Smart Technology, Made to Care

# Emfit

## Sleep Movement Monitor

Programming Guide V 1.0

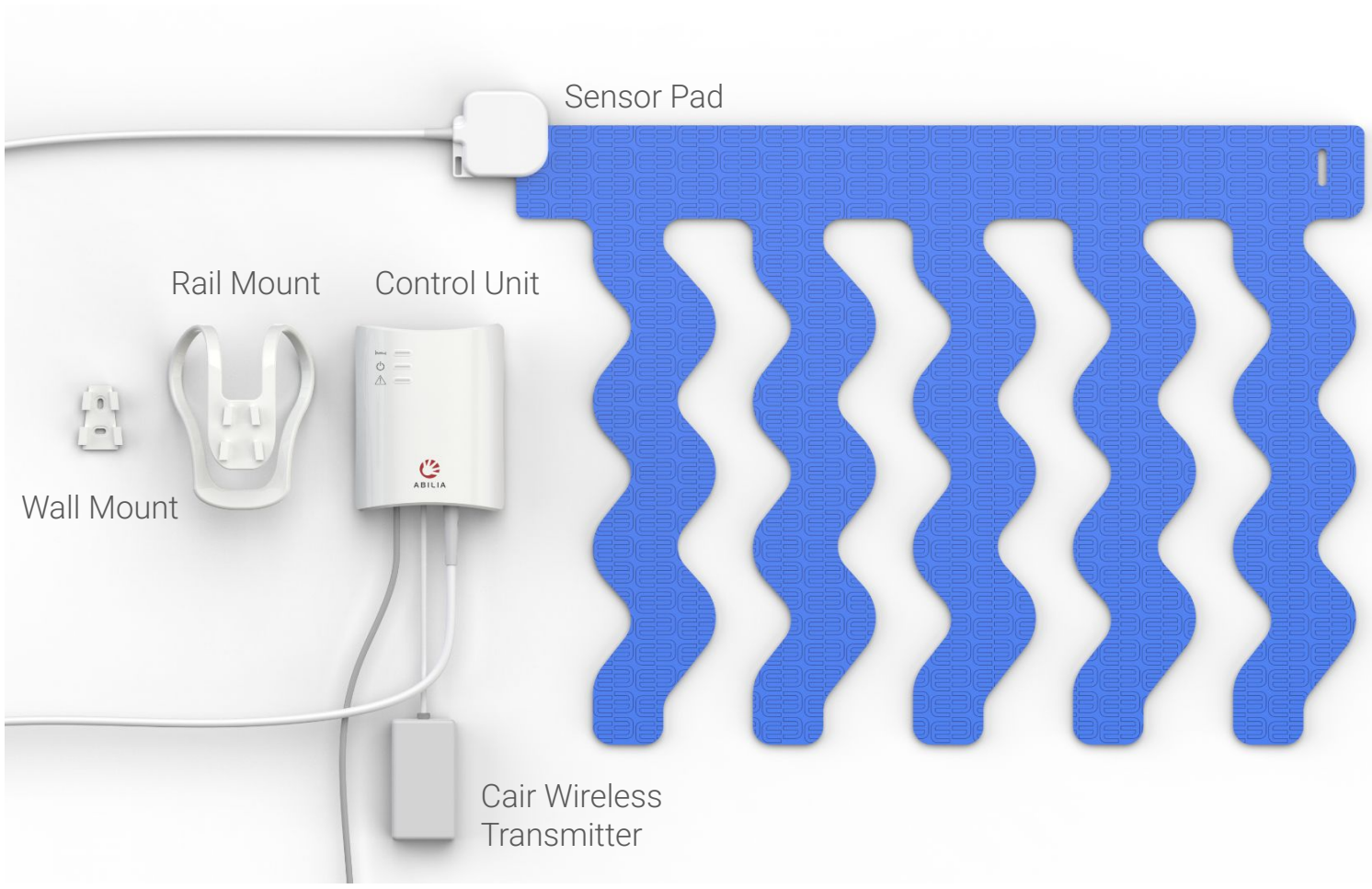

The Cair Emfit is a sleep movement sensor system with the ability to transmit alerts wirelessly.

This solution monitors and analyses movement to determine and notify if irregular movement has been detected. The Emfit solution consists of a bed sensor, control unit and Cair transmitter. Once activated, the unit can notify of an event via its onboard sounder, transmitting a radio alarm signal to an appropriate receiving device, or it can be  connected to various hardwired systems directly.

## Preparing the Emfit

**This is a supplementary guide to the manufacturer's User Manual. Please read both before installing and using the Cair Emfit.**
For additional guidance, explore our collection of how-to videos on the Cair UK YouTube channel, which provides step-by-step tutorials on programming and using our products: https://www.youtube.com/@cairuk5265

The Cair Emfit consists of the main controller, Cair transmitter, bed pad, power supply and mounting tools. Firstly, connect the power cable, Cair transmitter and the bed pad/sensor into the main unit. Once all components are connected, the unit can be turned on by holding down the small orange switch until a beep is heard and the blue LED flashes. To turn off the Emfit, hold down the orange switch until a beep is heard.
**Note:** When the unit is turned on, there will be a continuous warning beep if the bed pad has not been connected.
**Important:** Although the device can operate on battery power, it is recommended that the device is always connected to a power supply.






Rail mountable


Under-mattress sensor

## Positioning the Emfit Bed Pad

There are several methods of positioning the bed pad.
These are indicated on the pad itself, and further information can be found in the user's manual

## Testing the Emfit

To test the Emfit, ensure the device has been switched on and the bed pad and Cair transmitter have been connected to the main unit. Carefully remove the backplate of the main controller. Place weight on the bed sensor for around 60 seconds, the two LEDs will flash during this period, once the LEDs flash in sync continuously, you can now simulate movement across the bed pad. Gently simulate back and forth movement on the pad for up to 20 seconds, until the device activates. The sounder will alarm to confirm the test has been successful.

## Assigning the Emfit to a Notifier or other telecare system

1. Ensure the Emfit is switched on
2. Prepare the Notifier/other system by entering registration mode
3. Activate the Emfit by using a paperclip/suitable tool to activate the test button on the wireless transmitter
4. The Notifier/other system should acknowledge the new device
5. Once registered, an end-to-end system test should be performed, by activating the Emfit using the test method and ensuring the alert is generated on the receiving device

## Specifications

| | |
|---|---|
| **Compatibility** | Various Protocols |
| **Operating Frequency** | 869 MHz / Custom |
| **Dimensions** | Unit - L127 x W96 x D34 mm<br>Sensor - L580 x W430mm |
| **Input** | Power Supply, Aux (Cair Wireless Adapter), Bed Sensor |
| **Mounting** | Wall, Headboard, Table |
| **Power Supply** | 5V DC with External Power Supply and battery back up |
| **Wireless Range** | 600m line of sight |
| **Operating Temperature** | 10 - 40 Celcius |
| **Warranty** | 24 months |

## Battery Replacement

It is important that two 'Energizer L91 Ultimate Lithium AA' Batteries (Part no M115-110) should be used to ensure maximum battery life and accurate low battery notifications. Please note the polarity markings within the battery compartment and ensure that the batteries are inserted correctly.

## Declaration of Conformity:

Hereby, Cair (UK) declares that the radio equipment type, Cair Emfit is in compliance with Directive 2014/53/EU

## Packing for shipment

The equipment containing cells or batteries must be packed in strong rigid packaging and must be secured against movement within the outer packaging to prevent accidental activation. The sender's name and return address must be clearly visible on the outer packaging.

## Safety

Do not dismantle or alter the unit. Do not open the case, unless replacing battery.

## Disposal

All electronic waste should be disposed of in accordance with the latest legislation.
It must be disposed of within the electrical and electronic waste stream and not be disposed of in the normal waste stream. Recycling electrical waste products help to conserve natural resources and prevent adverse effects on the environment.
Contact your supplier should you require more information.

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