**Nobles County Public Health - Omron Blood Pressure Cuff User Guide**

\*Clean monitor before and after each use with disinfectant provided. User ID should remain on person 1.

\*The Omron cuff fits arms that are 22-42 cm (9-17 inches) wide. If using for the first time, measure your arm circumference to ensure it falls within that range or your reading may be inaccurate.

1. Place cuff directly on bare skin of upper arm, with bottom of the cuff edge ½ inch above elbow.

2. Align cuff so that air tube is centered inside your arm, if on left arm. If cuff is on right arm, the air tube will be at the side of your elbow.

3. Wrap cuff snugly.

4. Turn the unit on by pressing the START/STOP button once. The cuff will inflate automatically. Hold until the cuff deflates and results are displayed.

5. To clear a blood pressure reading from the machine, press the notepad button down. While holding notepad button down, press the START/STOP button for 4 seconds.

**Storage, cleaning and maintenance of the machine**

1. Clean monitor before and after each use with the disinfectant provided. If the wipes container is empty, please contact an EWRC member.
2. Please do not bring the blood pressure monitor anywhere. Once you are finished using the device, put it back in the basket provided.
3. Be careful not to subject the monitor to strong shocks, such as dropping the unit on the floor.
4. Do not forcefully bend the arm cuff or air tube, do not fold tightly.

**Error Messages**

See the last page of the Omron Instruction Manual to troubleshoot. If the batteries are dying/dead, or if error display message “Er” appears, contact an EWRC member. If for any other reason the monitor/cuff appears to be malfunctioning, contact an EWRC member.

**Calibration (for EWRC staff to monitor)**

1. Check the monitor for accuracy.

* Omron’s calibration check system uses dual sensors to check whether the unit is accurate and functioning correctly. If the light stays lit during the measurement, no issues are detected. If error is detected the light will flash “ER” on display.
* Every 6 months check the Omron BP machine calibration. The machine can be taken to Sanford Worthington, and they will calibrate it against a mercury machine. The Omron BP device should give readings that are within 10 mmHg systolic and 10 mmHg diastolic of the clinic’s mercury machine. If they are not, the electronic machine needs to be sent to the repair department at Omron Healthcare for this service (see inserts for directions).

2. Make sure to provide a low-level disinfectant so that employees can clean the Clean the blood pressure machine, cuff, tubing, power cord in-between each use.