



APLS Life Guard

APLSV-3281H/6-2

NSN: 6530-01-657-1997

INSTRUCTIONS FOR USE

Product Description:

The APLS Life Guard is a highly effective portable litter designed to provide essential thermal, moisture, and absorbent protection during emergency rescues and evacuations. This compact and streamlined litter combines the features of a more extensive litter system with the convenience of portability. It is equipped with a Mylar lining for heat retention and a treated nylon backing to shield against wind and moisture. With a highly absorbent cellulose core to wick away fluids from the patient, it can retain 1.25 liters of bodily fluids and supports up to 350 pounds. The litter also features a robust Velcro zipper for easy patient access and eight padded handles for efficient transport. The Life Guard is available with or without a Mylar-lined hood.

Intended Use:

The APLS Life Guard is intended to be used by first responders, emergency personnel, and other trained individuals to safely transport patients during emergency situations while providing thermal insulation, moisture protection, and fluid absorption.

Precautions:

- **For Professional Use Only:** The Life Guard should be used by trained personnel who are familiar with emergency rescue and patient transport procedures.
- **Single Use Only:** The Life Guard is designed for single use. Reuse may compromise the integrity of the materials and the safety of the patient.
- **Avoid Sharp Objects:** Ensure that sharp objects do not puncture or tear the Mylar lining, nylon backing, or cellulose core, as this could reduce the effectiveness of the product.
- **Do Not Expose to High Heat:** The Mylar lining may melt if exposed to high temperatures or open flames.

Instructions for Use:

1. Preparation:

- Inspect the Life Guard packaging for any visible damage before use. If the packaging is damaged, do not use the product and obtain a replacement.



- Ensure that the area around the patient is safe and stable before attempting to deploy the Life Guard.

2. Deployment:

- Carefully open the Life Guard vacuum sealed package, ensuring not to damage the litter inside.
- Unfold the Life Guard completely and lay it flat on the ground with the Mylar (shiny) side facing upwards. The treated nylon backing should be in contact with the ground to protect against moisture and wind.

3. Patient Placement:

- If using a Life Guard with a Mylar-lined hood, ensure the hood is properly positioned at the head end of the litter.
- Gently position the patient onto the Life Guard, ensuring that the patient's body is centered on the litter. If the patient is conscious, instruct them to remain as still as possible during the transfer.
- Align the patient's head with the hood (if applicable) and ensure that the hood is securely in place.

4. Securing the Patient:

- Use the robust Velcro zipper to secure the patient inside the Life Guard. Ensure that the zipper is fully closed to maximize thermal insulation and protection.
- If necessary, adjust the position of the Mylar-lined hood to ensure complete coverage of the patient's head.

5. Transport:

- Use the eight padded handles to lift and transport the patient. Ensure that a sufficient number of personnel are available to distribute the weight evenly and avoid strain.
- Maintain a stable and even pace while transporting the patient to minimize movement and ensure the patient's safety.

6. Fluid Absorption:

- The highly absorbent cellulose core will automatically wick fluids away from the patient during transport. Monitor the patient and the litter for signs of excessive fluid accumulation.
- If the Life Guard becomes saturated with fluids, prioritize quick transport to a medical facility where the patient can be transferred to a dry surface.

7. Post-Use Disposal:

- After the patient has been safely transported and transferred to a medical facility, carefully remove the Life Guard.



- Dispose of the Life Guard according to local medical waste disposal regulations. The product is not designed for reuse.

Additional Notes:

- **Emergency Situations:** The Life Guard is compatible with other emergency equipment, including splints, backboards, and medical restraints.
- **Training:** It is recommended that emergency personnel undergo training in the proper use and deployment of the Life Guard to ensure proficiency during actual emergencies.
- **Storage:** Store the Life Guard in its original packaging in a cool, dry place, away from direct sunlight and sharp objects. Proper storage will maintain the product's effectiveness until needed.

**Always follow your local Medical Direction and Protocols
for patient movement and hypothermia treatment.**