

*Nasco*  
**Life/form**®

**“FAT OLD FRED” MANIKIN  
LF03750U  
INSTRUCTION MANUAL**



**Life/form**® Products by NASCO

## **Life/form® Fat Old Fred CPR Manikin**



The first and only CPR manikin to offer the realistic size and appearance of an older, heavier cardiac victim — the kind rescue personnel are most likely to encounter in the field!

Accurate anatomical landmarks and ease of use will make Fat Old Fred a valuable addition to your training program. Sanitary features include individual face inserts, disposable airway system, and a non-rebreathing valve. For added convenience and economy, all internal parts (including the airway system) are fully compatible with the Simulaids™ Brad CPR Manikin.

### **Removing the Used Airway:**

1. Remove the face insert and connector from the face cavity.
2. With the manikin face up, pull the overlay skin from the shoulders and fold down. Lift off the sternum piece and foam pad to expose the lung.
3. Tilt the head back and pull out the valve from underneath.
4. Remove and discard the lung and valve.

### **Installing the New Airway:**

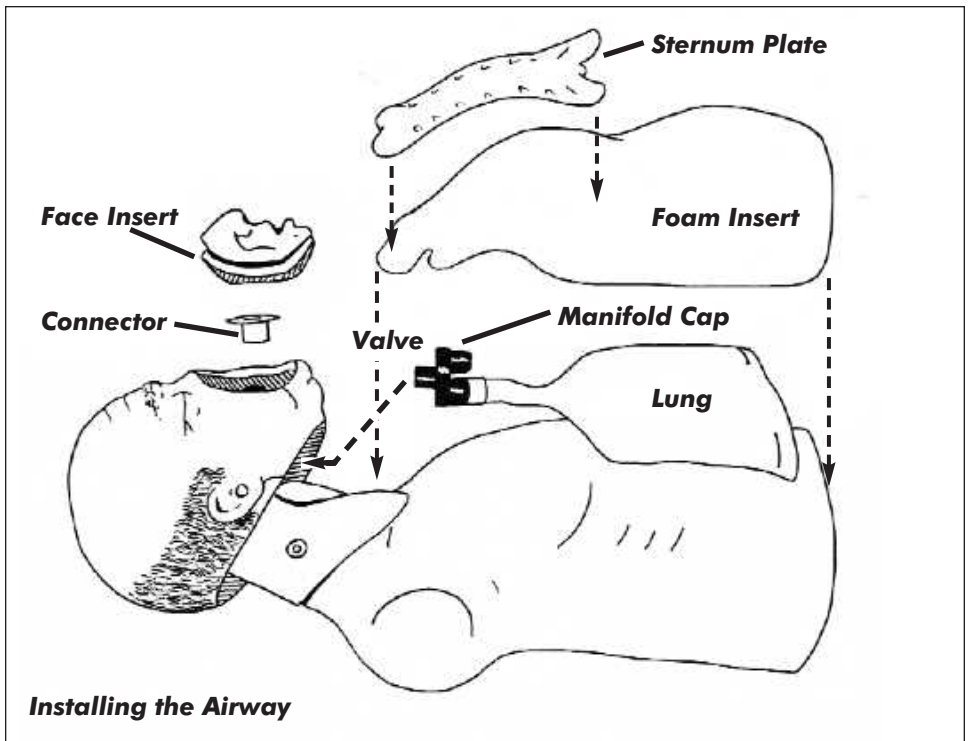
1. Press the red exhaust manifold cap onto the open port of the airway valve, next to the port that is attached to the lung.
2. Tilt the head back and insert the valve stem through the hole in the face from underneath.

NOTE: In order for the simulator to work properly, the airway connection must be toward the bottom of the manikin, with the exhaust manifold above it.

3. Position the connector on top of the face and press onto the valve stem with a twisting motion. Recheck the airway position.
4. Arrange the lung over the chest so that it lies flat.
5. Replace the foam pad, sternum, and the overlay skin.
6. Snap in a clean face insert.

### **Cleaning and Disinfecting:**

1. All vinyl parts (overlay skin, body, head, face inserts) may be washed with water and a mild detergent. Do not attempt to wash the foam pad.
2. NASCO recommends disposing of the face inserts after each training session. They may be reused after thorough cleaning if desired:
  - wash carefully in mild soapy water
  - rinse thoroughly
  - disinfect by immersing completely in a solution of 1 teaspoon chlorine bleach in 1 gallon of water — never use undiluted bleach
  - rinse thoroughly



### **Replacement Components:**

#### **LF03750U**

Fat Old Fred with 3 mouth/nose pieces, 3 disposable lung/airway systems, and carrying bag.

#### **LF03751U**

Lung/Airway Systems, pkg. of 24.

#### **LF03752U**

Mouth/Nose Pieces, pkg. of 10.

## Other Available *Life/form*® Simulators

|                 |   |                 |  |
|-----------------|---|-----------------|--|
| <b>LF00698U</b> | Adult Injectable Arm (White)            | <b>LF03610U</b> | Child Airway Management Trainer Head Only                                    |
| <b>LF00856U</b> | Female Catheterization                  | <b>LF03611U</b> | Child Defibrillation Chest Skin  |
| <b>LF00901U</b> | Prostate Examination                    | <b>LF03612U</b> | Child IV Arm   |
| <b>LF00906U</b> | Ostomy Care                             | <b>LF03613U</b> | Child Blood Pressure Arm   |
| <b>LF00929U</b> | Surgical Bandaging                      | <b>LF03614U</b> | Child Intraosseous Infusion/<br>Femoral Access Leg Only                      |
| <b>LF00957U</b> | Enema Administration                    | <b>LF03615U</b> | Complete Child <b>CRiSis</b> ™<br>Update Kit                                 |
| <b>LF00958U</b> | Pediatric Injectable Arm                | <b>LF03616U</b> | Child <b>CRiSis</b> ™ Manikin  |
| <b>LF00961U</b> | Intramuscular Injection                 | <b>LF03617U</b> | Deluxe Child <b>CRiSis</b> ™<br>Manikin with Arrhythmia Tutor                |
| <b>LF00984U</b> | Breast Examination                      | <b>LF03620U</b> | PALS Update Kit  |
| <b>LF00995U</b> | Arterial Puncture Arm                   | <b>LF03621U</b> | Infant Airway Management<br>Trainer Head Only                                |
| <b>LF00997U</b> | Adult Injectable Arm (Black)            | <b>LF03622U</b> | Intraosseous Infusion Right<br>Leg   |
| <b>LF00999U</b> | Pediatric Injectable Head               | <b>LF03623U</b> | Infant Airway Management<br>Trainer  |
| <b>LF01008U</b> | Intradermal Injection Arm               | <b>LF03626U</b> | Child Femoral Access<br>Injection Pad Replacement                            |
| <b>LF01012U</b> | Heart Catheterization (TPN)             | <b>LF03627U</b> | Child <b>CRiSis</b> ™ Replacement<br>Lung Set                                |
| <b>LF01019U</b> | Ear Examination                         | <b>LF03628U</b> | Child <b>CRiSis</b> ™ Replacement<br>Stomach                                 |
| <b>LF01020U</b> | Supplementary Ear Set                   | <b>LF03629U</b> | Child IV Arm Replacement<br>Skin and Veins                                   |
| <b>LF01025U</b> | Male Cath-Ed I                          | <b>LF03630U</b> | Child Arrhythmia Tutor   |
| <b>LF01026U</b> | Female Cath-Ed II                       | <b>LF03631U</b> | Child Airway Management<br>Trainer Replacement                               |
| <b>LF01027U</b> | Peritoneal Dialysis                     | <b>LF03632U</b> | Headskin<br>Child Intraosseous Infusion/<br>Femoral Access Leg on a<br>Stand |
| <b>LF01028U</b> | Suture Practice Arm                     | <b>LF03633U</b> | Child Airway Management<br>Trainer with Torso                                |
| <b>LF01036U</b> | Spinal Injection                        | <b>LF03650U</b> | <b>CRiSis</b> ™ Manikin  |
| <b>LF01053U</b> | Cross-Sectional Anatomy,<br>Torso, Head | <b>LF03651U</b> | ALS Update Kit   |
| <b>LF01054U</b> | Cross-Sectional Anatomy,<br>Head        | <b>LF03693U</b> | <b>Basic Buddy</b> ™ Manikin   |
| <b>LF01062U</b> | Pelvic, Normal & Abnormal               | <b>LF03694U</b> | <b>Basic Buddy</b> ™ 5-Pack  |
| <b>LF01063U</b> | Stump Bandaging, Upper                  | <b>LF03695U</b> | <b>Basic Buddy</b> ™ 10-Pack   |
| <b>LF01064U</b> | Stump Bandaging, Lower                  | <b>LF04001U</b> | <b>GERi</b> ™ Nursing Manikin  |
| <b>LF01068U</b> | Brachial Plexus                         | <b>LF04020U</b> | <b>KERi</b> ™ Nursing Manikin  |
| <b>LF01069U</b> | Cervical Effacement                     | <b>LF04021U</b> | <b>KERi</b> ™ Basic Manikin  |
| <b>LF01070U</b> | Birth Station                           | <b>LF04022U</b> | <b>KERi</b> ™ Advanced Manikin   |
| <b>LF01082U</b> | Cricothyrotomy                          | <b>LF04030U</b> | <b>GERi</b> ™ Advanced Manikin   |
| <b>LF01083U</b> | Tracheostomy Care                       | <b>LF04040U</b> | <b>GERi</b> ™ Basic Manikin  |
| <b>LF01084U</b> | Sigmoidoscopic<br>Examination           |                 |  |
| <b>LF01087U</b> | Central Venous Cannulation              |                 |  |
| <b>LF01094U</b> | Cross Sectional<br>Anatomy — Laminated  |                 |  |
| <b>LF01095U</b> | Blood Pressure Arm                      |                 |  |
| <b>LF01108U</b> | Intraosseous Infusion<br>Simulator      |                 |  |
| <b>LF03000U</b> | <b>SPARLENE</b> ® Series                |                 |  |
| <b>LF03601U</b> | Adult Airway Management<br>Trainer      |                 |  |
| <b>LF03602U</b> | Adult Airway Management<br>on Manikin   |                 |  |
| <b>LF03603U</b> | Adult Airway Management<br>Head Only    |                 |  |
| <b>LF03609U</b> | Child Airway Management<br>Trainer      |                 |  |

*Nasco* Fort Atkinson

901 Janesville Avenue, P.O. Box 901  
Fort Atkinson, Wisconsin 53538-0901  
1-800-558-9595

[www.eNASCO.com](http://www.eNASCO.com) • E-Mail [lifeform@eNASCO.com](mailto:lifeform@eNASCO.com)