

How to take proper measurements:

For the most accurate blood pressure measurement:

- Sit comfortably at a table. Rest your arm on the table.
- Relax for about 5-10 minutes before measurement.
- Place the centre of the cuff at the same height as your heart.
- Remain still and keep quiet during measurement.
- Do not measure right after physical exercise or a bath. Rest for 2-30 minutes before taking the measurement.

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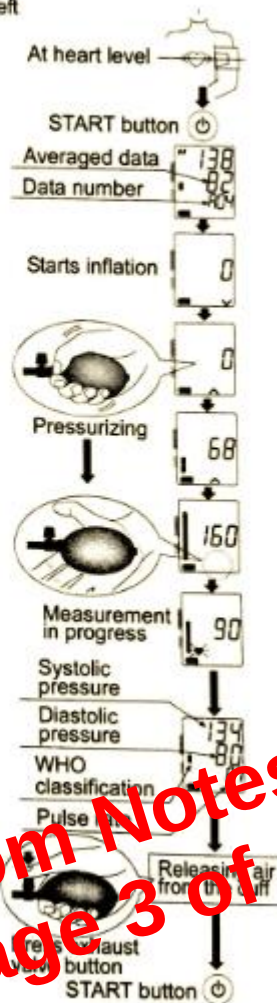
Measurements

Measurement With Storing Data

1. Place the cuff on the arm (preferably the left arm).
Sit quietly during measurement.
2. Press the **START** button.
 - The buzzer sounds and the average blood pressures and the WHO classification and last data number are displayed briefly.
 - When the "0" is flashing, the device is ready for measurement. If the **V** mark is displayed, the cuff has some air trapped in it. Press the exhaust valve button until the **A** mark is displayed.
3. Pressurize the cuff by squeezing the rubber bulb.
 - A pressure bar indicator and the current pressure are displayed.
 - Stop squeezing the rubber bulb when the **A** mark disappears.

Note: If you want to stop inflation at any time, stop squeezing the rubber bulb and press the exhaust valve button to expel the air from the cuff.

4. When inflation is complete, deflation starts automatically and the buzzer sounds and the **♥** (heart mark) blinks, indicating that the measurement is in progress. Once the pulse is detected, the mark flashes and the buzzer sounds with each pulse beat.
5. When the measurement is complete, the buzzer sounds and the **V** mark is displayed. The systolic and diastolic pressure readings and pulse rate are displayed and stored.
6. Press the exhaust valve button to completely release air from the cuff.
 - When a measurement is made with insufficient pressure, the **V** mark will be displayed. Re-pressurize the cuff by squeezing the rubber bulb when the **A** mark disappears.

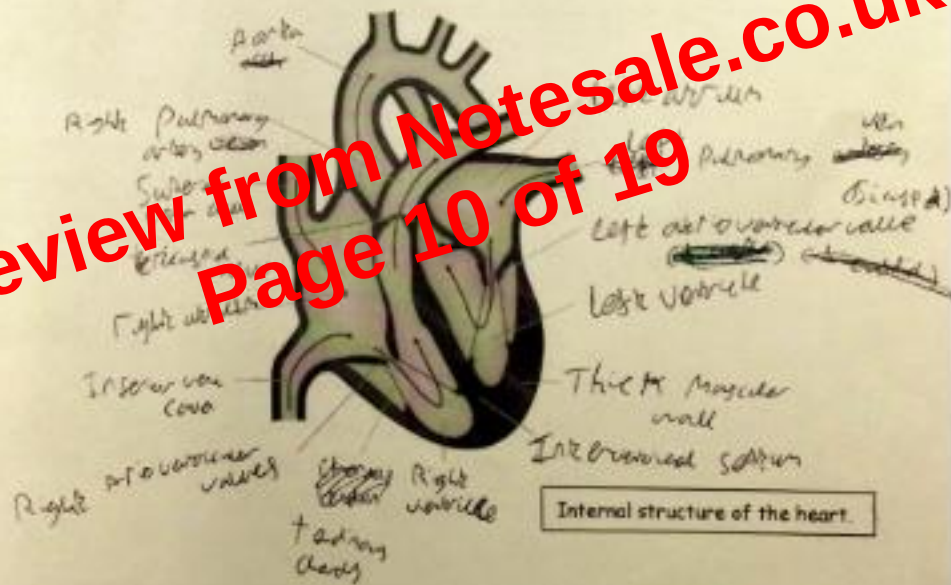
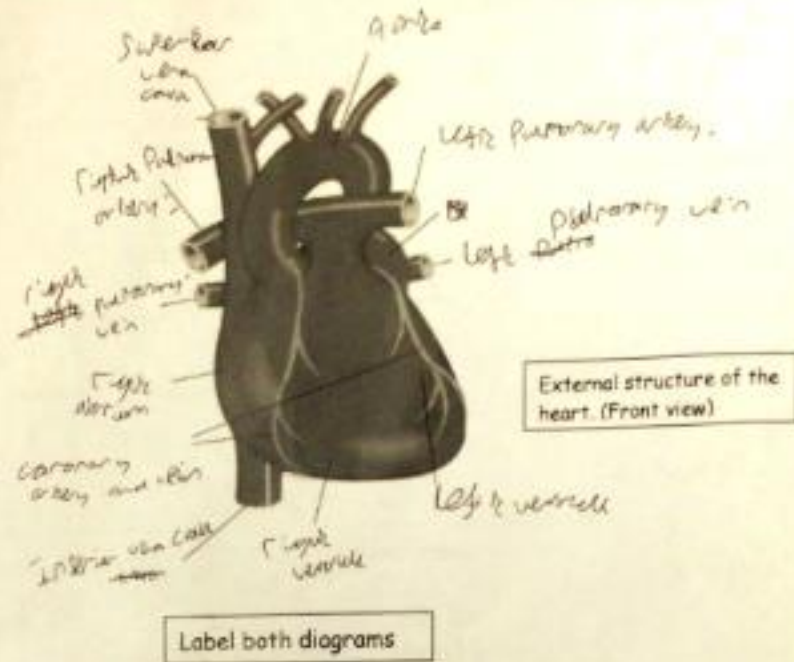


- When a measurement is made with an erratic pulse or in a very noisy environment, **Err** will display.

7. Turning the power off
Press the **START** button to turn the power off.
The device will be in standby mode.
 8. Subsequent measurements
If a subsequent measurement is required, turn off the power and turn it on again. When "0" is displayed, the device is ready for another measurement.
- Note: Allow at least three minutes between measurements on the same person.
9. Automatic power-off function
If the device is left on after a measurement, it will turn off automatically after about one minute. It may be turned off at any time by pressing the **START** button.

Heart rate experiment

(d) Describe, with the aid of diagrams and photographs, the external and internal structure of the mammalian heart



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