AOK

Safety Communications Limited

AOK

Lone Worker System

INSTRUCTION MANUAL

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N O T E :
PLEASE CHARGE THE DISTRESS ALARMS IMMEDIATELY ON RECEIPT – AND KEEP CHARGED.

Deep discharge can damage the batteries if left in this condition.

Distress Alarm:

INTRODUCTION :

The distress alarm is a portable unit which clips to a belt, it sends radio signals from the Lone Worker to the alarm panel. When the distress alarm is removed from it's charger, it runs through a self test routine for **5 seconds**, starting with a short bleep and a flash of the green light, and finishing with a longer bleep and flash of the green light. It then flashes a red light to confirm it has logged on to the system. During this routine the unit tests it's battery and memory, when the routine is complete the unit is ready for use – normal operation is indicated be the green light flashing slowly, approximately 6 seconds.

EMERGENCY BUTTON :

When the red emergency button on top of the distress alarm is pressed, the red light illuminates while an alarm signal is transmitted and the location sounder is activated. Press both of the **RESET** buttons together, to cancel the alarm and sounder.

MOTION DETECTOR :

After the self test routine is complete the distress alarm starts monitoring movement. If it does not detect any movement for **90 seconds** it emits a warning bleep to alert the lone worker. This bleep lasts for **30 seconds** and may be cancelled at any time by tapping the unit or pressing the PAUSE button. If the alert is not cancelled, at the end of the given period the red light illuminates and an alarm signal is transmitted and the location sounder is activated. Press both the RESET buttons together to cancel the alarm and sounder. When the distress alarm is not in use it should be placed in the charger unit, this will automatically disable the motion detector.

PAUSE BUTTON :

It is possible to temporarily disable the motion detector during periods of static work or break times by pressing the PAUSE button. This will disable the motion detector for **30 minutes.** When the unit is in PAUSE mode the green light will flash faster than normal, approximately every second. The motion detector can be re-enabled by pressing the PAUSE button again. Alternatively, the motion detector is automatically re-enabled after the pause period has elapsed, or when the distress alarm detects an **increased rate of activity.**

TILT (if fitted and programmed): (Not Applicable)

If a tilt sensor is fitted, this will disable the motion sensor when the distress alarm is vertical. If the distress alarm passes more than 30 degrees out of the vertical the motion sensor is enabled and will function as described above. If this option is selected then the pause button will only function as a battery test facility.

RESET Buttons :

Pressing both RESET buttons will reset the location sounder and cancel repeat transmissions. It will also rest the panel if this option has been programmed.

LOW BATTERY Indication :

To test the distress alarm's battery, press the PAUSE button, if the battery is in good condition the green light will be illuminated for 2 seconds and then flash. If the battery level is low, the amber light will be illuminated instead of the normal green light. Replace the distress alarm in the charger unit. If the problem continues after the unit has been re-charged contact our service department to arrange the return of the unit for battery replacement.

Testing the Distress Alarm :

The system must be tested regularly so that any problems are identified quickly. The following suggestions are designed to help formulate a test log.

1) We suggest that the radio system is tested daily at the start and finish of a shift. This can be done easily and quickly be pressing the distress alarm's emergency button. An alarm should be indicated on the alarm panel– reset the alarm from the distress alarm or at the panel.

2) We suggest the motion detector alarm is checked weekly. Leave the distress alarm motionless, after the pre-set no motion period the pre-alarm bleep should sound . At the end of the programmed pre-alarm period (usually 30 seconds), the alarm should be transmitted to the panel. The panel should emit an audible alert and indicate the appropriate channel for the distress alarm.

CHARGER UNIT :-

INTRODUCTION:

When the distress alarm is not in use, it should be placed in the charger unit, this will automatically disable the motion detector and recharge the distress alarm's battery. The charger unit may be wall mounted or used as a desk top unit, and the power supply should be plugged into a standard 240V mains socket. When the supply is connected, all the lights on the unit should be green before any distress alarms are inserted.

MUTE button :

The alarm panel's audible warning for a lone worker alarm or mains fail alarm can be cancelled by pressing the MUTE button. This will also reset any external devices such as a siren, flashing beacon Communicator or autodialler, which are triggered by the alarm panel's relay outputs. The alarm light stays illuminated until the reset button is pressed. The audible warning and external devices will be reactivated when new or repeat alarm signals are received.

RESET Button :

The RESET button only operates after the audible alarm has been muted. Pressing the RESET button after the alarm has been muted resets all of the lone worker alarms and turns off the alarm lights.

Resetting an alarm from the distress alarm:

An alarm can be muted and reset in one operation by pressing both the RESET buttons on the distress alarm simultaneously. This only resets an alarm on the distress alarm's own channel, alarms from other distress alarms will stay latched on to the alarm panel.

Distress Alarm Fault Monitoring :

When there are no lone worker alarms indicated, the alarm panel displays any distress alarm low battery and test call faults that have been detected.

If an alarm is received, the fault indications are suspended until the alarm is reset.

Low Battery Fault :

When a low battery signal is received from a distress alarm the alarm panel flashes the **Low Battery** light and the corresponding alarm light together 3 times, each of the 8 alarm channels are checked in turn. The fault indication will be cancelled automatically when a healthy battery signal is received. Alternatively, the fault can be cancelled by pressing the Accept button. All the distress alarm faults on the system are cancelled and will only reappear if they occur again.

Test Call Fault:

If the Alarm Panel stops receiving the 10 minute test calls from an active Distress Alarm for more than 30 minutes, the Test Call light will flash along with the appropriate channel indicator light. Two things can cause this – 1) Distress Alarm out of range, 2) Distress Alarm failure.

Low battery or test call light flashing with ***NO*** channel indicator light, indicates a transponder fault.

TEST CALL FAULTS MUST BE INVESTIGATED IMMEDIATELY.

ACCEPT Button:

Pressing the ACCEPT button cancels the distress alarm faults on the alarm panel at the time. Faults will only reappear if they occur again, for example – if a new low battery signal is received.

Mains Failure Alarm :

The mains failure alarm is activated when the 240v mains supply to the unit is disconnected, or if the internal power supply fails. There is an audible warning, which can be muted, and a flashing amber light. The light will stay flashing until the fault is rectified. The alarm panel will continue to operate on it's back-up battery for approximately **5 hours**.

Receiver Fault Light :

When power is applied to the alarm panel the Yellow Receiver Fault Light is illuminated for 5 seconds while the unit runs through a self-test routine. If the alarm panel fault light stays on, or comes on during normal operation, disconnect the mains supply, then open the alarm panel and disconnect one of the battery lead. Leave for a short time before reconnecting the battery, followed by the mains supply. **DO NOT OPEN THE UNIT WITH THE MAINS SUPPLY CONNECTED.** If the fault light remains on, contact our Service Department for advice (01933 278099).

Power On Light:

The green Power On Light indicates that there is power to operate the unit. If the mains fail light is also flashing, then the alarm panel is operating on it's back-up battery.

TRANSPONDER FUNCTION:-

A transponder panel is used when coverage of areas is beyond the range of the alarm panel. The transponder panel receives signals from the Distress Alarm and re-transmits them to the alarm panel. The transponder panel also transmits regular test signals to the alarm panel which the panel monitors. Signals from a transponder are received on the highest channel available on the alarm panel.

Panel Indicators:-

Power On	-	GREEN to indicate supply healthy.
System Live	-	YELLOW – flashes every second to Indicate transponder is operational.
Rx Data	-	YELLOW flashes when a signal is Received from the Distress Alarm.
Tx Data	-	YELLOW flashes when the transponder Transmits to the alarm panel.

Fault Indication At Alarm Panel:-

Mains supply failure at Transponder is indicated by the transmitter low battery light flashing with no channel indicator.

Failed communication with transponder is indicated by the transmitter Test Call Light flashing along with no channel indicator.

IMPORTANT:-
If either of the above occurs, the transponder must be investigated immediately, as the additional coverage provided may be compromised.

Line fault Light: (Digital Communicator only) (NOT applicable)

If the RED line fault LED located below the 'power on' LED on the alarm panel is flashing, then the telephone line is faulty and must be investigated *immediately.* When the line fault is flashing – **NO ALARMS CAN BE SENT TO THE CENTRAL STATION.**

Emergency Autodialler (when fitted)

The SD1+ Emergency Autodialler can be programmed with upto 4 telephone numbers, which when triggered by the alarm panel are called in rotation until one of the contacts answers and correctly acknowledges the dialler by keying '8' on their telephone. The message will include site identity and type of alarm. Three messages can be sent :

(1) Man Down Alarm
(2) System Fault
(3) Mains Power Failure at the Alarm Panel

A delay is normally programmed into the system to give time for any false alarms to be re-set before the dialler is triggered. Default setting 15 secs.

It is advisable to test the autodialler at least once a month.

Instructions For Designated Alarm Contacts:-

It is strongly advised, where possible, to programme the Caller ID of the dialler into the contacts' telephones as 'Man Down Alarm' so that it is instantly recognisable when receiving the alarm call.

Upon answering an alarm call from the autodialler you will hear a pre-recorded message. It will give details of the site and tell you that there is a lone worker emergency. If you miss any part of the message, continue to listen, as the message will be repeated up to 4 times before the dialler hangs up and goes onto the next contact.

Once you have listened to the full message, press the '8' on your telephone keypad and hold it down for at least 2 seconds. A bleep sequence will be heard and the dialler will hang up.

IMPORTANT:

Once you have acknowledged the dialler by pressing 8 on your telephone you MUST INSTIGATE THE LONEWORKER ALARM RESPONSE PROCEDURES. Once the dialler has been acknowledged, it will not call any further contacts !

An alarm call can also be aborted from the site by keying in a password on the autodialler keypad. The dialler will display "Aborted" then return to normal mode.

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