



GD101  
GD102  
GD111  
GD112

**EN**

Rossmax Swiss GmbH,  
Tramstrasse 16, CH-9442 Berneck, Switzerland



## Instruction Manual

[www.rossmax.com](http://www.rossmax.com)

### Storage and Maintenance

1. After measurement, wrap cuff around sphygmomanometer and store in the carrying case together.
2. Always deflate cuff completely before storage.
3. Never touch the cuff fabric or parts with a sharp instrument.
4. Sphygmomanometer accuracy can be checked visually: simply be certain the needle rests within the area indicated by the red line under "0" when the unit is fully deflated. Under normal condition, it is recommended that calibration be completed every two years.
5. Clean the cuff with a slightly damp sponge or cloth. If necessary, it may be washed in cool water with mild soap. Remove bladder prior to washing. Rinse and air dry. Do not iron. Clean the bladder and bulb with a slightly damp sponge or cloth. To protect from cracking or discoloring, wipe with a soft cloth moistened with ethanol. Clean valve and gauge with a soft dry cloth.

### Safety Information

1. Rossmax Palm Type Aneroid Sphygmomanometer is exclusively designed for blood pressure measurement at the upper arm or thigh on healthy skin.
2. Do not inflate to more than 300 mmHg.
3. Do not take your blood pressure for more than 3 minutes.
4. Wait for at least 2 minutes before repeated measurements.

### Specifications

Measurement Range: 0-300 mmHg  
Accuracy:  $\pm 3$  mmHg  
Operation environment: 10°C~40°C; 85% RH max  
Storage environment: -10°C~60°C; 10%~90% RH max  
Dimensions: 163(L) x 60(W) x 45(H)mm  
Weight: 170  $\pm$  5g (only Palm Gauge)  
\*Specifications are subject to change without notice.

GD	Cuff with D-ring	Cuff without D-ring	Stethoscope
101	•		
102	•		•
111		•	
112		•	•

#### Warranty Registration (Must be completed within 10 days of purchase)

Customer Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ ZIP code: \_\_\_\_\_  
Telephone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Gender: Male ☐ Female ☐ Age: \_\_\_\_\_

#### Product Information

Date of purchase: \_\_\_\_\_

Store where purchased: \_\_\_\_\_

Price Paid (excl. Tax): \_\_\_\_\_

This instrument is covered by a 2 year guarantee from the date of purchase. The guarantee is valid only on presentation of the guarantee card completed by the dealer confirming date of purchase or the receipt. Cuff and wearing parts are not included. Opening or altering the instrument invalidates the guarantee. The guarantee does not cover damage, accidents or non-compliance with the instruction manual. Please contact Rossmax Service.

## Introduction

Thank you for choosing Rossmax Palm Type Aneroid Sphygmomanometer. Blood pressure measurements determined with Palm Type Aneroid Sphygmomanometer are equivalent to those obtained by a trained observer using cuff/stethoscope auscultation method.

Palm Type Aneroid Sphygmomanometer is protected against manufacturing defects by an established International Warranty Program. For warranty information, you can contact the manufacturer, Rossmax International Ltd. or your local distributors.



**Attention :** Consult the accompanying documents. Please read this manual carefully before use. Please be sure to keep this manual.

## Preliminary Remarks

Palm Type Aneroid Sphygmomanometer complies with European Regulation underlying the Medical Device Directive and bears the CE mark " CE0120 ". The quality of device has been verified and conforms to the provisions of the EC council directive 93/42/EEC (Medical Device Directive) Annex I essential requirements and applied harmonized standards..

EN 1060-1: 1995/ A2:2009 Non-invasive sphygmomanometers- Part 1: General requirements.

EN 1060-2: 1995/ A1:2009 Non-invasive sphygmomanometers - Part 2: Supplementary requirements for mechanical sphygmomanometers.

## About Blood Pressure

It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk.

For reliable monitoring and reference of blood pressure, keeping long term records is recommended. Please download the blood pressure log (chart for recording and tracking crucial info: date, time, blood pressure, pulse rate and body condition) at [www.rossmax.com](http://www.rossmax.com).

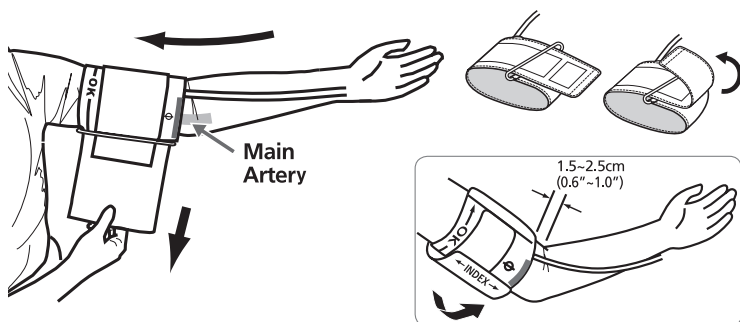
## Applying the Cuff

1. Place the cuff over the bare upper arm, wrap it with the tube pointing your palm, and the artery mark over your main artery.
2. The edge of the cuff should be at approximately 1.5 to 2.5 cm above the inner side of the elbow joint. If the index line falls within the range of the arm circumference indicator, the cuff circumference is suitable, otherwise you may need a cuff with a different circumference.
3. Using the correct cuff size is important for an accurate reading.

## Applicable cuff circumferences

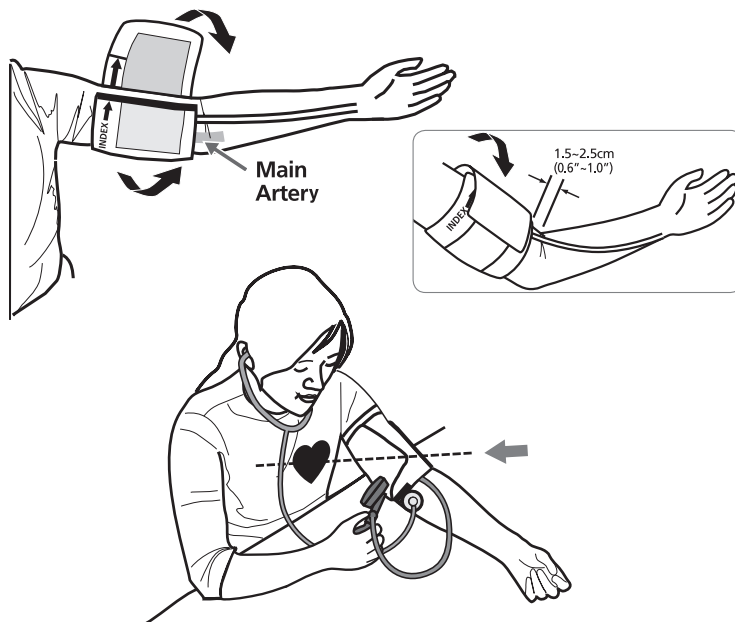
### Rossmax Cuff with D-ring :

Adult 24 - 32 cm (9.4" - 12.6")



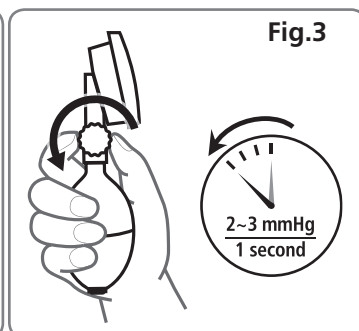
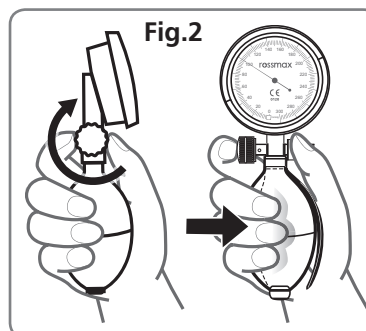
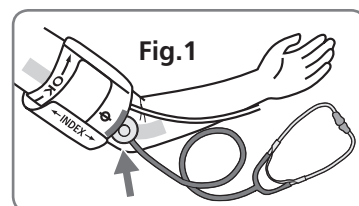
### Rossmax Cuff without D-ring :

Adult 25.4 - 40.6 cm (10.0" - 16.0")



## Measurement Procedures

1. Place the stethoscope head over the main artery, underneath the artery mark of the cuff. (Fig. 1)
2. With the valve closed, press the bulb and continue pumping to a value 20-30 mmHg above your normal blood pressure. (Fig. 2)
3. Open the valve to deflate the cuff gradually at a rate of 2-3 mmHg per second. (Fig. 3)
4. Record the onset of Korotkoff sound as the systolic pressure, and the disappearance of these sounds as diastolic pressure.
5. After measurement is completed, fully open the valve to release any remaining air in the cuff.



## Cautionary Notes

1. The unit contains high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and protect it from dust.
2. The unit should not be operated by children to avoid hazardous situations.
3. Palm Type Aneroid Sphygmomanometer is not field serviceable. You should not use any tool to open the device nor should you attempt to adjust anything inside the device. If you have any problems, please contact your local distributor or Rossmax International Ltd.
4. To stop operation at any time, open the air release valve, and the air in the cuff will be rapidly exhausted.