



# Infrared Mat Instruction Manual



AK-RL-100

Rev 01

To ensure proper operation of this device, please read this instruction manual carefully before using the device and keep it for further reference.

## IMPORTANT SAFETY INSTRUCTIONS RETAIN FOR FUTURE USE

### WARNINGS

- Consult your doctor prior to using this product if you are pregnant, have a pacemaker, or have any concerns regarding your health.
- **STOP** using the mat and consult your healthcare provider if you experience an adverse reaction from using the mat.
- **STOP** using the mat if you experience symptoms of hypotension (such as dizziness or light-headedness) during use.

### IMPORTANT SAFEGUARDS

- This mat is not recommended for use by diabetics.
- **DO NOT** use the mat if you suffer from any photosensitive disorder (sensitivity to light).
- If you are under the care of a healthcare provider, consult them before using this mat.

### ADVERSE REACTION

- If you have any adverse reaction, such as discomfort, skin discoloration, skin irritation, or other concerns, **STOP** using the mat immediately and consult your healthcare provider.

### DEVICE USE WARNINGS

- **STOP** using the mat if it is overheating. Turn off the mat immediately.
- **STOP** your treatment if it feels hot or your skin feels uncomfortably warm.
- **DO NOT** let children play with the mat. Cleaning and charging the mat should not be done by children.
- **DO NOT** use the mat to treat rosacea, moles, warts, open sores, cancerous lesions, or any skin condition.
- **DO NOT** use the mat on spots without pigmentation or areas of skin that have vitiligo.
- **DO NOT** shine the light from the LEDs directly into eyes. This may cause temporary loss of vision.
- **DO NOT** place the mat over any open wounds.
- **DO NOT** use the mat outdoors.
- **DO NOT** drop or insert any object into any openings of the mat.
- **DO NOT** use the mat if it is not working properly or has been dropped or damaged. For warranty and repairs, contact Consumer Relations.
- **DO NOT** use or store the mat near hot surfaces.
- **DO NOT** charge the mat when it is close to or might come into contact with water.
- **DO NOT** let the mat come into contact with water.

## IMPORTANT SAFETY INSTRUCTIONS RETAIN FOR FUTURE USE

- **DO NOT** store mat in extreme heat or cold (below -5°C or above 55°C).
- **DO NOT** place the mat in direct sunlight.
- **DO NOT** attempt to modify mat in any way. Modifying or opening the mat will void your warranty. This mat contains no serviceable parts.
- **DO NOT** perform maintenance or take apart the product. In case of malfunction or damage, contact Consumer Relations.
- **DO NOT** use the mat if damaged or if the power cable is damaged. Inspect the power cord and plug before each use.
- **DO NOT** use the mat with non-manufacturer-approved accessories.
- **DO NOT** use solvents or abrasive cleaners on the mat.
- **DO NOT** use the mat in any other way than specified in the manual.
- **DO NOT** use the mat if you have had a recent surgery or other surgical procedures.
- This product should never be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies.
- **DO NOT** use the mat over a bacterial infection as this may result in the worsening of symptoms.
- **DO NOT** use the mat on, near, or by children or individuals with reduced physical or mental abilities. Close supervision is necessary when this device is used, cleaned or stored near children or those with reduced physical or mental abilities.
- **DO NOT** exceed the recommended session time. Overuse may cause discomfort or skin irritation.
- **DO NOT** cover the mat with thick blankets or insulated materials while in use.
- **DO NOT** use the mat with any power cable other than the one provided.

## PRECAUTIONS

- **DO NOT** scratch or damage the light-emitting surface.
- Warranty will be voided if the mat is used in any way other than described in the instruction manual.
- Store the mat according to the protocol outlined in this manual.
- If the mat is to be disposed of, **DO NOT** put it into a fire. Dispose of the mat per local regulations.
- Inspect the mat before each use and **DO NOT** use it if you see any signs of damage. Contact Customer Service.

## IMPORTANT SAFETY INSTRUCTIONS RETAIN FOR FUTURE USE

- Take precautions to protect eyes from visible and infrared radiation; avoid direct exposure.
- Not to be used by persons with sunburn.
- Not to be used by persons under medical care for conditions involving photo-sensitivity.
- Not to be used by persons taking photosensitive medication; if side effects such as itching occur within 48 hours of first use, seek medical advice before continuing.
- **DO NOT** use if the timer is faulty or the filter is broken, damaged, or removed.
- This is not a medical product.
- Not suitable for children under 3 years.
- Not for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless supervised or instructed by a responsible person.
- Children should be supervised to ensure they do not play with the appliance.
- Only use the supplied power unit provided with this appliance.
- The maximum supported load of the appliance is 113 kg. This includes the user and any additional weight or items being supported by the appliance. **DO NOT** exceed this limit to ensure safe operation.

# PRODUCT OVERVIEW

INFRARED MAT  
BOTTOM

INFRARED MAT  
TOP

POWER  
BUTTON

CABLE JACK

INFRARED  
LIGHTS



## INSTRUCTIONS FOR USE

1. Place the product on a flat, stable surface during use. Avoid placing it where it might slide, fold, or rest on uneven objects. Do not bend or apply pressure, as this may damage the internal lamp components.
2. Connect the power adaptor cable jack to the infrared mat (fig 1).
3. Insert the power adaptor to the powerpoint and switch on. The mat is now ready for use.
4. To turn on the infrared mat, press and hold the  button for 1 second. The indicator light will illuminate (Fig 2).
5. Short press the  to switch the brightness. The indicator light colors are as follows:

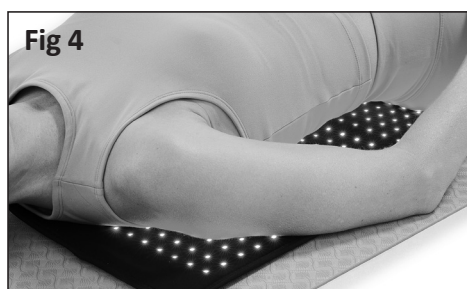
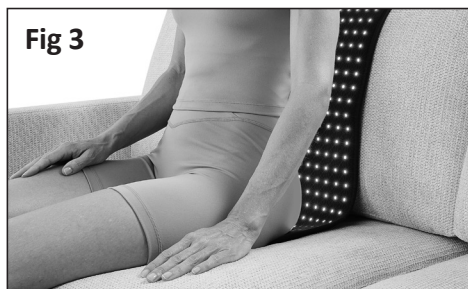
Blue 50% Brightness      →      Green 75% Brightness      →      Orange 100% Brightness

6. Press and hold the  button for 1 second to turn off the mat and the indicator light will turn off.

**Note:**The mat has a timed shutdown function, with a timer of  $20 \pm 2$  minute.

### SUGGESTED USE POSITIONS

- **Seated Position:** Place the mat vertically along your back while sitting to target the spine and lower back (Fig 3).
- **Lying Position:** Lie down with the mat beneath your torso or desired area for full infrared coverage (Fig 4).



## MAINTENANCE

### TO CLEAN

- **DO NOT** clean the mat while it is turned on.
- **DO NOT** clean the device while charging.
- Clean the device with a damp, clean cloth.

### TO STORE

- Store the mat at room temperature in dry conditions.
- Store the mat in the supplied packaging. Make sure the mat will not stretch or crush while being stored or while traveling.
- To avoid folding damage to the product, please roll it into the supplied packaging when storing.
- Avoid storing the mat in dusty conditions, in direct sunlight, or in damp and humid conditions.
- This mat contains no serviceable parts.

## **12 MONTH WARRANTY**

Thank you for your purchase.

Your new product is warranted to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law.

For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.

We will provide you with your choice of a refund, repair (where possible) or exchange (availability dependent) for this product if it becomes defective within the warranty period. The business will bear the reasonable expense of claiming the warranty.

This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre as listed below, for the entity you purchased this product from, for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to the respective Customer Service Centre.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

## **MADE IN CHINA**

### **CUSTOMER SERVICE:**

**KMART AU:** 1800 124 125

**KMART NZ:** 0800 945 995

**TARGET AU:** 1300 753 567