



USER MANUAL

IRELT H1 TABLE IRELT AH1 BODY

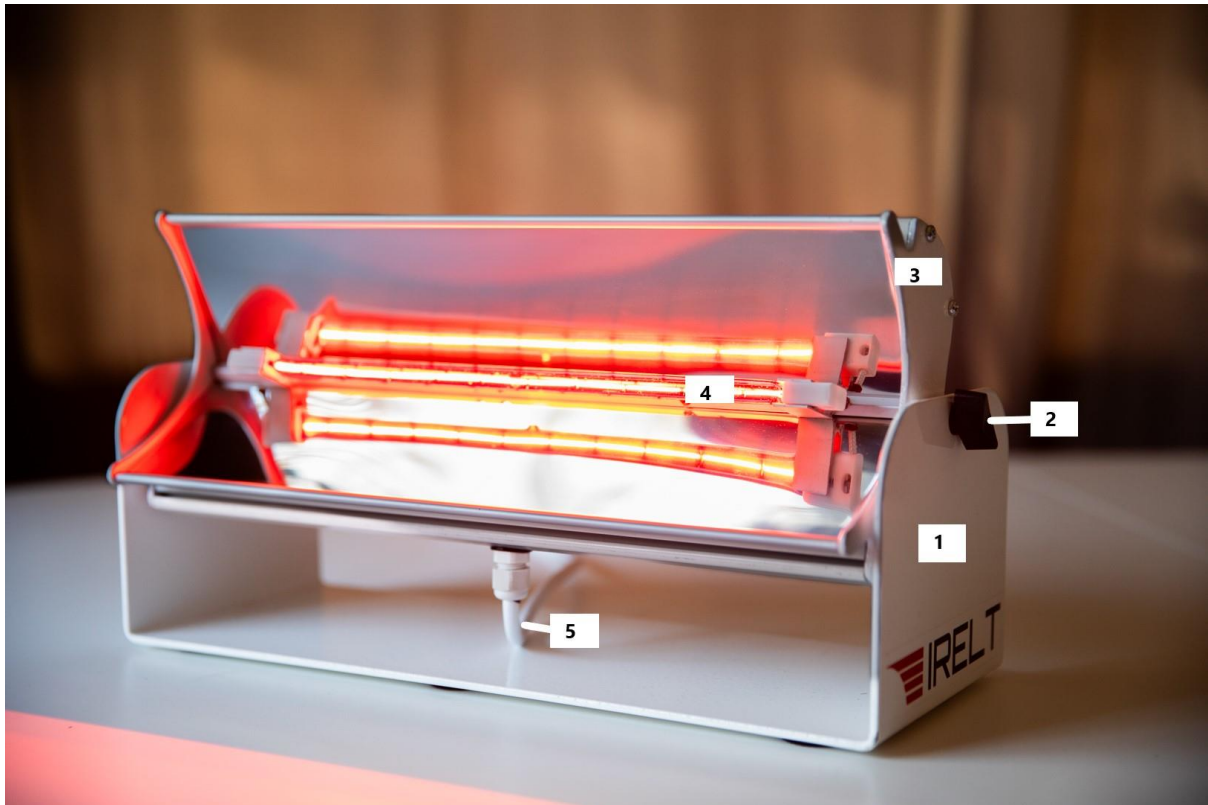


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IRELT H1 TABLE/IRELT AH1 BODY

1. Device and controls

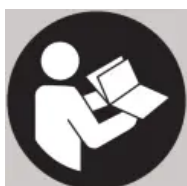


1. Chassis
2. Adjustment Screw
3. Adjustable Lamp Housing
4. Infrared Lamp
5. TIMER-Button with Cord

IRELT AH1 BODY is IRELT H1 TABLE with a stand that can be manually raised and lowered from 55 cm up to 105 cm.

2. Safety Information and Explanation of Symbols

IMPORTANT INFORMATION! KEEP FOR FUTURE USE! Read the user manual carefully before using this device, especially the safety instructions, and keep the user manual for future reference. If you give this device to another person, it is essential that you also forward this user manual.



This user manual belongs to this device. It contains important information about the product and usage. Read the user manual carefully. Failure to follow these instructions may result in serious personal injury or damage to the equipment.



WARNING These warning instructions must be followed to prevent user injury.



CAUTION These instructions must be followed to prevent damage to the device.



NOTE These remarks provide you with useful additional information about installation and operation.



Hot Surface– Risk of Skin Burns!



Protection Category II



Infrared Radiation



Part Number



Manufacturer



Manufacturer Date



Serial Number



This product meets the requirements of applicable European and national directives.



Unique Device Identifier (UDI)



Dispose of the product according to the EU directive on waste electrical and electronic equipment– WEEE



Included protective goggles must be worn



Do not look directly into the light source

Safety Instructions:

- Use the device only for its intended purpose as described in the user manual.
- Warranty becomes void if the device is used for purposes other than intended.
- Do not use the device if it is not functioning properly, if it has become wet, or if it is damaged.
- Do not use the device if the cable or plug is damaged and keep the cable away from hot surfaces.
- Do not attempt to repair the device yourself in case of a malfunction, as this will void the warranty. Repairs should only be carried out by authorized service centers.
- Ensure the connection cable is not damaged before use. It must not come into contact with the hot surface.

- Before connecting the device to your power source, ensure the power supply voltage specified on the type plate is compatible with your power supply.
- Ensure that the power outlet is always easily accessible so that it can be quickly disconnected if necessary.
- Place the device on a stable, even surface during use to prevent it from tipping over. Do not attach the device to walls or ceilings.
- Use the device only for its intended purpose as described in the user manual.
- Do not leave the device unattended when it is turned on.
- Keep flammable objects such as textiles, glasses, and combs out of reach of the infrared lamp.
- Keep the infrared lamp at least 80 cm away from combustible objects.
- Do not use the device if it is not completely dry.
- Do not use the device outdoors or in damp rooms. The device must not be used in the immediate vicinity of bathtubs, showers, or washbasins filled with water and must not be used with wet hands.
- Protect the device from moisture.
- Do not immerse the device in water or other liquids.

- If liquid does penetrate the device, unplug the power cord immediately.
- Always ensure your hands are dry when handling the lamp and/or plug.
- Never carry, pull, or rotate the device by the power cord and do not pinch the cable between other objects.
- Do not cover the device when it is hot.
- Protect the device from shocks and vibrations.
- Always pull the plug itself when disconnecting the device from the power supply. Never pull the power cord! Warning, risk of burns!
- The lamp becomes very hot.
- Do not touch the lamp when the device is in use.
- Do not carry the device while it is in use.
- Remove metals, piercings, etc., from the treatment area before use!
- Always disconnect the device from the power supply and allow the lamp to cool before touching it.
- Always turn off the device and unplug it from the outlet after use, before cleaning and maintenance, and in case of malfunction during operation.
- Allow the infrared lamp to cool before storing it.

- This device is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or by persons with insufficient experience and/or knowledge, unless under the supervision of a person responsible for their safety, or if they have been instructed in the use of the device.
- Children must be supervised to ensure they do not play with the device. Important Advice– For Your Health.
- Treatment after injuries or surgeries should only be given under the supervision and guidance of a doctor.
- Painkillers and relaxants reduce skin sensitivity to pain and heat; the same applies to alcohol consumption. Consult your doctor before using the device.
- Persons with impaired or reduced sensitivity should only apply the device according to the instructions of a doctor.
- This device is unsuitable for persons who are sensitive to heat.
- Do not use the device on skin that feels painful or numb.
- If skin irritation occurs, discontinue treatment and consult a doctor.
- Always seek advice from a doctor in case of doubt and follow their instructions for treatment.
- The distance to the lamp must be at least 30 cm to avoid excessive radiation intensity and heat being perceived as painful.

- Do not apply the radiation to the face without protective goggles.
- Avoid using the lamp for prolonged periods, as this may cause burns on the skin.
- Do not exceed a radiation time of 20 minutes per session.
- The treatment should be pleasant. Stop immediately if you feel pain or if the treatment seems uncomfortable.
- Never use the device if you feel tired or dizzy.
- Consult your general practitioner before using the device if you have diabetes or other illnesses.
- Do not use IRELT if you are pregnant or have a pacemaker. Also, those with heart problems and metal implants must seek advice from their doctor.
- Do not use or store the device where it can be exposed to harmful fumes or volatile substances.
- Do not use the device near anesthetic mixtures that are flammable in air or oxygen.
- Do not block the ventilation openings. Never place the device where the ventilation openings can be blocked during operation. Do not cover the device with a blanket or towel, etc., during use.
- Do not insert objects or parts of the body into the lamp housing.

- Ensure the power cord is placed in such a way that no one can trip over it.
- Never touch IRELT during use.
- Under certain circumstances (e.g., when taking medication, using cosmetics, or in connection with specific foods), allergic skin reactions may occur. In such cases, stop using the device.
- Remember to drink water before and after treatment.

3. Delivery scope and packaging

Thank you for your trust and congratulations on purchasing IRELT! The IRELT H1 TABLE/IRELT AH1 BODY you have purchased is a high-quality product from IRELT. This device is designed to provide infrared treatment that penetrates deeply into tissues and muscles. To achieve the desired effect with your IRELT H1 TABLE/IRELT AH1 BODY from IRELT in the long term, we recommend that you read the following information about its use and maintenance carefully. Delivery Scope and Packaging First and foremost, check that the device is complete and not damaged in any way. If in doubt, do not use the device but contact your supplier or service center.

The following parts are included:

- IRELT H1 TABLE fully assembled, IRELT AH1 BODY includes height-adjustable stand
- Protective goggles
- User manual

The packaging can be reused or recycled. Please dispose of any packaging material that is no longer needed. If you notice any transport damage during unpacking, contact your supplier without delay.



WARNING: Keep the polyethylene packaging out of reach of children! Risk of suffocation!

4. Operation and Instructions for Use of IRELT H1 TABLE /IRELT AH1 BODY

How does Infrared Light work?

Long infrared waves penetrate deeply into tissues and muscles, releasing energy in the form of photons that cells absorb. The energy is converted into adenosine triphosphate (ATP), which is then used to drive metabolic processes such as synthesizing DNA, RNA, proteins, enzymes, and other products required to repair or regenerate cell components, promote mitosis or cell division, and restore homeostasis.

Simply put, the added energy provides faster recovery and healing. In healthcare, infrared light is also used to shorten the healing time of wound injuries and to prevent infections.

Recent research has found that heat activates complex neurological and metabolic processes at the cellular level that mediate the transmission of pain signals and effectively provide relief for a variety of pain conditions.

Heat also leads to increased endorphin production, which reduces pain.

No side effects are known for the treatments mentioned in this user manual, provided all safety instructions are followed.

Operation and instructions for use

To get good results, you usually have to take IRELT treatment ten times for 20 minutes at a time. Best results are achieved by starting to take it 2-3 times a day for 4-5 days. Usually, the first treatment helps.

Distance about 30 cm or so that it feels comfortable.

Wear protective glasses that come with the package when using IRELT for your face.

Treatment with IRELT can, for example, lead to several positive health effects that provide faster healing of injuries and shorter recovery time after competition and hard work. IRELT can be used with advantage before major stress to prevent injury and afterwards for faster recovery and care.

- IRELT can be used by most people, but not pregnant women or those with pacemakers. Even if you are diagnosed with a certain disease or are taking prescription medications, consult your doctor to check that your medications or your disease are not negatively affected by increased body temperature, blood circulation or increased sweating.
- Implants such as hip joints, knee joints, plates, screws, cerclage and intramedullary nails are not heated by the long-wave infrared rays and are not affected by IRELT. If pain is experienced near an implant in connection with treatment with IRELT, use should of course be discontinued. Silicone implants such as nose or ear replacements and breasts absorb the infrared rays. However, silicone only melts at 200 C degrees. IRELT does not cause any damage or anything unfavorable for these implants, but consult your doctor or representative of the implant manufacturer.
- Use of IRELT should only normally result in a pleasant feeling. Should you experience pain or any condition worsen from the use of IRELT, you should discontinue use. IRELT is not suitable for you at this time.
- IRELT is not intended for use by children and persons with a lack of experience and knowledge.
- Please follow the safety instructions.
- Place the device on a stable and level surface.
- Distance about 30 cm or so that it feels comfortable.
- The screen can be angled in different positions for the right angle.
- Put on your safety glasses.
- Then start infrared treatment by pressing the start button.
- Treat for 20 minutes.
- Do not exceed a radiation time of 20 minutes per session and 3 sessions per day.
- Disconnect the device from the mains when treatment is complete.
- Remember to drink water before and after treatment.

Please note that the lamp will get hot. Let it cool down before putting it away.

Disconnect the device from the power grid when treatment is complete.

5. Maintenance

- Before cleaning the device, disconnect it from the wall outlet and let it cool.
- Clean the cooled device with a cloth and rub it dry.
- The reflectors can be washed with a stainless steel cleaner.
- The lamps are self-cleaning and only require supervision.
- Do not use aggressive cleaning and scouring agents.
- Never immerse the device in water.
- Ensure that water does not penetrate the device. If so, do not use the device again until it is completely dry.
- Store the device in a cool, dry place.
- The light bulb is not part of the warranty and will not be replaced for free. If the lamp is broken, disconnect the device immediately and do not use it further.
- **Attention!** Risk of injury due to glass shards! Let the device cool. Contact the service center.
- For any electrical problems, contact your supplier without delay.

6. Disposal

This product must not be disposed of with household waste.

All users are obliged to hand in all electrical or electronic devices, whether they contain toxic substances or not, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner.

Contact your municipality or your supplier for information on disposal.

7. Technical Specifications

Technical specifications for IRELT H1 TABLE and IRELT AH1 BODY:

- All IRELT products are delivered fully assembled
- Infrared wavelength 760-3000 Nm
- Long wave peak of 1600 Nm
- Heat radiation Field: 60 x 80 cm
- Treatment distance: about 30 cm or so that it feels comfortable
- Treatment time: 20 minutes
- Safety glasses included
- Lamp: IRELT MEGA STRONG 230V/250W
- The light is completely free of UV rays
- Effect: 250W
- Voltage: 230V
- Dimensions: IRELT H1 TABLE width 41 cm x height 18 cm x depth 14 cm and IRELT AH1 BODY width 55 cm x height max. 120 cm x depth 55 cm.
- Operating conditions: Temperature 10°C – 35°C, relative humidity 50 – 90%, Air pressure 700 to 1060 hPa, Altitude 0 to 2000 m above sea level
- Storage/transport conditions: Temperature -10°C – 50°C, relative humidity 50 – 90 %
- Weight: IRELT H1 TABLE approx. 4.5 kg and IRELT AH1 BODY approx. 12 kg.
- Article number: H1TABLE and AH1 BODY
- EAN-number:
- UDI number



CE marking. This product meets the requirements of applicable European and national directives. ISO 9001, ISO 14001.



In accordance with our policy for continuous product improvements, we reserve the right to make technical and visual changes without prior notice. This infrared lamp is certified in accordance with EU guidelines for medical products and it bears the CE mark.

Electromagnetic compatibility:

The device complies with the EN 60601-1-2 standard for electromagnetic compatibility. You can find details about these measurements on the separate enclosure.

8. Warranty

Please contact your supplier or service center for claims under warranty. If you need to return the device, enclose a copy of your receipt and indicate what the problem is.

1. The warranty period for IRELT products is three years from the date of purchase. The purchase date must be proven with the help of a sales receipt or invoice in case of a warranty claim.
2. Defects in materials or workmanship will be corrected free of charge within the warranty period.
3. Warranty repairs do not extend the warranty period for either the device or spare parts.
4. **The following are excluded under the warranty:**
 - a. Any damage caused by incorrect handling, e.g., failure to follow the user manual.
 - b. Any damage caused by repairs by the customer or unauthorized third parties.
 - c. Damage occurring during transport from the manufacturer to the consumer or during transport to the service center.
 - d. Accessories subject to normal wear and tear.
5. Liability for direct or indirect consequential losses caused by the device is excluded even if the damage to the device is accepted as a warranty claim.

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