

# Age simulation suit GERT

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**GERT creates the experience old age**



**[age-simulation-suit.com](http://age-simulation-suit.com)**

# General safety information

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The simulation of impairments that are aged-related, illness-related or disability-related inevitably involves risks, for instance a higher accident risk.

Impairments should therefore always be simulated with particular caution.

Our products must not be used

- on people with pre-existing impairments due, for instance, to age, illness or disability
- on high-risk individuals, such as pregnant women, epileptics, people with neurological or mental illnesses, people at risk of having a stroke and people with a heart condition
- on people with acute illnesses, such as infections and skin disorders

Increased caution is required when dealing with children and adolescents, as well as people with cognitive impairments or behavioural problems.

Our products may only be used in a safe environment under the supervision of a competent person.

The supervisor is responsible for the product's use. He must ensure that all the aforementioned points are being adhered.

In addition to this general safety information, it is important to comply with the safety information in the relevant user manuals.

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# New glasses for the age simulation suit GERT

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Until now, the age simulation suit GERT was supplied with special goggles. But we have found that our customers prefer to use glasses from our set of glasses for simulating eye diseases together with the age simulation suit GERT.

We believe that the simpler application and more neutral look of the simulation glasses have contributed to this. However, the use of the simulation glasses causes visual impairment, which is not the case for all older people. Besides that, not all customers can purchase the simulation glasses in addition to the age simulation suit GERT.

We have therefore decided to now include two pairs of glasses similar to the simulation glasses with the age simulation suit GERT instead of the previous goggles. But these do not simulate an eye disease, they do simulate visual impairment corresponding to an age increase of approximately 20 or 40 years.

We are convinced that this will offer additional value to our customers.

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# User manual for the age simulation suit GERT

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It is best to apply the components in the following order, while the test person is sitting on a chair and being assisted by a standing person.

Please apply the overshoes available as an accessory first, if applicable.

## 1. Ankle weight cuffs



The weights can be adjusted before applying.

## 2. Knee wraps



Wrap around the knee while the leg is straightened.

## 3. Weight vest



The weights can be adjusted before applying.

# User manual for the age simulation suit GERT

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## 4. Gloves



There are three sizes S, M and L. Choose the size that the gloves fit tightly and the grip ability is restricted. One way gloves or thin fabric gloves worn additionally under the gloves decrease the tactile perception too.

## 5. Wrist weight cuffs



Apply over the bandages of the gloves.

## 6. Elbow wraps



Wrap tightly around the elbow while the arm is straightened.

# User manual for the age simulation suit GERT

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## 7. Cervical collar



Fastener has to be backwards. Do not apply too tight, so that a restricted head movement is still possible.

## 8. Glasses



There are two pairs of glasses that simulate an age increase of 20 or 40 years. Select one of the two pairs. The glasses can be worn over the test person's own glasses if necessary. Take particular care when putting the glasses on and taking them off to ensure that the test person's glasses do not fall off or become damaged in any way.

## 9. Ear defender or ear plugs



The ear plugs can be inserted by the test person before the gloves are applied (4).

# User manual for the age simulation suit GERT

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## General information

Physically weak persons or persons with health impairments may be inadequately stressed by applying the age simulation suit. Each test person should be asked for the health condition. The usage is only allowed under expert supervision.

The weights have to be reduced for physically weak persons. The age simulation suit is not recommended for children, pregnant women and elderly people.

## Cleaning

All textile components are washable by hand using lukewarm water and mild detergent. Remove the weights of the weight vest and the ankle weight cuffs before washing.

Washing the ear defender is not recommended, as the foam inside takes a long time to dry. You can wipe the housing with a slightly damp cloth and a suitable cleaning agent or disinfectant.

Only dry clean the glasses, e.g. with a glasses cloth. Never bring the glasses in contact with water or detergents because the foils can be damaged. Wipe the spectacle frames with a slightly damp cloth and a suitable cleaning agent or disinfectant.

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# User manual for the knee pain simulator

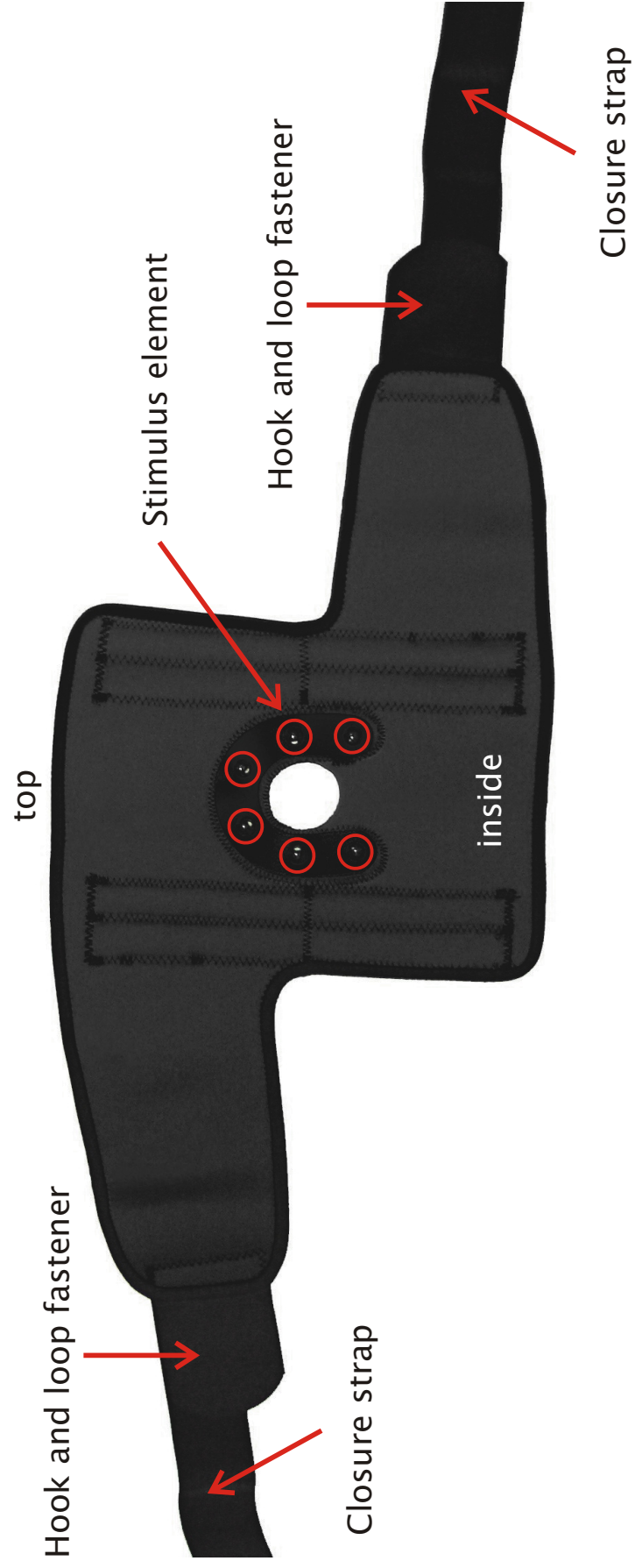
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# User manual for the knee pain simulator

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## Components



# User manual for the knee pain simulator

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## Positioning and fitting

Position the knee wrap with the stimulus elements so that the kneecap lies inside the round opening and the stimulus elements are arranged around the kneecap.

Close the knee wrap with the hook and loop fasteners without pulling them too tight. Guide the closure straps around the knee wrap, pull them through the corresponding eyelets and fasten the closure straps to themselves.

If desired, repeat the procedure with the second knee wrap.

## Adjusting the intensity

You can adjust the tension of the knee bandages, and thus also the intensity of the simulation, using the closure straps. Tightening the closure straps increases the intensity of the simulation. A loose fitting reduces the intensity.

## Cleaning

The knee pain simulator is washable by hand using lukewarm water and mild detergent. Allow to air dry.

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# User manual for the COPD simulator

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# User manual for the COPD simulator

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**The COPD simulator must not be used in persons with acute illnesses, respiratory tract diseases and diseases of the cardiovascular system.**

## 1. Rib bandage

Place the rib bandage firmly around the ribs underneath the chest. The elastic bands allow you to regulate the tension.

## 2. Nose clip

Place the nose clip on the wings of the nose with your mouth closed and slowly squeeze the sides of the nose clip until the air flow is noticeably reduced when breathing. If the nose clip slips, degrease the skin and the nose clip. Try to breathe through the nose only and to keep your mouth closed as long as possible.

Alternatively, you can close the nose completely with the nose clip and breathe through one of the supplied disposable mouthpieces. You can replace the supplied mouthpieces with drinking straws of the same diameter.

## Cleaning

The rib bandage is washable by hand using lukewarm water and mild detergent. Allow to air dry.

Spray the nose clip after each application with a skin-compatible disinfectant spray for plastics and wipe it dry if necessary.

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# User manual for the tremor simulator

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**Note also the instructions supplied with the device.  
Not for use with pacemakers or heart problems.**



## 1. Apply gloves to both hands



Two pairs of gloves in two sizes are supplied. Please choose the appropriate size. If necessary, you need to change the cables with the snaps. Apply the glove with the black connector right in case of a right-handed and left in case of a left-handed person. Wet the hands before to improve the conductivity if the effect doesn't occur sufficiently.

## 2. Switch on the control unit and increase the intensity very slowly

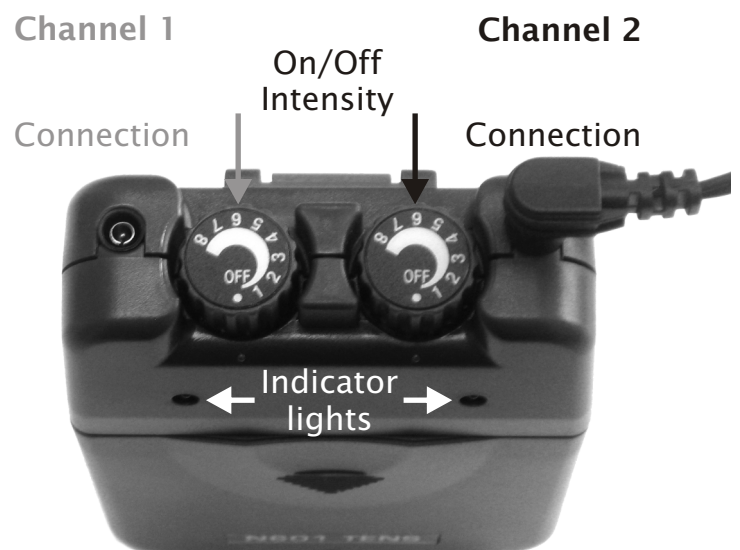
The effect occurs a little time-delayed. Do not increase the intensity any further when the hands tremble. The hands should be held loosely. The user can interrupt the effect at any time by bringing the hands together.

You can use either channel 1 or channel 2. We deliver with the assignment of channel 2.

To change the channel, plug the connection cable into the corresponding connector.

The channel that is not in use should always be switched off.

Always operate only the knobs on the side with the connection cable plugged in.



# User manual for the tremor simulator

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## Default settings

The control unit is delivered preset. The controls for the settings are located under the lid, which you can pull down. Do not change the default settings arbitrarily. Changing the settings will void any liability.



## Inserting and changing the battery

Before using the device for the first time, insert a 9-volt block battery (not included in the scope of delivery) by pulling the lid all the way down. Make sure that the polarity is correct when inserting the battery. A part of the white band should be under the battery to make it easier to remove it later. Replace the battery if the effect of the tremor simulator starts to diminish.

# User manual for the tremor simulator

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## **Safety instructions for the use**

Through the tremor there is an increased risk of accidents while being busy with spiky, sharp or fragile objects. Objects made of metal can conduct the electricity. Thus, use only harmless non-metal objects for exercises with the Tremor Simulator.

Recommended are for example:

Cups, dishes and cutlery made of plastic for eating exercises

Pens made of plastic or wood for writing exercises

Please note that objects can easily slip out of the test persons hands. It is ideal if the test person is not operating the control unit by himself but is supervised by an expert. This person should observe the test person, operate the equipment cautiously and particularly increase the stimulation current to the desired intensity.

**No operating of devices especially electrical devices!**

**No operating of vehicles and machines!**

## **Washing instructions for the gloves**

The gloves are washable by hand using lukewarm water and mild detergent.

**Definitely remove the electrodes before washing!**

The gloves can be reordered separately.

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# User manual for the simulation glasses

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Macular degeneration



Cataract



Glaucoma



Unilateral retinal detachment



Diabetic retinopathy



Retinitis pigmentosa

For safety reasons the glasses allow a shadowy view even through the blackened areas. Nevertheless, there is an increased risk of accidents. Use the simulation glasses only in a safe and familiar environment and with an accompanying person.

The glasses can be worn over the test person's own glasses if necessary. Take particular care when putting the glasses on and taking them off to ensure that the test person's glasses do not fall off or become damaged in any way.

The temples of the glasses can be adjusted in length. The glasses should sit tightly on the face of the user. The user should move the head instead of the pupils to change the viewing direction.

Only dry clean the glasses, e.g. with a glasses cloth. Never bring the glasses in contact with water or detergents because the foils can be damaged. Wipe the spectacle frames with a slightly damp cloth and a suitable cleaning agent or disinfectant.

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# User manual for the hemiparesis simulator

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# User manual for the hemiparesis simulator

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The hemiparesis simulator can be applied either on the left or right side of the body. It can be used separately but also in combination with the age simulation suit GERT and other accessories. The application is best done by a second person. Please apply the overshoes available as an accessory first, if applicable.

## 1. Ankle weight cuff



Wrap tightly around the ankle. The weight can be adjusted by taking off the metal rods.

## 2. Knee splint



Apply the knee splint with the opening to the front and the knee recess at the right heights tightly with the hook and loop fasteners. The application is best done in a standing position.

## 3. Ear plug



The ear plug can be inserted by the test person. The ear plug can be used in addition to the ear defender of the age simulation suit.

# User manual for the hemiparesis simulator

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## 4. Eyepatch



The eyepatch can be worn under corrective glasses and the goggles of the age simulation suit GERT.

## 5. Lollipop



E.g. a spoon or something similar can be used as a substitute.

## 6. Arm sling



The strap of the arm sling can be adjusted in length.

## 7. Walking stick



Adjust the walking stick at the right length.

# User manual for the hemiparesis simulator

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**This way you apply the hemiparesis simulator together with the components of the age simulation suit GERT. Leave off the components of the side of the body, where the hemiparesis should be simulated.**



# User manual for the hemiparesis simulator

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## General information

Physically weak persons or persons with health impairments may be inadequately stressed by applying the hemiparesis simulator. Each test person should be asked for the health condition. The usage is only allowed under expert supervision.

The weights have to be reduced for physically weak persons. The hemiparesis simulator is not recommended for children, pregnant women and elderly people.

## Cleaning

All components are washable by hand using lukewarm water and mild detergent.

Before cleaning the knee splint and the weight cuff, remove the metal rods.

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# User manual for the Back Pain Simulator

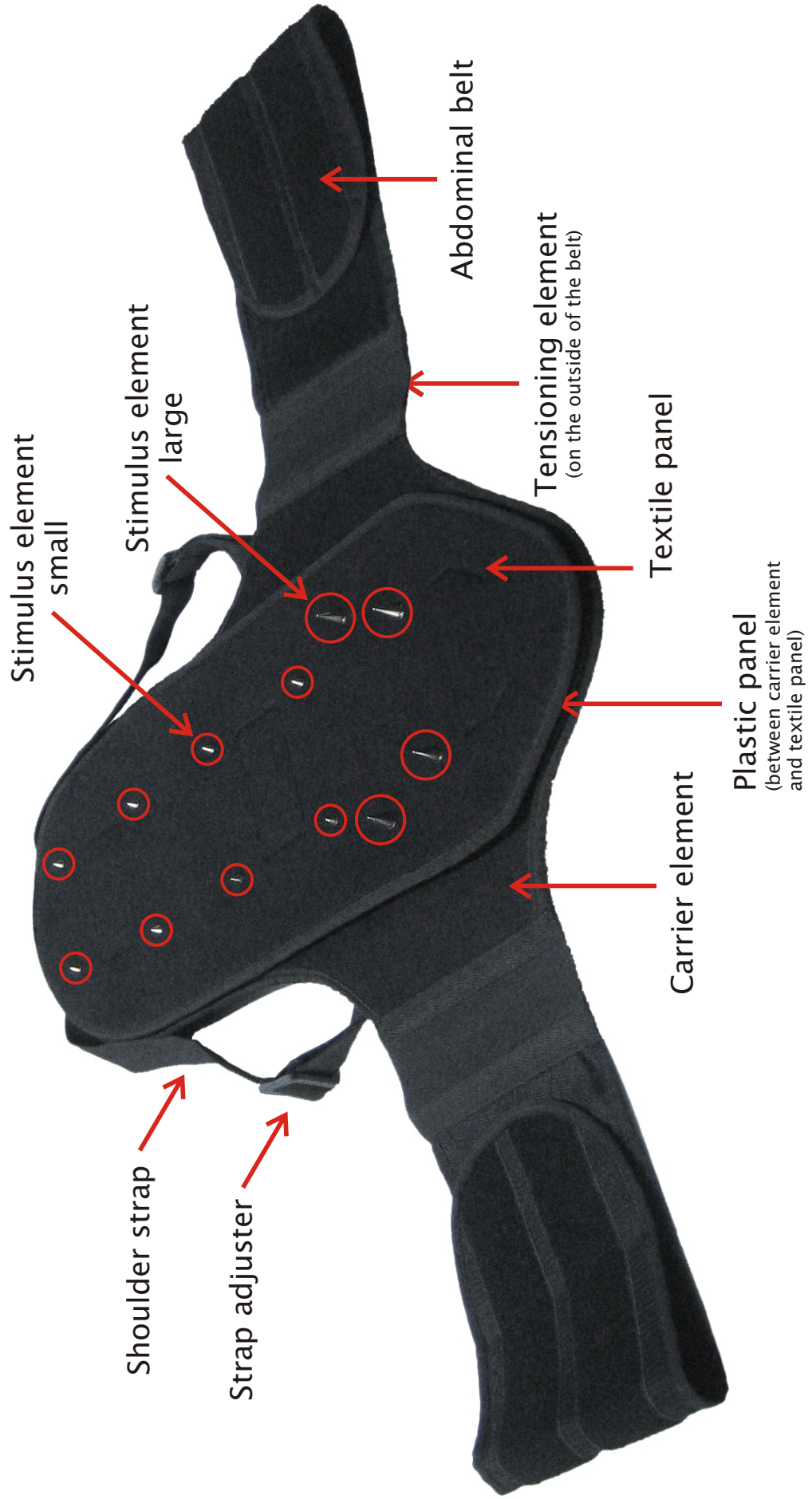
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# User manual for the Back Pain Simulator

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## Standard configuration



# User manual for the Back Pain Simulator

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## Scope of delivery

Back Pain Simulator small for body heights up to about 1.75 m

Back Pain Simulator large for body heights from about 1.75 m

Storage bag

Replacement stimulus elements

## Construction of the Back Pain Simulator

The Back Pain Simulator consists of

1. a carrier element for fixation on the body, also limiting the movability
2. an elastic plastic panel for inhibition of the movement and to press on the stimulus elements
3. a textile panel to carry the stimulus elements

The textile panel is mounted to the carrier element by hook-and-loop fasteners. The elastic plastic panel is stuck between these.

## General information

The stimulus elements should only create a superficial stimulus. Due to their design they are not able to harm the skin surface or damage the clothing. Nevertheless, for the protection of delicate fabrics (e.g. silk) it is recommended to keep a T-shirt or something similar at hand. This can be worn over the clothing and under the Back Pain Simulator. Overgarments like jackets, coats and heavy sweaters should be taken off.

## Putting on the Back Pain Simulator

1. Put your arms through the shoulder straps, just like putting on a backpack. The stimulus element have to point towards the back of the participant. The shoulder straps are elastic but can be adjusted in length with the strap adjusters.

2. Fasten the abdominal belt in front of your body. Do not fasten it too tight. It can be readjusted with the lateral tensioning elements if necessary. Pull them off and reattach them with the hook and loop fasteners after pulling them forward. Reattach them loosely before the next use.

# User manual for the Back Pain Simulator

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## Adapting the Back Pain Simulator

Due to the modular construction, the Back Pain Simulator is scalable.

There are the following options:

1. You can use the carrier element solitarily to limit the maximum motion range in bending and hyperextending the back.
2. You can use the carrier element and the textile panel with the stimulus elements without the elastic plastic panel. By doing so, the movement is not inhibited. In this case, the effect of the stimulus elements is reduced because they are not pressed against the back of the participant so hard.
3. You can use the complete set; the carrier element with the textile panel with the stimulus elements and the elastic plastic panel stuck between them. Thus, the movement is inhibited and the stimulus elements are pressed against the back more intensively

You can remove and change the stimulus elements by unscrewing them. The stimulus elements need to be tightened only by hand. You will find replacement stimulus elements in the pouch inside the bag.

Stimulus elements can be ordered separately.

## Safety warning

The usage should be under expert supervision. There are no restrictions in use known. Nevertheless, the supervising person should pay attention to individual impairments of the participants (e.g. pregnancy). The use should ever be voluntary.

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