

READING #	DATE	TIME	SYSTEMIC	DIASTOLIC	PULSE
32					
31					
30					
29					
28					
27					
26					
25					
24					
23					
22					
21					
20					
19					
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17					
16					

READING #	DATE	TIME	SYSTEMIC	DIASTOLIC	PULSE
15					
14					
13					
12					
11					
10					
9					
8					
7					
6					
5					
4					
3					
2					
1					
3	1/11	9 AM	130	89	93
2	1/10	9 PM	122	85	91
1	1/10	9 AM	132	92	80

Blood Pressure Record Log

ONE-YEAR LIMITED WARRANTY

GF Health Products, Inc. ("GF") warrants to the original purchaser only that it will replace or repair components, at GF's sole discretion, that are defective in material or workmanship under normal use and service. All warranties are conditioned upon the proper use of the products strictly in accordance with good commercial practice and applicable GF instructions and manuals, including proper use and maintenance. To the extent that a third party warrants a component, GF conveys all of its rights under that warranty to the original purchaser, to the extent permitted.

This limited warranty shall only apply to defects that are reported in accordance with the provisions set forth in this warranty document, within the applicable warranty period and which, upon examination by GF or its authorized representative, prove to be a warranty item. (See Obtaining Warranty Service below) This limited warranty is not transferable.

The warranted components and time periods are set forth below:

Sphygmomanometer: one (1) year

*Labor is not included in the warranty.

†Upholstery is only warranted on material supplied by GF.

‡The warranty period is as designated above. If a part is replaced under warranty, the original warranty period will not be affected. All other replacement parts will be subject to the warranty period specified.

The applicable warranty period shall commence from date of shipment to the original customer, unless there is an expiration date on the component in which case the warranty shall expire on the earlier of warranty period or the expiration date.

OBTAINING WARRANTY SERVICE

Customers located in the United States who wish to report a warranty issue, must contact GF directly by calling 1.770.368.4700 or by e-mailing a request to cs@grahamfield.com. Customers located outside the United States must contact the Distributor from whom they purchased the products. In both cases, further directions will be provided once the initial contact is made. This limited warranty shall only apply to defects that are reported within the applicable warranty period. Failure to abide by the specific directions will result in denial of the warranty claim.

The warranty does not cover and GF shall not be liable for the following:

- 1) Defects, damage, or other conditions caused, in whole or in part, by misuse, abuse, negligence, alteration, accident, freight damage, tampering or failure to seek and obtain repair or replacement in a timely manner;
- 2) Products which are not installed, used, or properly cleaned and maintained as required in the official manual for the applicable product;
- 3) Products considered to be of a non-durable nature including, but not limited to: filters, fuses, gaskets, lubricants, and charts;
- 4) Accessories or parts not provided by GF;
- 5) Matching of color, grain or texture except to commercially acceptable standards;
- 6) Changes in color caused by natural or artificial light;
- 7) Charges by anyone for adjustments, repairs, replacement parts, installation or other work performed upon or in connection with such products which are not expressly authorized in writing, in advance, by GF;
- 8) Any labor or shipping charges incurred in the replacement part installation or repair;
- 9) Costs and expenses of regular maintenance and cleaning; and
- 10) Representations and warranties made by any person or entity other than GF.

ENTIRE WARRANTY, EXCLUSIVE REMEDY AND CONSEQUENTIAL DAMAGES DISCLAIMER

TO THE GREATEST EXTENT PERMITTED BY LAW, THIS WARRANTY IS GF'S ONLY WARRANTY AND IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, EXCEPT IN CASES WHERE IMPLIED WARRANTIES MAY NOT BE VALIDLY WAIVED. GF MAKES NO IMPLIED WARRANTIES OF ANY KIND INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. IF ANY MODEL OR SAMPLE WAS SHOWN TO THE CUSTOMER, SUCH MODEL OR SAMPLE WAS USED MERELY TO ILLUSTRATE THE GENERAL TYPE AND QUALITY OF THE PRODUCT AND NOT TO REPRESENT THAT THE PRODUCT WOULD NECESSARILY CONFORM TO THE MODEL OR SAMPLE IN ALL RESPECTS. THIS WARRANTY IS LIMITED TO THE REPAIR OR REPLACEMENT OF THE DEFECTIVE PARTS. GF SHALL NOT BE LIABLE FOR AND HEREBY DISCLAIMS ANY DIRECT, SPECIAL, INDIRECT, INCIDENTAL, EXEMPLARY OR CONSEQUENTIAL DAMAGES, INCLUDING, BUT NOT LIMITED TO: DAMAGES FOR LOSS OF PROFITS OR INCOME, LOSS OF USE, DOWNTIME, COVER OR EMPLOYEE OR INDEPENDENT CONTRACTOR WAGES, PAYMENTS AND BENEFITS. CERTAIN STATES AND COUNTRIES MAY CONFER ADDITIONAL RIGHTS REGARDING WARRANTIES AND IN THOSE INSTANCES, GF'S LIABILITY AND THE LIABILITY OF GF'S SUPPLIERS, SHALL BE LIMITED TO THE FULLEST EXTENT PERMITTED BY LAW.

The warranties contained herein, together with GF's current Terms and Conditions, contain all the representations and warranties with respect to the subject matter of this document, and supersede all prior negotiations, agreements and understandings with respect thereto. The recipient of this document hereby acknowledges and represents that it has not relied on any representation, assertion, guarantee, warranty, collateral contract or other assurance, except those set out in this document.

For additional information on this product or this warranty, please contact a GF Customer Service Representative.

NOTES:

- 1) Additional terms and conditions may apply. See GF's General Terms and Conditions on its website: www.grahamfield.com.
- 2) Freight claims must be noted on the appropriate shipping documents and must be made with immediacy. International, federal and state regulations govern specific requirements for freight claims. Failure to abide by those regulations may result in a denial of the freight claim. GF will assist you in filing the freight claim.
- 3) Claims for any short shipment must be made within three (3) days of the invoice date.



100-001, 100-001CHI, 100-001INF,
100-001LA, 100-001TH

ANEROID SPHYGMOMANOMETER, PROFESSIONAL QUALITY, WITH COTTON CUFF INSTRUCTION MANUAL AND RECORD LOG

Read and understand these instructions before using the enclosed Graham-Field Aneroid Sphygmomanometer. Save these instructions for future reference.

NOTE: A stethoscope is necessary to perform the auditory component of blood pressure readings.

SAFETY GUIDELINES - PLEASE READ BEFORE USE

⚠ Important! Read and understand these instructions before using the Sphygmomanometer. If you do not understand any part of these instructions, contact your medical professional or GF Health Products, Inc. (Graham-Field) authorized distributor for direction in the use of this product.

⚠ If components are damaged or missing, contact your distributor immediately. DO NOT use substitute parts.

⚠ GF Health Products, Inc. assumes no responsibility for any damage or injury caused by improper installation or use of this product.

Intended use: The Aneroid Sphygmomanometer is intended to measure arterial blood pressure.

Manufactured For:
GF Health Products, Inc.
One Graham-Field Way, Atlanta, GA 30340
Made in China



+1.770.368.4700

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GF-100-001-INS-LAB-RevC24

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The most current and complete product information can be found on our website.
www.grahamfield.com



BLOOD PRESSURE

Blood Pressure is a measure of the blood's pressure in the circulatory system. Blood pressure changes constantly during the course of the cardiac cycle. Blood pressure readings report two values: the higher reading (**systolic pressure**) shows the highest pressure in the arteries occurring when the heart contracts; the lower reading (**diastolic pressure**) shows the lowest pressure in the arteries, which occurs right before the heart contracts. Blood pressure readings are written with the highest value first, then the lowest value. Readings of 120/80 are considered to be normal, with high blood pressure being defined as a systolic pressure which is 140mmHg or more at rest and a diastolic pressure which is 90mmHg or more at rest. Only a patient's physician is qualified to determine whether the readings obtained are normal for that person.

Measuring blood pressure: Have the patient, while relaxed and in a sitting position, extend the arm from which the blood pressure will be taken to the front or laterally with the palm of the hand up.

Attach the cuff and diaphragm: Place the cuff approximately one inch (2-3cm) above the bend of the elbow against the skin of the upper arm with the artery marker placed on top of the brachial artery. **Never place the cuff over clothing.** Wrap the cuff around the arm and secure the cuff with the "touch and hold" strap (If the cuff has a metal D-shaped ring, pull the free end of the cuff through the D-ring and close the cuff with the "touch and hold" strap). The cuff should be snug, but not too tight. If one or two fingers can fit between the cuff and the arm, the cuff is properly secured. Place the diaphragm of the stethoscope over the brachial artery inferior to the cuff.

Inflating the cuff: Close the bulb's air valve by turning the air release valve clockwise. Squeeze the inflation bulb at a steady rate until the gauge's needle points at approximately 30mmHg above the individual's normal systolic pressure value. If the individual's normal blood pressure is not known, it is recommended to inflate to 200mmHg.

Systolic blood pressure reading: Open the air release valve **slowly** by turning it counter-clockwise while holding the diaphragm of the stethoscope over the brachial artery. Proper deflation rate is vital for an accurate reading. The recommended deflation rate is 2-3mm Hg per second, or a drop of one to two marks on the pressure gauge with each heartbeat. **Do not keep the cuff inflated any longer than necessary.** As the cuff begins to deflate, listen carefully with the stethoscope. Note the reading on the gauge as soon as a faint, rhythmic tapping or thumping sound is heard. The first sound is the systolic pressure reading. Always check with your healthcare provider to ensure readings are performed correctly.

Diastolic blood pressure reading: Allow the pressure to continue dropping at the same deflation rate. Note the reading on the gauge when the last audible thumping, swishing, or blowing sound is heard; this is the diastolic blood pressure reading. After a few seconds have passed and no audible thumping, swishing, or blowing sounds are heard, deflate the cuff using the air release valve completely. Remove the cuff and stethoscope from the arm.

Record the systolic and diastolic readings. Repeat the measurement two or more times to ensure accuracy. Only a patient's physician is qualified to analyze blood pressure.

MAINTENANCE

Recommended care and maintenance:

Do not drop or pull excessively on the sphygmomanometer components	
Never inflate beyond 300mmHg	
Do not expose the cuff to direct sunlight	
Do not put the sphygmomanometer in contact with sharp objects which could pierce the material and cause damage	
Always deflate the cuff completely before storage	
Do not dismantle or disassemble	
Cleaning	Wipe off the manometer and bulb with a clean, damp cloth
	The cuff may be washed with soap and cold water, then rinsed and air dried
Storage	Store the complete instrument in the provided storage case
	Store in temperatures of -4°F to 158°F (-20°C to 70°C) and at a relative humidity of <85%

SPECIFICATIONS

Measurement range: 0-300mmHg
 Precision: ±3mmHg
 Scale graduation: 2mmHg

