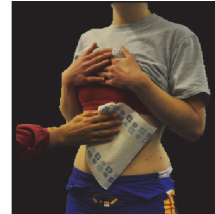


1) Explain the monitor is going to be attached to the skin underneath the child's t-shirt, and will be stuck on with sticky pads. Explain that they should keep the monitor on for 5 days, and that they do not need to take it off, not even for swimming, showering, bathing or sleeping.

2) Record the Actiheart number (located on the back of the Actiheart) and date on the recording sheet.

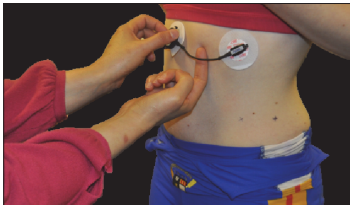
3) Give the child a paper towel and ask them to rub their skin across their whole chest at level of sternum. This is important to remove any moisture or residue on the skin to ensure the pads stick to the skin well.



4) Clip the monitor on to the electrodes.

5) Remove the backing from the electrodes.

6) Ask the child to use their right arm to hold their t-shirt up and leave their left arm by their side. Place the smaller end of the Actiheart on the participant first (this end is placed closest to the child's left arm, but not so that it can be caught by the arm).



7) Place one finger under the wire, so the wire is not fully taut, and place the main piece of the Actiheart below the sternum (or as far towards the child's right arm as necessary). It is important that there is not enough slack in the wire to allow the circular part of the Actiheart (the main piece) to spin around more than 90

degrees as this will create false readings.

8) Ask the child to press down on the electrodes to ensure they have created a firm hold.

9) Remind the child they should keep the Actiheart on for 5 days. Explain that if it becomes loose or falls off, they have been provided with spare sticky pads so an adult can replace the Actiheart using the instructions provided.

