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Title: AlterG Emergency Guidelines
To: General
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Affected Models: M/F 300 Series

Urgency: Effective Immediately

Introduction: The following emergency guidelines are used to assist or extract a user from the AlterG in various scenarios. It is advised that these scenarios be role played by all staff members using the AlterG. It is recommended that a **Gait Belt** be used at all times for low functioning patients.



Action: The Scenarios are listed by degree of emergency from least to worst case.

Scenario 1: User has shorts on, is zipped into the bag with the cockpit locked, user is not calibrated. User is feeling uncomfortable and wants to exit.

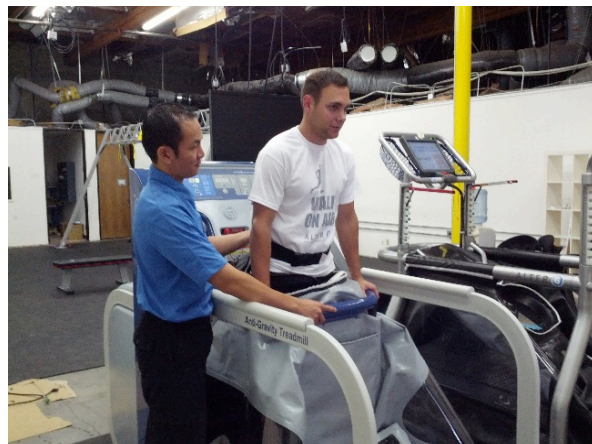
Step 1: Step on the rear of the bag and place a foot against the treadbelt. This stops the treadbelt from sliding forward and gives the user a firm footing on the treadmill.



Step 2: Ask the user if he/she can complete calibration. If he/she cannot, have the user hold onto the handrails or cockpit, grip gait belt, unzip the shorts and remove the skirt from the bag.



Step 3: DO NOT unlock the cockpit; using the cockpit as a guide, assist the user by gripping the gate belt then rotate the user 180 degrees to face the rear opening.



Ensure the user has adequate support THEN lower the cockpit. Step on the cockpit to lower it flush to the treadmill. *Note:* There is a 9" step off the treadmill, so having a stepping stool or ramp on hand and use if needed. Confirm users readiness, grip the gait belt and then proceed to extract the user.



Alternative method:



Scenario 2: User is calibrated however is starting to feel fatigue.

Step 1: Ask the user if he/she has sufficient strength to exit from machine with assistance, if so, proceed to *Scenario 1*. If not, proceed to Step 2.

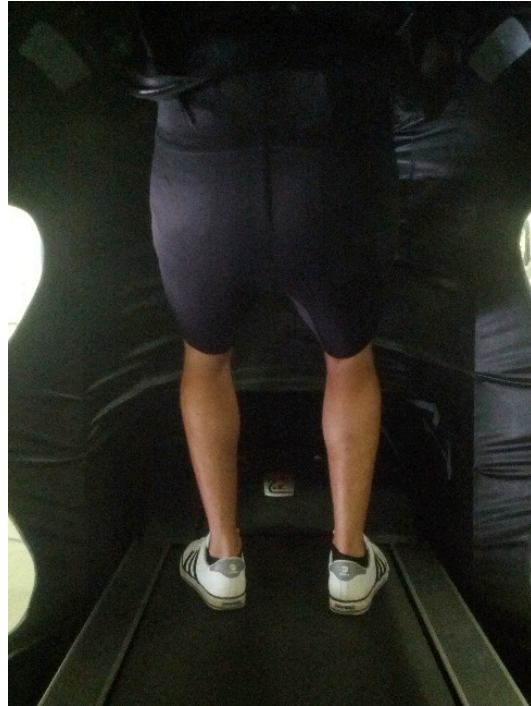
Step 2: Support the user as you reduce body weight percentage to 40%. Have the user sit down using the shorts as a seat, hands should be gripping the cockpit handles.



The increase in pressure will allow the user to rest in a comfortable position while strength is regained. If the user is too large to sit, reduce their body weight to 20%, this will enable the user to stand with minimal support.

Step 3: When depressurizing the AlterG, it is paramount that you proceed in stages and allow sufficient rest in between.

Step 4: At 100% body weight, confirm with user if he/she is ready to exit the AlterG, if so, proceed to Scenario 1.



Scenario 3: Onset of extreme fatigue or any physical maladies. User is zipped into the bag however the system is not calibrated. User is unable to exit system. Proceed to manually inflate the bag.

Step 1: Step on the rear of the bag and place a foot against the treadmill, this stops the treadmill from sliding forward and gives the user a firm footing on the treadmill.

Step 2: In the extreme scenarios where a user is zipped into the AlterG but physically unable to proceed, extraction can be difficult. If possible, have the user sit down using the shorts as a seat (See Scenario 2, Step 3). If the user is too large to sit, unlock the cockpit by moving the cockpit latch to the left. Have staff on hand to assist in lowering the user to the treadmill.



Step 3: Remove the front panel by gripping the top cover and pulling. Turn the front panel to the left allowing it to rest on its side.



On the right hand side, remove the muffler by twisting it off from the valve assembly.

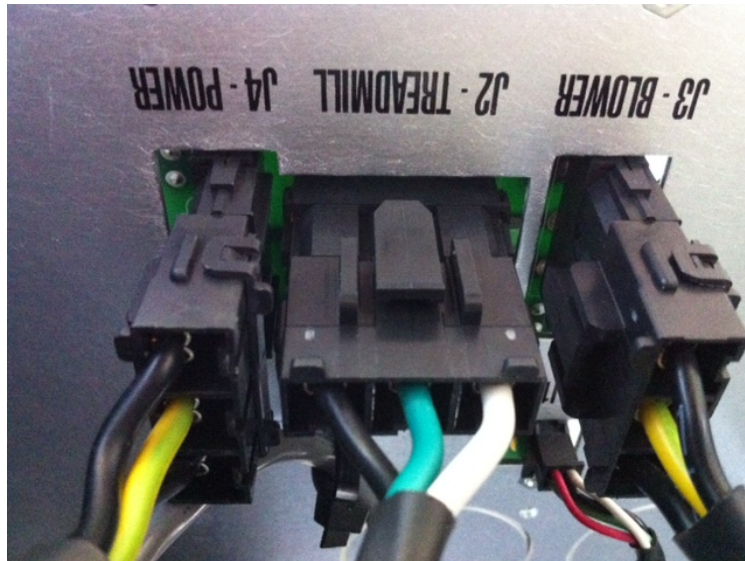


Separate the valve's signal cable, this will allow you to manually open and close the valve.



On the left hand side is the silver electronics box. Underneath the box, labelled from left to right is the:

- Main power cable on the left
- Treadmill power cable in the middle
- Blower power cable on the right

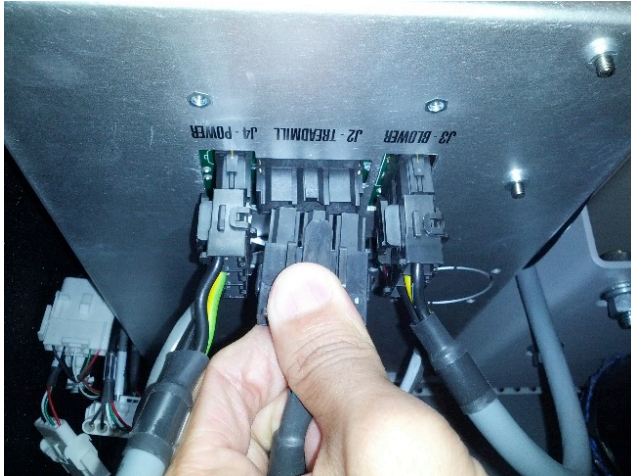


Before proceeding, explain to the user what you are attempting, ensure sufficient staff is on hand to quickly unzip the shorts from the bag and assist in extracting the user.

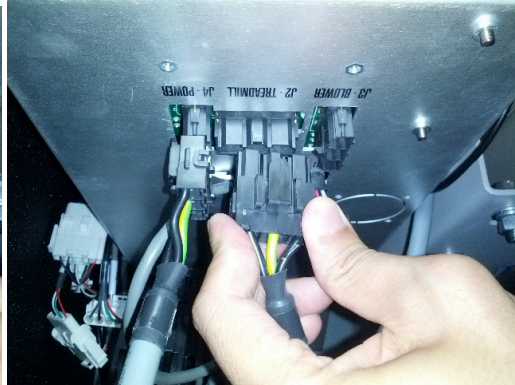
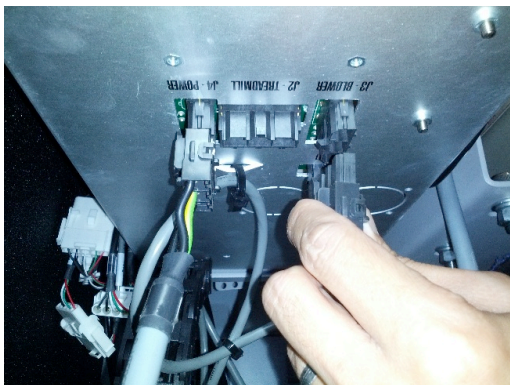
Ensure the valve is open.



Unclip the treadmill power cable (middle),



Unclip the blower power cable (right), plug the blower power cable into the treadmill slot (middle).



Upon connection, the blower will turn on however the bag will not inflate with the valve open. Manually close the valve with your finger to increase the pressure in the bag, DO NOT close the valve completely as the pressure will increase too quick which may startle the user.



A staff member should be dedicated in controlling the pressure and adjust to the users needs.



As the pressure increases the user will be lifted off the treadmill much like being at 20% their body weight.



Step 4: When ready, unzip the shorts partially to slowly release the pressure within the bag, opening too quickly will cause an abrupt amount of air to be released and will startle the user.

Step 5: Grip the gait belt to support the user and unzip the shorts completely. Proceed to *Scenario 1* to extract the user.

Note: Do not turn off the system until the user has completely exited the machine. Call AlterG Service for additional assistance.

Additional Guidelines:

1. Proper Pre-Screening by physician/therapist prior to workout.
2. Never leave the users side in any of the scenarios.
3. Use a gait belt for additional user support.
4. Only in extreme cases should the cockpit be unlocked. Doing so will limit stability options and will force a Scenario 4 situation.

If you have any questions, please contact us at:

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