



*User Guide*  
**Injection Trainer**

Part No: 00310



Part No: 065-025

Issue 4, March 2007  
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# Injection Trainer

Part No: **00310**

Multi-layered soft tissue pad for the practice of intradermal, subcutaneous, and intramuscular tissue injection techniques.

## Skills

- Professional-to-patient communication
- Subcutaneous injection
- Intradermal injection
- Intramuscular injection
- Management of tissue

## Features

- Latex free
- Multiple tissue layers: epidermis, dermis, fat & muscle
- Epidermis layer may be peeled back, to release the subcuticular injection liquid, and replaced in seconds
- Liquid injected into the intramuscular pad can be squeezed out
- Long-lasting replaceable epidermis
- Trainer can be strapped to a trainee's arm or thigh for role playing
- Trainer is easy to assemble and disassemble

## Package supplied

- 1 **Skin Pad & Muscle Block** Part No: **00311**
- 1 **Epidermis for Injection Trainer (Pack of 2)** Part No: **00320**
- 1 strap-on base plate
- 1 soft tissue tray with liner

**The Injection Trainer should be kept in the supplied box, in a dry place, away from direct sunlight, and at room temperature. Storing the Trainer when wet will encourage mould growth and can impair the model, resulting in early replacement and unnecessary expense.**

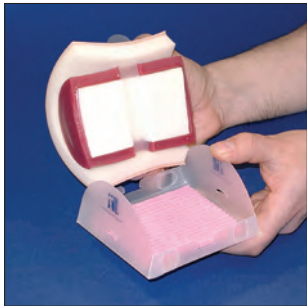
**Due to the nature of the material, very low temperatures can make the plastic brittle and inflexible. It is recommended that the Injection Trainer should NOT be used for up to 48 hours after delivery. This will allow the materials to reach room temperature.**

Due to Limbs & Things process of continual development and improvement, certain parts of your model may differ from those shown in this user guide.

# Notes

## Care and replacement of the Soft Tissue Assembly

1

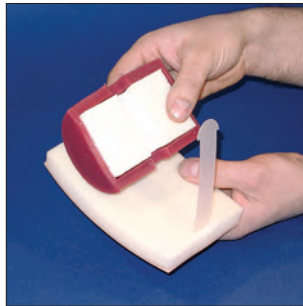
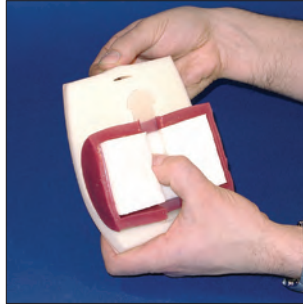


Unclip one end of the retaining strip from the edge of the Soft Tissue Tray.

Now unclip the other end and lift the Skin Pad and Muscle Block away from the Tray.

The pink tray liner should be taken out and squeezed to remove any liquid. Allow the liner to dry naturally. It should be thoroughly dry before the model is stored otherwise this can lead to mildew forming.

2

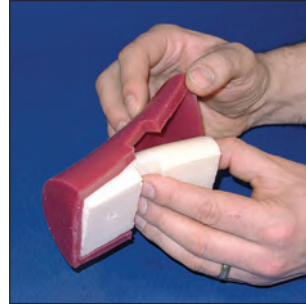


Carefully remove one end of the retaining strip from the slit in the Skin Pad.

Put the Skin Pad and attached retaining strip to one side.

If the Skin Pad is damp allow it to dry naturally. It should be thoroughly dry before the model is stored otherwise this can lead to mildew forming.

3

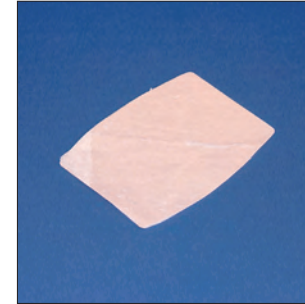


Remove the sponge from the inside of the Muscle Block.

Squeeze the sponge to remove any liquid and allow it to dry naturally. It should be thoroughly dry before the model is stored otherwise this can lead to mildew forming.

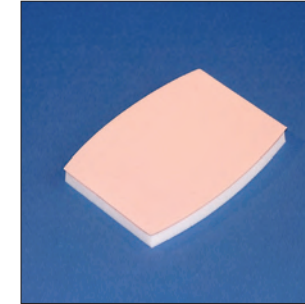
Once all the parts are dry the Trainer can be reassembled and stored for the next training session.

## Parts list and reorder codes



**Epidermis for Injection Trainer**

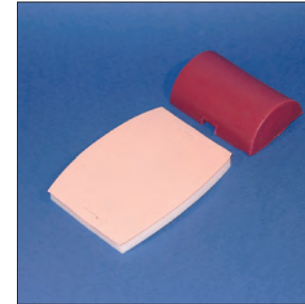
Part No: **00320 (Pack of 2)**



**Skin Pad**

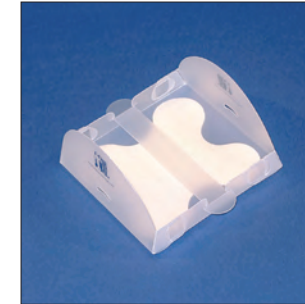


**Muscle Block**  
(including sponge)



**Skin Pad & Muscle Block for Injection Trainer**

Part No: **00311**



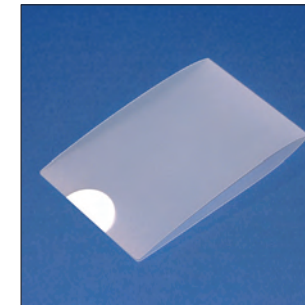
**Soft Tissue Tray**



**Soft Tissue Assembly**  
(consists of Skin Pad, Muscle Block & Soft Tissue Tray)



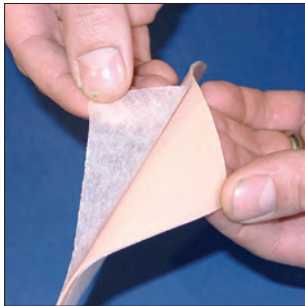
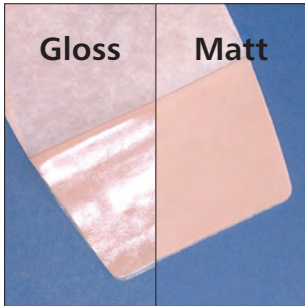
**Strap-on Base Plate**



**Epidermis Wallet**

# Preparing the Epidermis for intradermal injections

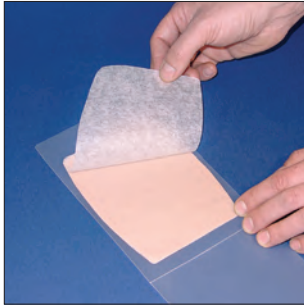
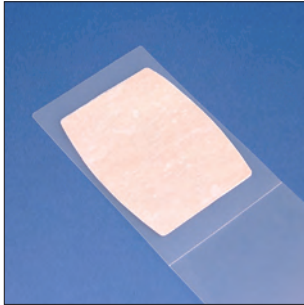
1



Each side of the Epidermis has a different surface finish. One side has a glossy sticky finish the other has a skin-like matt finish.

Peel a corner of the greaseproof paper off from either side of the Epidermis in order to find the matt side.

2

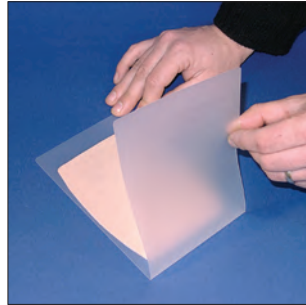


Open the Epidermis Wallet and lay it out flat on the work surface. Place the Epidermis onto the Wallet with the matt side face up.

Hold the Epidermis in place and slowly remove the greaseproof paper. Ensure the Epidermis is totally flat.

Store the greaseproof paper flat in the Epidermis Wallet.

3



Keep the Epidermis flat and fold the other half of the Wallet over on top of it.

Hold the Epidermis in place and turn the Wallet over.

4



Reach underneath the arm and pull the strap forward to tighten the loop around the arm.

When the model is comfortably in position, making sure that it is not too tight, pull the strap up towards the model and the Velcro® tab. This will secure it in place.

5



Alternatively, the Injection Trainer can be attached to the upper thigh.



## Role-playing usage

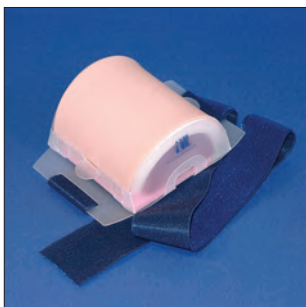
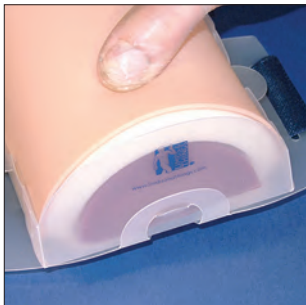
1



Align the slots on either end of the Soft Tissue Assembly with the tabs on either side of the Strap-on Base Plate.

Tuck the tabs into the corresponding slots on the sides of the Soft Tissue Assembly.

2



The Soft Tissue Assembly is now securely fixed to the Base Plate and is ready to be strapped onto a volunteer.

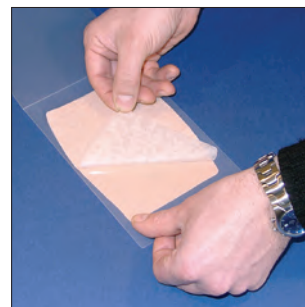
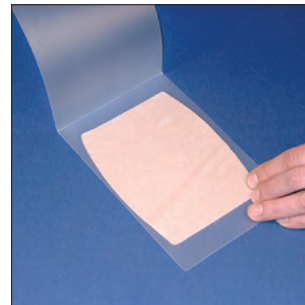
3



Form a loop of Velcro® strap underneath the model. Make sure the rest of the strap hangs from the back of the model and behind the volunteer.

Get the volunteer to put their arm through the loop and position the model in the correct position: high on the upper arm.

4



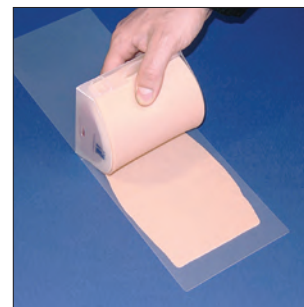
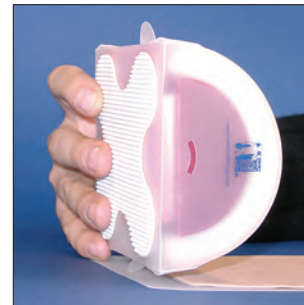
Open the Wallet out flat to reveal the sticky side of the Epidermis covered in greaseproof paper.

Hold the Epidermis in place and slowly peel off the paper. The Epidermis is very mobile at this stage and must be kept as flat as possible.

Store the greaseproof paper flat in the Epidermis Wallet.

## Attaching the Epidermis

1



Having prepared the Epidermis, ensure that it is smooth, without any rucks or creases.

Place the edge of the Soft Tissue Assembly square with the edge of the Epidermis.

Gently press the Assembly down whilst smoothly rolling it across the length of the Epidermis.

2



The Epidermis will stick to the Skin Pad as it rolls across.

If required, the loose end of the Epidermis can be tucked into the edge of the Soft Tissue Tray.

## Using the Trainer for Intradermal injections

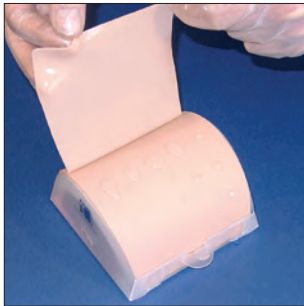
1



Multiple intradermal injections can be carried out. The entire Epidermis can be covered with injections before the injectate needs to be removed.

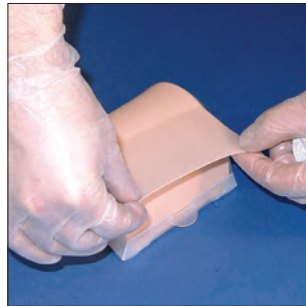
Remove the Epidermis by peeling it up from one corner.

2



Working across from the corner, lift up one entire edge of the Epidermis and continue to peel it back until the injectate underneath is visible.

3



The Epidermis can be held off to one side whilst the Skin Pad surface is dried off.

Drape the Epidermis smoothly back onto the Skin Pad, this should ensure that few air bubbles are captured between the two.

4



To remove any air bubbles from under the Epidermis place a sheet of the greaseproof paper over the skin and rub the air bubbles towards the edges of the pad.

Alternatively, the Epidermis can be removed completely, draped smoothly onto the Epidermis Wallet with the glossy side up and reapplied to the Soft Tissue Assembly following the **Attaching the epidermis** instructions on page 2.