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.)

The contents of this instruction manual are subject to change without notice.
This instruction manual may not be reproduced in part or in its entirety without permission.
Please contact the manufacturer in the event that any errors or omissions are found in the contents of this instruction manual.
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.
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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

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

* 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

![Diagram of elbow and knee restrictors with labels: Tightening straps, Fastening straps, Left-right identification embroidery]
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)

![Images of putting on the elbow restrictors]

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

![Images of folding over and securing the elbow restrictors]

(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.

![Images of fastening the elbow restrictors]

6
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)

(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.

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**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>✗</td>
<td>Do not wash</td>
</tr>
<tr>
<td>✗</td>
<td>Do not bleach</td>
</tr>
<tr>
<td>✗</td>
<td>Do not iron</td>
</tr>
<tr>
<td></td>
<td>Dry clean only</td>
</tr>
</tbody>
</table>

**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.**

![ABS plate](image1)

**How to remove the aluminum frame for dry cleaning.**

![Aluminum frame](image2)
5. Specifications

Size compatibility table

<table>
<thead>
<tr>
<th>Height</th>
<th>The Aged Simulation Set</th>
<th>The Aged Simulation Set (L-size)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest circumference</td>
<td>Approx. 76 to 104 cm</td>
<td>Approx. 88 to 135 cm</td>
</tr>
<tr>
<td>Abdominal circumference</td>
<td>Approx. 60 to 108 cm</td>
<td>Approx. 85 to 135 cm</td>
</tr>
<tr>
<td>Upper arm circumference</td>
<td>Approx. 14 to 26 cm</td>
<td>Approx. 23 to 40 cm</td>
</tr>
<tr>
<td>Forearm circumference</td>
<td>Approx. 13 to 24 cm</td>
<td>Approx. 16 to 32 cm</td>
</tr>
<tr>
<td>Above-the-knee circumference</td>
<td>Approx. 16 to 44 cm</td>
<td>Approx. 31 to 65 cm</td>
</tr>
<tr>
<td>Calf circumference</td>
<td>Approx. 22 to 38 cm</td>
<td>Approx. 28 to 49 cm</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>Name of component</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elbow restrictors</td>
<td>100% cotton and ABS</td>
</tr>
<tr>
<td>Knee restrictors</td>
<td>100% cotton and ABS</td>
</tr>
<tr>
<td>Finger restrictors</td>
<td>100% cotton</td>
</tr>
<tr>
<td>Back protector</td>
<td>100% cotton and aluminum</td>
</tr>
<tr>
<td>Weights</td>
<td>Iron particles</td>
</tr>
<tr>
<td>Training bib</td>
<td>100% cotton</td>
</tr>
<tr>
<td>Walking stick</td>
<td>Aluminum</td>
</tr>
<tr>
<td>Goggles</td>
<td>Vinyl chloride</td>
</tr>
<tr>
<td>Ear plugs</td>
<td>Expanded polymer</td>
</tr>
</tbody>
</table>

Dimensions and weight

<table>
<thead>
<tr>
<th>Length</th>
<th>Width</th>
<th>Height</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>When stored in the bag</td>
<td>Approx. 31 cm</td>
<td>Approx. 46 cm</td>
<td>Approx. 22 cm</td>
</tr>
</tbody>
</table>

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