

The Aged Simulation Set

LM-060

The Aged Simulation Set (L-size)

LM-102

Instruction Manual

Thank you for purchasing the Aged Simulation Set.

Please read this instruction manual carefully to ensure correct use of the product,
and store it in a safe place for easy access.

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Handling and Safety Precautions

These precautions should be strictly observed in order to ensure safe, long-term use of the product.

The following precautions should be observed particularly strictly:

1. When trying aged simulation for the first time, only wear the gear for one side.
2. Always have assistance from a helper when trying aged simulation.
3. Be very careful when using the set on stairs, as it is very dangerous.
(Do not use the set on steep steps, as it is particularly dangerous.)
4. Do not run while wearing the set.
(May result in falls.)
5. Take off and stop using the set immediately if a part of the body starts to feel abnormal during use.
6. Do not apply excessive force or bend the set.
(The ABS plates set inside the components may break.)

1. The contents of this instruction manual are subject to change without notice.
2. This instruction manual may not be reproduced in part or in its entirety without permission.
3. Please contact the manufacturer in the event that any errors or omissions are found in the contents of this instruction manual.
4. This product should be used only as described in this instruction manual. In particular, the product should not be used in any way that contravenes the precautions noted in the instruction manual.

Table of Contents

1. Outline and Features

2. Components and Configuration

3. Putting on the Set

3-1 Putting on the elbow restrictors

3-2 Putting on the knee restrictors

3-3 Putting on the back protector

3-4 Putting on the finger restrictors

3-5 Putting on the other accessories

4. Caring for the Set

- Cleaning instructions

- Caution

5. Specification

- Size compatibility table

- Materials of each component

- Dimensions and weight

1. Outline and Features

Outline

As people age, they experience changes in posture, movement, and senses. The posture becomes more stooped and the joints also change, making movement unsteady. Sensory changes alter their social life.

The aged simulation set lets you experience the inconveniences in day-to-day life from the physical changes brought by aging. You may be shocked by the physical inconveniences you experience when wearing the set. Remember that these are not sudden changes, but changes that occur gradually with age. The simulation set is only a tool -- actual aging does not necessarily feel like attaching restrictors or weights to your body or wearing goggles. Please remember these points when using the set.

Features

1. Adjusting the extensively placed hook-and-loop fasteners straps can enable the set to be worn by trainees of various physiques.
2. It is hard for the trainee to move the joints when wearing knee and elbow restrictors. The trainee can also simulate reduced muscle power with wrist and ankle weights attached, and a reduced sense of touch as well as difficulty in grasping objects while wearing the gloves.
3. A stooped posture can be experienced by wearing the back protector.
4. Loss of peripheral vision and changes in visual function due to cataracts can be simulated by wearing the goggles.
5. Earplugs are specially created to block out the high-frequency sound range. Wearing these simulates presbycusis, which makes it difficult to hear high-frequency sounds.

2. Components and Configuration

Configuration

(LM-060) The Aged Simulation Set



(LM-102) The Aged Simulation Set (L-size)

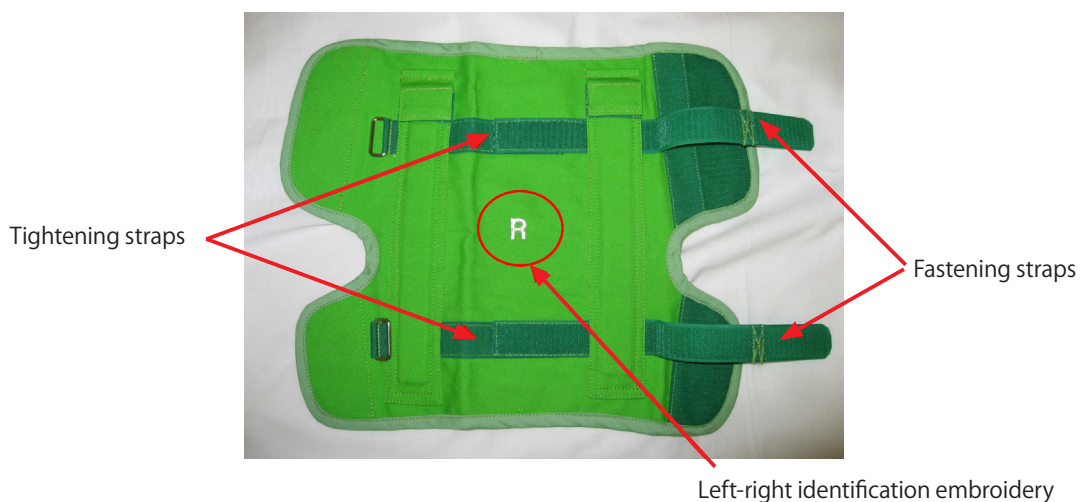


Names of the Components

	Names of the Components	Quantity
①	Back protector	1
②	Knee restrictors	1 pair for both knees
③	Elbow restrictors	1 pair for both elbows
④	Finger restrictors	1 pair for both hands
⑤	Walking stick (foldable) *2 Common component	1
⑥	Gloves (10 pairs) *2 Common component	1
⑦	Goggles *2 Common part	1
⑧	Training bib	1
⑨	Ear plugs (50 pairs) *2 Common component	1
⑩	Wrist weights (500 g) *2 Common component	1 pair for both wrists
⑪	Ankle weights (1000 g) *2 Common component	1 pair for both ankles
	Storage bag *2 Common component	1
	Instruction Manual (this document) *2 Common component	1

- * 1. The piping on the restrictors, ties on the training bib, and embroidery are colored differently in the aged simulation set and L-size aged simulation set. The aged simulation set uses lime green, while the L-size aged simulation set uses yellow.
- * 2. The walking stick, gloves, goggles, ear plugs, wrist weights, ankle weights, storage bag, and instruction manual are the same in the aged simulation set and L-size aged simulation set.

Names of the components in the elbow and knee restrictors



3. Putting on the Set

3-1 Putting on the elbow restrictors

(1) Fasten the elbow restrictors in place as shown below. Put them on so that the elbows are positioned at the opening in the center of the restrictors.

**Note that the restrictors for the right and left sides are different. (R: right, L: left)*



Elbow

*If the elbow restrictors are too loose, use the tightening straps to fold over the ends and fasten them down.

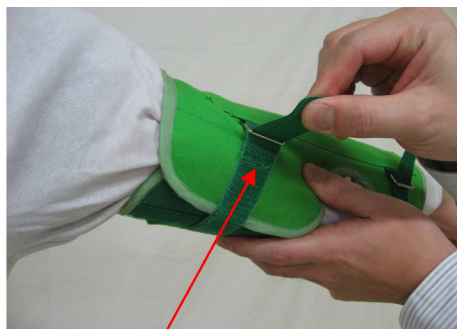


Fold over

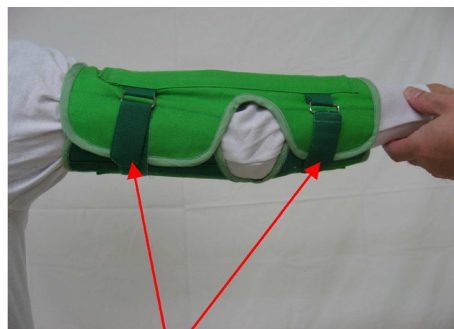
Tightening strap



(2) Fasten it in place with the fastening straps on the forearm and upper arm (2 places). Secure the fastening straps tightly in place to ensure the correct simulation.



Fastening strap

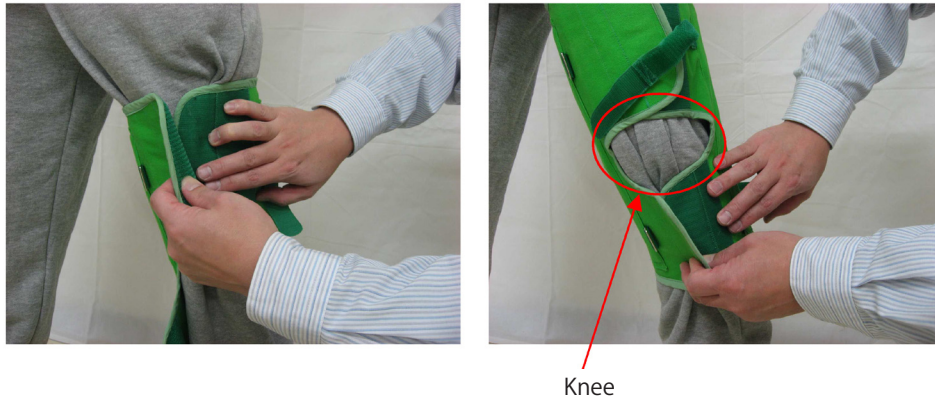


2 places

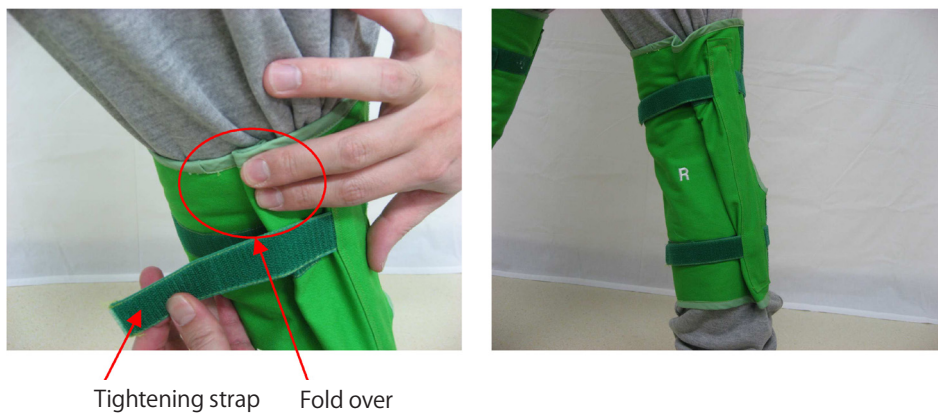
3-2 Putting on the knee restrictors

(1) Fasten the knee restrictors in place as shown below. Put them on so that the knees are positioned at the opening in the center of the restrictors.

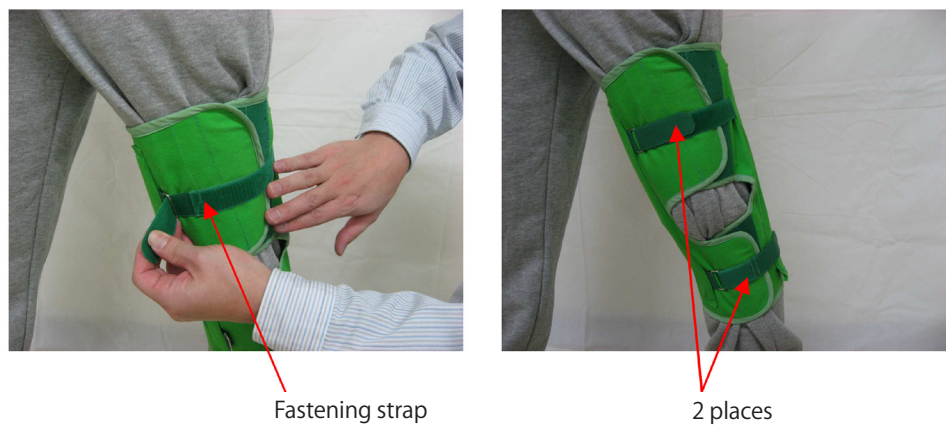
**Note that the restrictors for the right and left sides are different. (R: right, L: left)*



*If the knee restrictors are too loose, use the tightening straps to fold over the ends and fasten them down.



(2) Fasten it in place with the fastening straps on the thigh and calf (2 places). Secure the fastening straps tightly in place to ensure the correct simulation.



3-3 Putting on the back protector

- (1) Hunch forward and hook the back protector on the shoulders. Fasten it in place with the fastening straps on the chest and stomach (2 places). Be sure to secure the fastening straps tightly in place while hunched over, as correct simulation cannot be experienced when worn with a straight back.



2 places

3-4 Putting on the finger restrictors

- (1) Put a glove on each hand.



- (2) Slide gloved fingers into the elastic straps of the finger restrictors as shown below.

*Note that the finger restrictors for the right and left sides are different. (R: right, L: left)



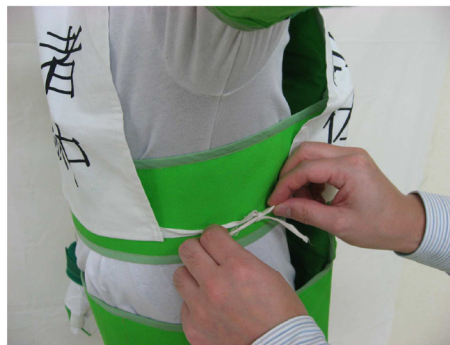
3-5 Putting on the other accessories

(1) Put the weights on the right and left wrists and ankles.

*Note that the weights are different for the wrists and for the ankles.



(2) Put on the training bib. As shown below, slip the training bib over the head and tie the ties under the arms.



(3) Put on the goggles.



* Wearing the goggles is very dangerous, as peripheral vision becomes quite limited. Always receive assistance from a helper to move around.

(4) Put in the ear plugs.



- * Be careful not to push the ear plugs too far into the ears, as they may become difficult to remove.
- * For hygienic reasons, the same ear plugs should not be used by more than one person.





(5) Hold the walking stick.



This completes the procedure for putting on the set. Be very careful when trying the simulation.

4. Caring for the Set

Cleaning instructions

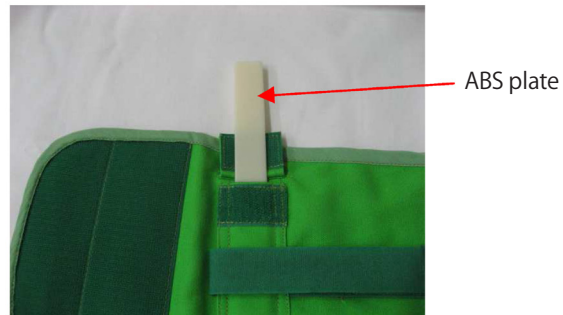
	Do not wash
	Do not bleach
	Do not iron
	Dry clean only

Caution

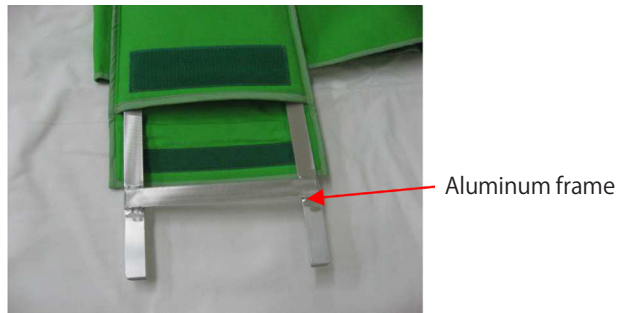
- Do not wash or bleach, as the material may shrink and the color may fade.
- Do not iron.
- The weights cannot be cleaned.
- Before dry cleaning, remove the two ABS plates from the elbow and knee restrictors and the aluminum frame from the back protector.

* Also follow the procedure below when replacing ABS plates.

How to remove the ABS plate for dry cleaning.



How to remove the aluminum frame for dry cleaning.



5. Specifications

Size compatibility table

	The Aged Simulation Set	The Aged Simulation Set (L-size)
Height	Approx. 155 to 170 cm	Approx. 170 to 185 cm
Chest circumference	Approx. 76 to 104 cm	Approx. 88 to 135 cm
Abdominal circumference	Approx. 60 to 108 cm	Approx. 85 to 135 cm
Upper arm circumference	Approx. 14 to 26 cm	Approx. 23 to 40 cm
Forearm circumference	Approx. 13 to 24 cm	Approx. 16 to 32 cm
Above-the-knee circumference	Approx. 16 to 44 cm	Approx. 31 to 65 cm
Calf circumference	Approx. 22 to 38 cm	Approx. 28 to 49 cm

* Use the above size compatibility chart as a guide. Depending on physique, some trainees may not be able to wear the set properly.

Materials of each component

Name of component	Materials
Elbow restrictors	100% cotton and ABS
Knee restrictors	100% cotton and ABS
Finger restrictors	100% cotton
Back protector	100% cotton and aluminum
Weights	Iron particles
Training bib	100% cotton
Walking stick	Aluminum
Goggles	Vinyl chloride
Ear plugs	Expanded polymer

Dimensions and weight

	Length	Width	Height	Weight
When stored in the bag	Approx. 31 cm	Approx. 46 cm	Approx. 22 cm	Approx. 6.5(7.0) kg

* Numbers in the brackets are for the L-size set.