

Product Manual  
**Man Down X.**



367-1001

**LONEALERT**  
Overseeing Working aLone

# How to use the **Man Down X.**

## **Power On/Off**

To turn the device on press and hold the power button until you see the blue and green LEDs come on for a few seconds and then begin flashing. To Power Off press and hold the power button until you hear 2 beeps.

## **Raising an alarm**

Press and hold the SOS button until the device vibrates and beeps.





### **Custom Timer**

To create a Custom Timer press and hold the phone button.

### **Ending a call**

Press the phone button once or twice to end a call.

### **Default Timer**

To create a Default Timer, press and hold the + button until the device vibrates.

### **Cancel Timer**

To cancel any Active Timers, press and hold the - button until the device vibrates.

# Timers

With a push of a button a lone worker can create and set Timers. When a set Timer elapses before you are able to take action, The OWL will create an alert.

**When your Timer expires, the device will start ringing. This is to remind you that your Timer has expired and you need to take action.**

## Default Timers

A Default Timer creates a Timer for a fixed duration. The duration is set in The OWL Portal.

To create a Default Timer on the device, press and hold the + button on the side of the Man Down X until the device vibrates which indicates that the Timer is set.

## Custom Timers

A Custom Timer creates a Timer for a period set by the user. To create a Custom Timer press and hold the phone button on the front of the Man Down X until it beeps and vibrates. You will be prompted to leave your desired length of time. You can also leave a message describing your location or other relevant information. This is available to Respondents in an Alert.





## Expired Timers

If your Timer expires before you have been able to update it, you will receive a call on your Man Down X device or to the phone number you have registered with us. In this event, you need to take action to let people know you are ok.

If the call is received via your mobile phone, you will need to enter your PIN code when prompted via the keypad. Your Timer will be restarted if you had a periodic Timer set, or cancelled if you set a standard Timer.

If no mobile is set up, the call will come to your device. You can't enter a pin, but just end the call and either Create or Cancel a Timer within 5 minutes to prevent an Alert.

## Cancelling Timers

To Cancel a Timer, press and hold the - button until the device vibrates which indicates that the Timer cancellation has been sent.

# What is **Man Down?**

The Man Down function provides the lone worker with added protection. Man Down is a tilt-switch inside the Man Down X that automatically sends an alert signal if the device is tipped on its side for longer than the chosen preset period.

This feature increases situational awareness, enhances worker safety and improves response time.

## Functionality

The device remains silent for 30 seconds and then notifies you it is in a Man Down status. You then have 1 minute to cancel this status by simply putting the Man Down X upright during this period. If not cancelled, an Alert will be raised.



# The sequence of events.

1.



Lone worker trips, falls or has an accident.

2.



The fall will activate the Man Down function.

3.



This alerts The OWL which will then contact your nominated contacts.

4.



Your contact will try to make contact via the device to check you are OK and send help if needed.

# What happens **with alerts?**

Alerts are dealt with by the Alarm Receiving Centre or your nominated contacts, usually colleagues. Your Man Down X will connect you directly with a Responder operator who will provide assistance and reassurance. If required, they can direct emergency services to you. Nominated contacts will be automatically notified by call, text message and email.

# What happens if you raise **a false alert?**

Firstly, do not panic! If the alert is a false alert you simply need to let the Alarm Receiving Centre know, they will ask you for your PIN to verify your identity.

## **What's my PIN?**

You will be provided with a memorable PIN by either your manager, or your organisation's LONEALERT Champion.



# The **Panic Alarm**

Knowing how to raise an alert quickly is essential. The Panic Alert button on the Man Down X is located on the front of the device, designed for quickness and ease of use in an emergency.

## **The Panic Alert**

To raise an alert press and hold the SOS button until beeps and vibrates.



In an alert, a brief beep and vibration indicates that the SOS button has been pressed, the Man Down X will then raise a panic in accordance with your company procedure.

If you have our Alarm Receiving centre set as your first point of contact, your Man Down X will raise a 2 way call with them.

# What do the LED **lights mean?**

## **Red & Blue LEDs**

- Continuous Red light is battery charging
- Fast flash (0.3 seconds on , 0.3 seconds off) low battery
- Flashing Blue light (1 second on, 1 second off) GPS initialising
- Flashing Blue light (every 5 seconds) is device in sleep mode

Blue LED off is GPS fix

Please note: GPS location can take a few minutes to find your location when you power your Man Down X up for the very first time. We suggest that before use, you place it close to an external window or wear it outside for around 5 minutes.

When a fall is detected, the Man Down X is silent for 30 seconds. It then beeps, vibrates and the Blue LED double flashes for 1 minute. If not cancelled by putting the unit upright, an alarm is raised.

## Green LED

- Continuous Green light is a call is a incoming call or call in progress
- Flashing Green light (every 5 seconds) is device in sleep mode
- Flashing Green light (1 second on, 1 second off) GSM initialising

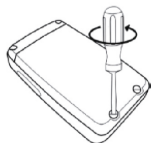
Green LED off is connected to GSM network



# Inserting a **SIM card**

## **Step 1) Removing the battery cover**

With the Man Down X turned off, place your Man Down X with the front facing down. Use the mini screwdriver (included) to remove the two screws to release the cover. Lift the back cover from the notch at the bottom of the Man Down X.



## **Step 2) Removing the battery**

Lift the battery from the notch at the bottom and pull it out of the Man Down X towards you.

## **Step 3) Opening the SIM card slot**

With the Man Down X lay flat in front of you, there will be 2 silver components, the one on the left is for the SIM card, to open it, slide the silver component down towards you.

## **Step 4) Inserting the SIM card**

Pop out the Micro SIM card found within the box and place it into the Man Down X, (gold side facing down) making sure the notch in the corner matches with the SIM card holder.



### **Step 5) Closing the SIM card slot**

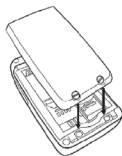
Fold the silver cover down onto the SIM card and slide it up and away from you to lock the SIM in place.

### **Step 6) Replacing the battery**

Place the battery back in the Man Down X with the gold tab matching with the connectors in the top left of the Man Down X.

### **Step 7) Replacing the battery cover**

Place the battery cover back onto the Man Down X and use the mini screwdriver to screw it in place. Take care not to cross thread the screws.



### **Step 8) Check the Man Down X**

Now that you are setup you are ready to test your device.

# Man Down X

# Accessories

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In the box



In the box together with your device, you will find the following:

- > Leather case
- > Belt loop 32mm
- > 3-pin mains charger
- > USB lead
- > Screwdriver

# Man Down X **Accessories**

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Also available to order



**365-0001 |  
Spring Clip**

To enable Man Down X case to be clipped to clothing



**365-0002 |  
Stick on Dock**

Adhesive mount for Man Down X to be docked on - e.g. as central location for shared use



**365-0003 |  
Screw through Dock**

Screws through work wear



**365-0008 |  
Sew on Case**

Stitch onto work wear

# Man Down X **Accessories**

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Also available to order



## **365-0009 | Waterproof Case**

Waterproof Case for using the Man Down X device underwater.



## **365-0010 | Chest Harness**

Alternative wearing position with comprehensive harness.



## **365-0017 | Swappable Battery**

If unit is needed for 24/7 operation spare battery can be hot swapped and charged outside of MDX device.

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## Need extra?

### **365-0001 | MDX Leather Case**

Carry case for Man Down X with belt clip

### **365-0004 | Belt Loop 32mm**

Man Down X charging pack - USB lead, plus adapters for 12v vehicle and mains charging.

### **365-0016 | Charge Pack**

Man Down X charging pack - USB lead, plus adapters for 12v vehicle and mains charging.



Need help with your device?  
**Speak to us.**



Email: [support@lonealert.co.uk](mailto:support@lonealert.co.uk)



Call: 0330 999 8484

# Basic Characteristics

## Module

Name	Man Down X
Technology	GSM, GPRS, GPS

## Size and weight:

Height	77mm
Width	47mm
Depth	20mm

## Battery Spec:

Removable 1100 mAh/3.7 V Lithium-ion battery	
Power saving mode	180 hours
Normal mode	20 hours
Operating temp	-20c to +55c

## Power

Charging Voltage	5V DC 4.2 -5.5 V 400 mA
Battery	1100 mAh/Li-ion battery
Charging Connector	Micro USB

## GSM:

Quad band GSM ( B2/B3/B5/B8)  
4G network (850/900/1800/1900 MHz)

## Features:

Sensors	Tilt /Man Down
Scenario	Panic Alert, Custom & Default Timers
Ingress Protection	IP65

## **Interface**

Configurable Buttons	5
USB	2.0 Micro USB
LED Indication	3 LEDs
SIM	Micro - SIM
Memory	8MB internal flash memory

## **Sales Package contents:**

Man Down X device

Leather case

Mains adapter

Screw driver

USB cable

Product Manual

SIM Card

# Safety Information

This message contains information on how to operate Man Down X safely. By following these requirements and recommendations, you will avoid dangerous situations. You must read these instructions carefully and follow them strictly before operating the device!

- Use only original batteries specified by manufacturer and chargers exclusively designed for your device.
- Incompatible batteries and chargers may cause serious injuries or damage to your device.
- Use batteries safely. Protect batteries from moisture, place them in a cool and dry place when storing. Avoid extensive operation at high temperatures. Do not attempt charging battery directly from the electrical mains.
- Power supply circuits used to charge the device connection must have safeguards, which prevent power leakage, short circuits, or incorrect electrical grounding. Any used switches ought to be installed in a readily accessible location. Power must be uninterrupted.

- Remove device safely. Device must be disconnected from computer or charger by unplugging the USB cable from the device.

## **Battery Disposal**

(Waste Electrical and Electronic Equipment Directive – Applicable in European Union and other European countries

with separate battery return system.)

This product and its accessories (such as chargers, batteries and the USB cable) cannot be disposed of with other household waste when they reach the end of their life. If batteries are not properly disposed of, these waste may cause harm to human health and the environment. To prevent the harm, please dispose of or recycle them separately from other waste so as to boost resource recycling and reuse.

Operate the device in suitable conditions. Do not use the device where mobile connectivity is forbidden.

# LONEALERT. Designed to **support you.**

- > Unlimited remote support and training.
- > Group or one to one sessions
- > Videos, digital guides & training modules to The OWL Portal.
- > Personal one to one support with our friendly team.
- > Tailor made training designed for your needs.



## It's what **we do**

Once you are part of the LONEALERT family, we offer unlimited support and training.

To us, the aftercare support is crucial to ensure that your lone working solution is consistently delivering for you and your organisation.

You can contact us on:  
[support@lonealert.co.uk](mailto:support@lonealert.co.uk)  
0330 999 8484

Lone working is  
**about people.**

**LONEALERT**  
Overseeing Working aLone

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