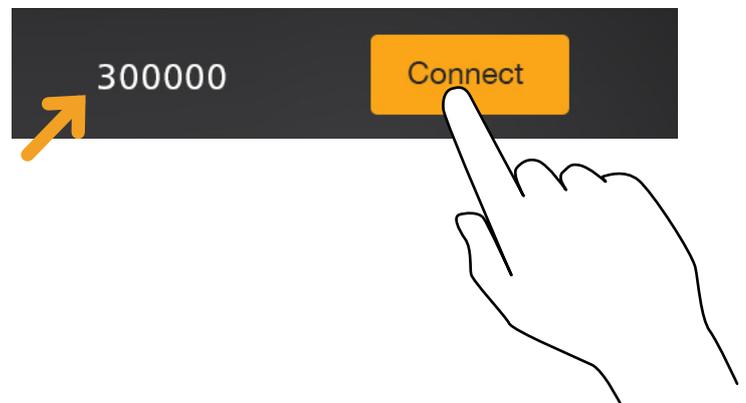
5 Select 'PALPATION GUIDED'



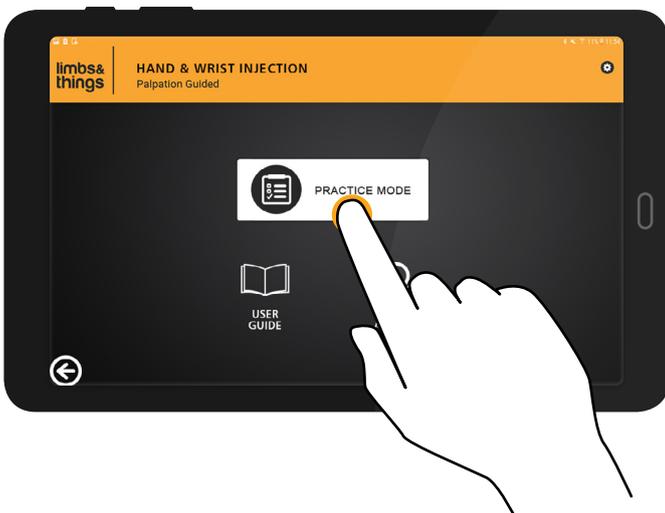
6 Select 'CONNECT MODEL'



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

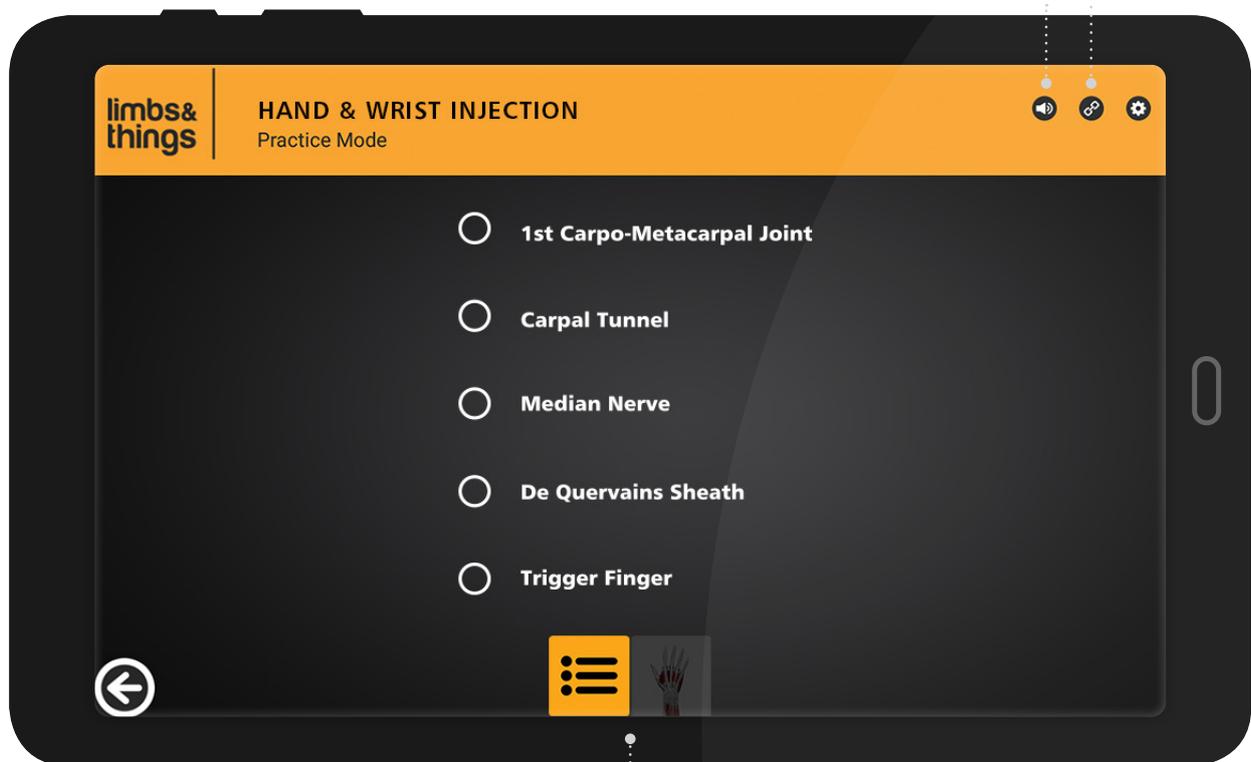
Inject the Hand & Wrist

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

Audible feedback ON/OFF



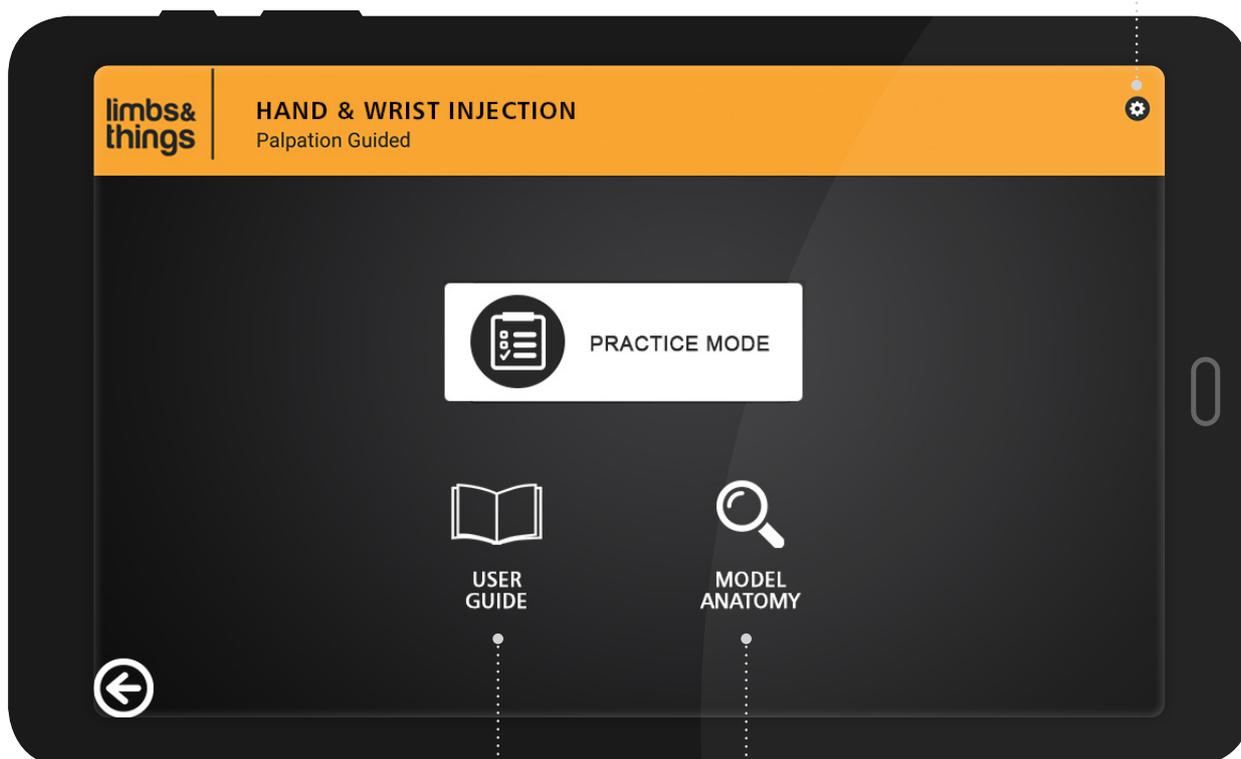
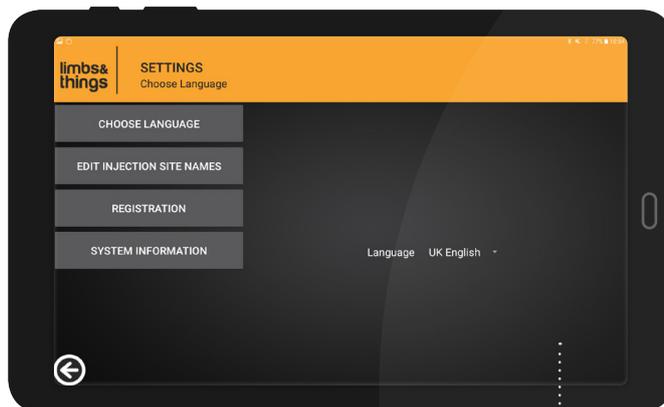
Model CONNECTED/DISCONNECTED



List view/360° Anatomy view

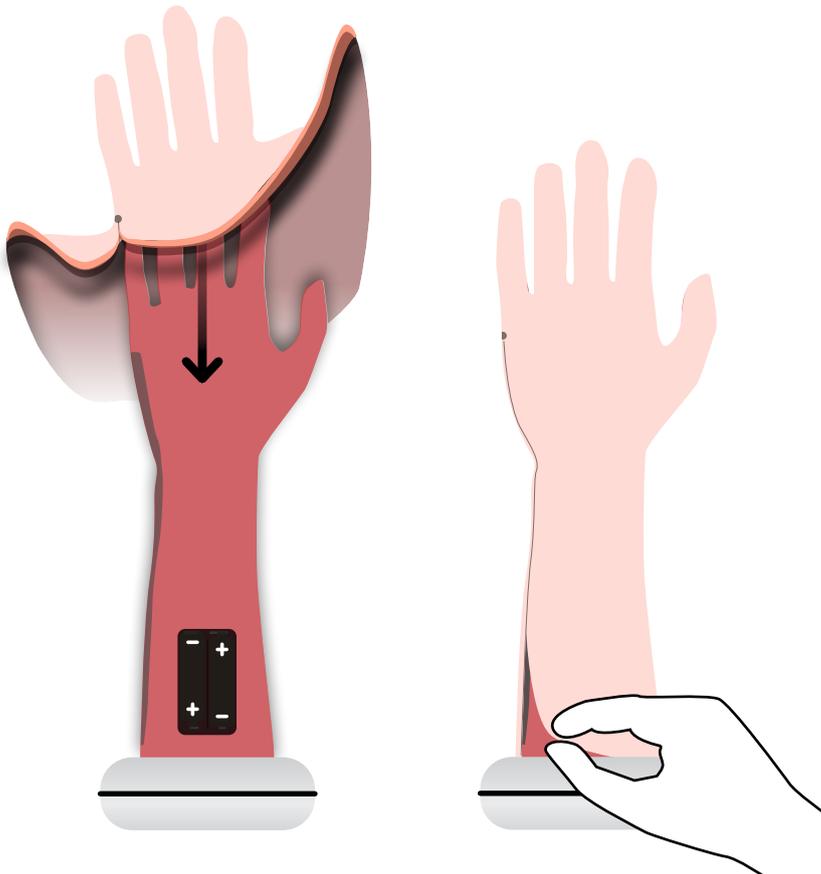
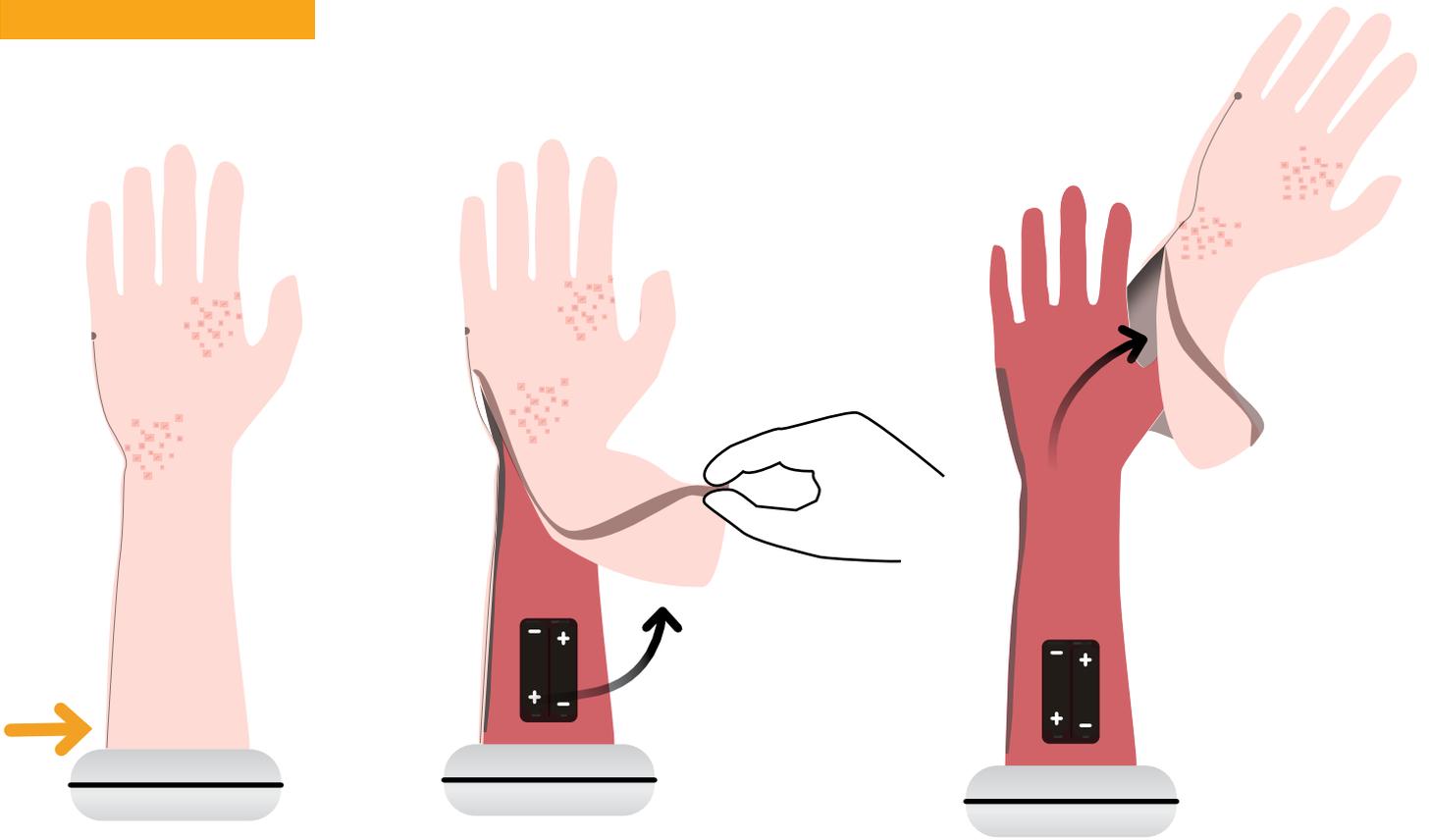


OTHER APP FEATURES

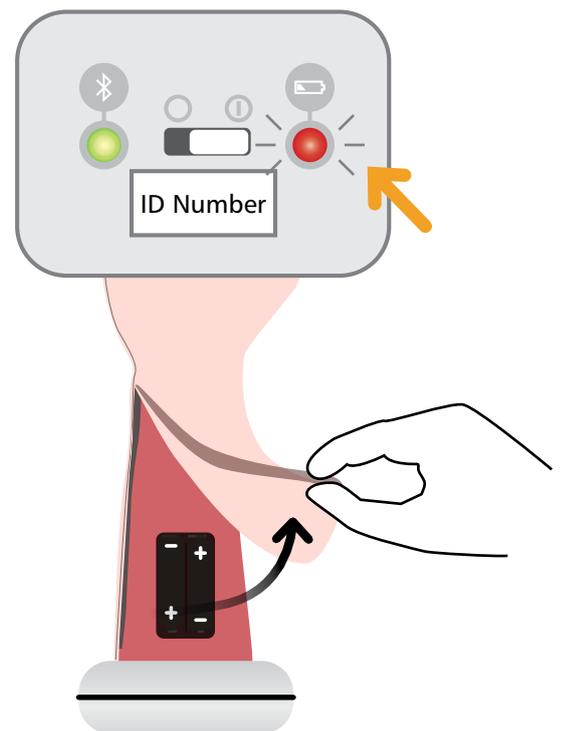


CARE & MAINTENANCE

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

