

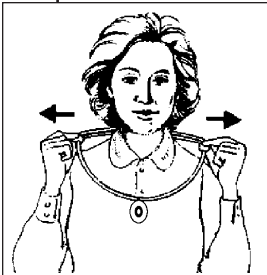
# Instructions for Using The Lifeline® Personal Help Button SX319

## About Your Personal Help Button

Your Lifeline Personal Help Button is powered by a long-life lithium battery. It is dust proof and waterproof\* so that it can be worn in the shower or bath.

Slimline Personal Help Buttons are designed to be worn as a pendant on an adjustable neckcord or can be converted to wristwear using the enclosed wriststrap.

### To shorten the neck cord



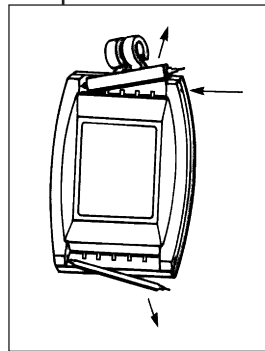
With a “tab” between your first finger and thumb of each hand, gently slide both tabs apart in line with your shoulders.

### To lengthen the neck cord

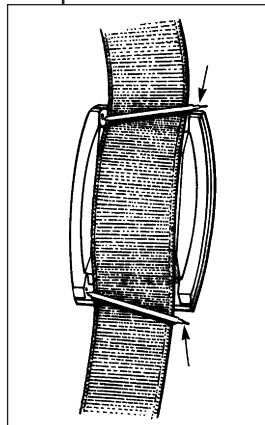


Pull “single” strand of neckcord while sliding tab to back. Repeat on other side.

### To install the wriststrap

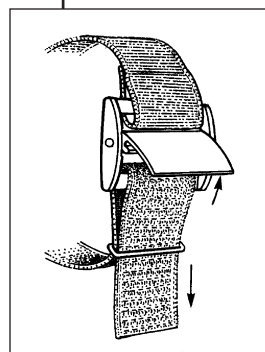


- 1** Remove the watch pins at each end of the button by inserting a small paper clip or similar tool into the hole on both outside edges.



- 2** Position the wriststrap over the back of the button and insert the watch pins over the wriststrap into the pin holes.

### To adjust the wriststrap



- 1** Lift the fastener to loosen the wriststrap.
- 2** Adjust wriststrap to desired length and close fastener.
- 3** The wriststrap will slide easily on and off the wrist with no further adjustment needed.

# Save These Instructions for Future Reference

## Important Safety Instructions

- 1** Please read all instructions.
- 2** Test the operation of your PHB each month and after every cleaning.
- 3** Do not remove the label. Your Personal Help Button is waterproof provided the label is firmly in place. If the label is removed, peeling off or damaged in any way, the button must be replaced. Your button will not send a signal while submerged in water. Your Personal Help Button is not intended for machine washing or drying.
- 4** Do not use any attachment or accessory that is not intended for use with your PHB.
- 5** Your PHB is factory serviceable only. There are no user replaceable parts inside the PHB.

## Replacing Your PHB

Your Personal Help Button has an internal, non-replaceable battery and will send a low battery signal when it needs to be replaced.

## Cleaning Your Personal Help Button

Your Personal Help Button is designed to be worn in the shower or bath. You can submerge your button in warm water for easy cleaning. Before you start, turn off the power switch on the communicator to ensure that a false "help" call will not accidentally be sent to the response center. Wash the button with a mild, liquid dishwashing detergent, then rinse and dry with a soft towel.

## FCC Warning and User Notification Requirement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:  
(1) this device may not cause harmful interference, and  
(2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by Lifeline System for compliance could void your authority to operate the equipment.

## INDUSTRY CANADA

This apparatus complies with the class "B" limits for radio interference as specified in the Canadian Department of Communications Radio Interference regulations.

**Field Strength .....Less than 5900 MV/m at 3m**  
**Operating Frequency .....319.5 MHz**  
**Channeling.....1**  
**Mode of Transmission .....Pulse Modulation**  
**Data Source .....Internal Only**  
**Type of Modulation .....Pulse Position**  
**Occupied Bandwidth .....319 MHz-320 MHz**  
**Emission Designator .....60K0L1D**  
**Power Output .....10 microwatts**  
**Use and Purpose .....See Instructions**  
**Rating .....3 VDC, .006A**

One or more of the following US Patents may apply to this product: D277,465, 4,524,243, 4,656,319, 4,760,593, 4,622,544, 4,908,602, 4,884,059, D313,363, D313,362, 4,064,368, 3,989,900, 5,091,930

One or more of the following Canadian Patents may apply to this product: 1,274,930, 1,256,613



CONFORMS  
TO UL STD 1637  
Home Health Care  
Signaling Equipment  
CERT to CAN/CSA  
STD C22.2 No. 1