

Womanikin

Builder's Toolkit

May 2019



Builder's Toolkit Introduction

The Womanikin Builder's Toolkit allows for anyone to construct their own universal Womanikin CPR attachment using a simple design pattern and easily attainable fabrication materials. The more CPR training is performed on a woman's torso, the more we can begin to normalize CPR administration on women in need of resuscitation.



Womanikin Compatibility

To properly use the Womanikin for CPR training, you will first need a "Little Anne" manikin, manufactured by Laerdal. You can purchase a "Little Anne" [here](#).

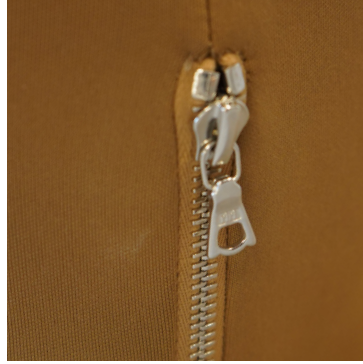


Materials for Fabrication



NEOPRENE TEXTILE

Neoprene fabric, also referred to as scuba skin, is a family of synthetic rubber often used to make wetsuits. The material allows for a snug fit on universal CPR dummies, while still maintaining its flexibility and durability. Neoprene is easily sourced at most fabric stores.



HEAVY DUTY ZIPPER

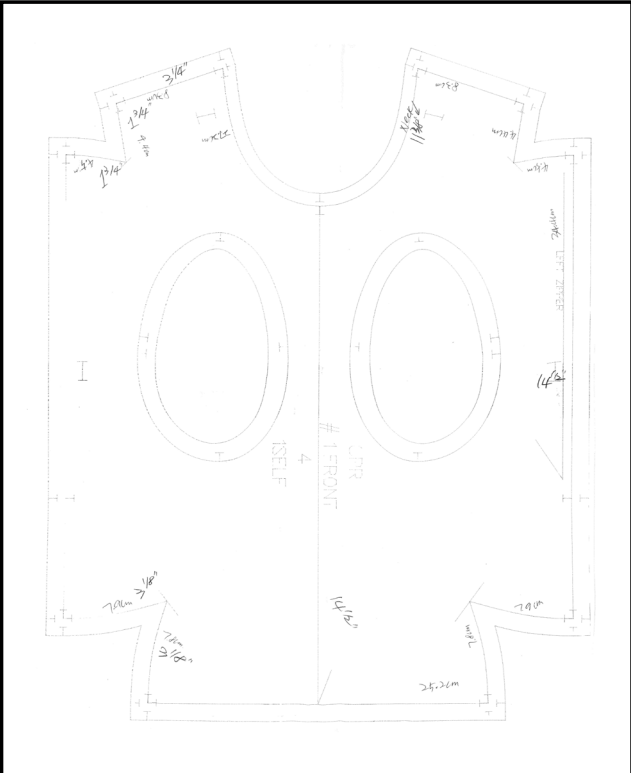
Any zipper type can be used, but a heavy duty chrome metal zipper is recommended, with the tape, or fabric part of the zipper, matching the color of the neoprene textile.



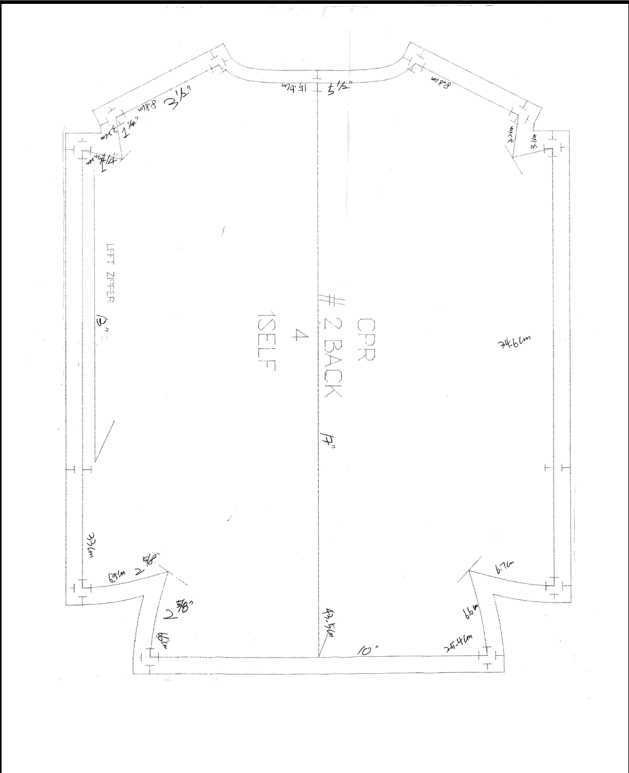
SILICONE BREASTS

Silicone breast forms feel very similar to natural breasts, and can be easily inserted into the Womanikan design pattern. 500gm (size/type of silicone breast pads) is recommended for the best, most proportionate fit for the attachment.

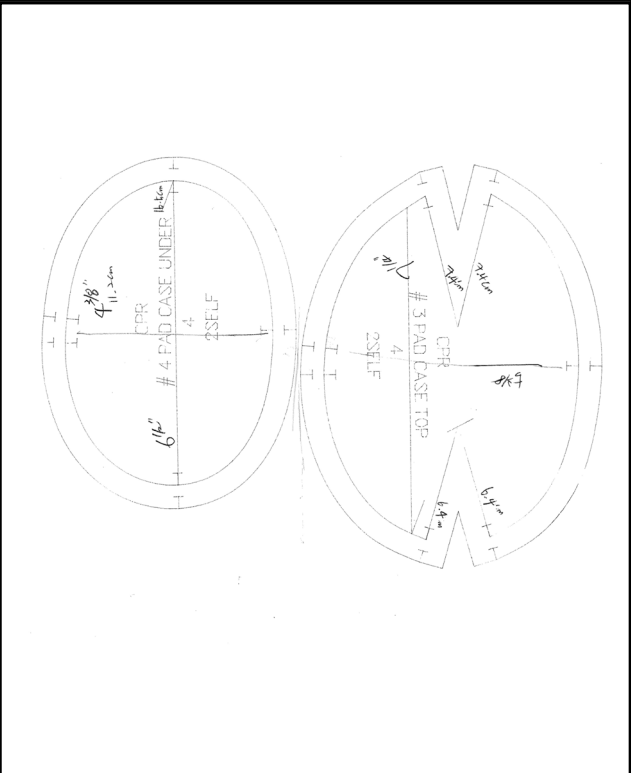
DESIGN PATTERNS



Womanikin Construction Pattern — Front



Womanikin Construction Pattern — Back



Womanikin Construction Pattern — Breast Case

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Once all components are sourced, a garment worker can easily size the materials and construct the form using the pattern provided. The Womanikan attachment simply slides onto the CPR dummy and should fit snugly so trainees can perform simulation learning and maneuver their manikin using standard training class procedures.



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Thank you.

For feedback, or questions please contact: info@womanikin.org