

The Responder

"Progress Saves Lives..."

Edition 90 | August 2026

From the Editor's Desk

Greetings friends, clients and fellow healthcare professionals, welcome to the August 2026 edition of The Responder.

Wow, what wonderful weather we had this past weekend. It seems like Spring is making an early appearance in Cape Town. It has been a while where it has been warm enough to throw on a pair of shorts. Both Saturday and Sunday were wonderfully warm, although the mornings have still been chilly. Fortunately, we are expecting some rain this week, which is desperately needed. We should all keep our fingers crossed for a lot more. The thought of another drought is terrifying to say the least.

We have been really busy gearing up for the World Health Expo exhibition which takes place in Nairobi in September. Aatiyah and Tammy will be representing us at the event. They have been really busy getting our samples together and making sure everything checks out as it will need to go through customs in Kenya. It can be quite stressful because you don't have the luxury of being half hours' drive from one of our branches, so everything needs to be perfect for a successful exhibition. We would like to say a big thank you to The Medical Device Manufacturers Association (MDMSA) for making our attendance possible. If you are local medical device manufacturer, this industry association is excellent to belong to. Joining them keeps you abreast of the latest developments regarding medical devices in South Africa. There is also huge opportunity to exhibit at both local and international medical device exhibitions. These types of exhibitions would normally be extremely expensive to attend, however with MDMSA and DTIC support, it is quite possible. If you are keen to find out more about MDMSA, feel free to visit their website at www.mdmsa.org.za



Just to remind you, I have included the Be Safe WhatsApp QR code, if you would like to join our group. It only takes a few seconds and it is a good source of information on what's happening in the company, specials offers and loads of other useful information.

In this edition's article, we will be focusing on the Practi-Man and Practi-Baby Plus CPR Manikins. These have become enormously popular in South Africa. They are very well priced and offer some excellent features, including compression feedback via a wireless monitor. In addition, spare parts are easily replaced and they are very cost-effective. You definitely want to check it out.

As always, we have some great special deals lined up for you, so you will definitely want to check them out for some great savings.

With that said, we hope you enjoy this edition of The Responder.

Yours in Healthcare

Gavin Sutton

Editor – The Responder



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Product Showcase

Practi-Man Pus and Practi-Baby Plus CPR Manikins

Most of you providing CPR Training programmes will be aware of the recommendations regarding CPR Instruction published by the AHA. For those of you who are not familiar with the recommendation, the AHA published a statement that all CPR manikins used on the AHA Adult CPR courses must feature an instrumented directive feedback device (IDFD) by the 31 January 2019. Devices such as these provide real-time, audio-visual feedback as CPR is being performed, allowing student performance to be evaluated in an immediate and ongoing manner.

The AHA furthermore released a statement saying the following: "Incorporating feedback devices into Adult CPR courses improves the quality and consistency of CPR training, which increases the chance of a successful outcome when CPR is performed. Studies have also shown that feedback devices help students achieve mastery of crucial CPR skills and shorten the time to demonstration of competence," Of course we completely support anything that will improve outcomes, however if one takes a look at what is currently available, it is quite easy to understand why the costs are stressing a lot of training organisations out.

Why was the change made?

The 2015 AHA Guidelines Update for CPR and ECC highlighted research showing the benefit of feedback devices that provide learners with real-time, audio-visual corrective feedback on aspects such as chest compression rate, depth, and recoil.

Definition & Descriptions: Instrumented Directive Feedback Devices

An instrumented directive feedback device measures compression rate, depth, and provides real-time audio or visual feedback (or both) on these critical CPR skills. Optimally, feedback devices for CPR can also measure hand position, recoil, and chest compression fraction. A feedback device can be integrated into a manikin or serve as an accessory to a manikin.

Although the directive is specifically aimed at AHA certified programmes, there is no doubt that the directive will also benefit organisations that do not offer AHA certified programmes. Using feedback devices really does improve the objectivity of both teaching and evaluating CPR training.

Be Safe Paramedical is proud to be the South African agent for the Practi-Man Plus and Practi-Baby Plus CPR manikin range. Both manikins provide chest compression rate, chest compression depth and chest recoil feedback via its wireless external module. These manikins are robust, realistic and best of all, are extremely affordable. Furthermore, replacement parts are always available and are extremely cost-effective when compared to many other brands on the market.

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Practi-Baby Plus:

- **Full body** – Lifelike presentation with articulating head, arms and legs.
- **Breathing function** – Excellent performance during practice with paediatric manual resuscitator, pocket mask or barrier device
- **Wireless** – Connects wirelessly to external feedback monitor
- **Guedel airway** – remove airway valve to practice inserting a guedel airway
- **Electronic Feedback** - Monitor with real-time electronic feedback of rate, depth and chest recoil
- **Objective test report** – Auto generate a test report and result after completion of session
- **AED training** - Pads do not leave residue on the skin
- **Training mode** – Can also be used in blind training mode



Practi-Man Plus:

- **2 in 1, adult and child** – switch between adult and child mode by selecting on feedback monitor
- **Exclusive breathing system** - Including a unique functional nose
- **Airway opening techniques** – use both head-tilt chin-lift and jaw thrust techniques
- **Ventilation** – can be used with pocket mask, barrier device or bag-valve-mask resuscitator
- **Electronic Feedback** - Monitor with real-time electronic feedback of rate, depth and chest recoil
- **AED training** - Pads do not leave residue on the skin
- **Guedel airway** – remove airway valve to practice inserting a guedel airway
- **Training mode** – Can also be used in blind training mode
- **Female chest skin** – Purchase an optional female chest skin for realistic female specific chest compression hand placement



If you would like more information and a quotation on these two fantastic manikins, please feel free to drop us an email on info@be-safe.co.za

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Special Deals

CritiCare® CrashPAC EMS Jump Bag

Product Code: BAG.CP.TB.CC



R1 700.00 Inclusive of Vat each

Offer valid until 11 September 2026 or while stocks last

[Buy Now](#)

CritiCare® StrapPAC Moonbag

Product Code: REF:BAG.SP.MN.CC.BLK



R190.42 Inclusive of Vat each

Offer valid until 11 September 2026 or while stocks last

[Buy Now](#)

Pulse Oximeter YK-81 Fingertip

Product Code: PO.F.YK-81C



R260.00 Inclusive of Vat each

Offer valid until 11 September 2026 or while stocks last

[Buy Now](#)

CritiCare® Classic Paediatric Stethoscope

Product Code: STETH.CLASSIC.P



R260.00 Inclusive of Vat each

Offer valid until 11 September 2026 or while stocks last

[Buy Now](#)

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CritiCare® TraumaPAC EMS Jump Bag

Product Code: BAG.TP.CC.R.I



R1600.00 Inclusive of Vat each

Offer valid until 11 September August 2026 or while stocks last

[Buy Now](#)

CritiCare® O2PAC Oxygen Therapy Jump Bag (Red)

Product Code: REF:BAG.O2PAC.CC.R



R760.00 Inclusive of Vat each

Offer valid until 11 September 2026 or while stocks last

[Buy Now](#)

CritiCare® Silicone Resuscitator (Adult)

Product Code: RES.SIL.A.I



R645.00 Inclusive of Vat each

Offer valid until 11 September 2026 or while stocks last

[Buy Now](#)

CritiCare® Pocket CPR Mask

Product Code: RES.M.PKT



R59.50 Inclusive of Vat each

Offer valid until 11 September 2026 or while stocks last

[Buy Now](#)

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MedIce Instant Ice Pack

Product Code: REF:MI



R14.20 Inclusive of Vat each

Offer valid until 11 September 2026 or while stocks last

[Buy Now](#)

Burn-Eaz 10 x 10 Dressing

Product Code: REF:BE.10X10S



R14.25 Inclusive of Vat each

Offer valid until 11 September 2026 or while stocks last

[Buy Now](#)

CritiCare® EVA Splint

Product Code: SPL.EVA



R125.70 Inclusive of Vat each

Offer valid until 11 September 2026 or while stocks last

[Buy Now](#)

CritiCare® Multi-function Shears (Orange)

Product Code: SC.UNIV.S.20.O



R440.00 Inclusive of Vat each

Offer valid will stocks last

[Buy Now](#)