



## USER MANUAL

### IRELT H3 PROFESSIONAL

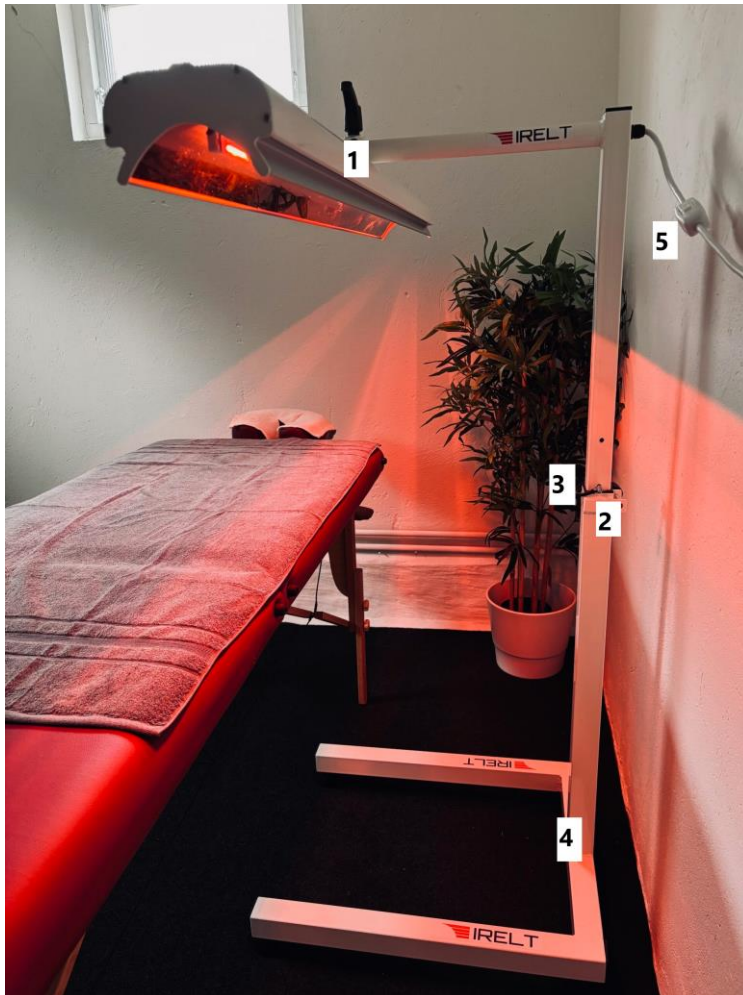


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# IRELT H3 PROFESSIONAL

## 1. Device and Controls



1. Adjustable lamp housing
2. Adjustable height adjustment
3. Security lock
4. Foldable mount
5. Corded ON/OFF button

## 2. Safety information and explanation of symbols

### IMPORTANT INFORMATION!

#### KEEP FOR FUTURE USE!

Please read the owner's manual carefully before using this device, especially the safety instructions, and keep the owner's manual for future use. Should you give this device to another person, it is important that you also pass on this manual.



This manual is the property of this device. It contains important information about the product and use. Read the instruction manual carefully. Failure to follow these instructions could result in serious personal injury or equipment damage.



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



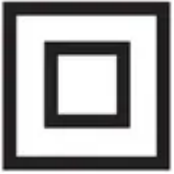
**CAUTION** These instructions must be followed to prevent damage to the unit.



**NOTE:** These notes will provide you with useful additional information about installation and operation.



**Hot surface – Risk of burns to the skin!**



**Protection Category II**



**Infrared radiation**



**Part number**



**Manufacturer**



**Manufacture date**



**Serial number**



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



**Unique Device Identifier (UDI)**



**Dispose of the product in accordance with the EU Directive on Waste Electrical and Electronic Equipment – WEEE**



**Provided goggles must be worn**



**Don't look straight into the light source**

- Only use the device in accordance with its intended purpose according to the instructions in the owner's manual.
- The warranty will be void if the device is used for purposes other than those for which it was intended.
- Do not use the device if it is not working properly, if it has become damp or 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 the event of a fault as this will void the warranty. Repairs should only be carried out by authorized service centers.
- Make sure 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, make sure that the power supply in volts indicated on the rating plate is compatible with your power supply.
- Make sure that the power outlet is always easy to access so that it can be quickly disconnected if necessary.
- Place the device on a firm, level surface during use so that it cannot tip over. Do not attach the device to walls or ceilings.
- Only use the device in accordance with its intended purpose according to the instructions in the owner's manual.
- Do not leave the device unattended when it is turned on.

- Keep flammable objects such as textiles, glasses, and combs away from the range of the infrared lamp.
- Keep the infrared lamp at least 80 cm away from flammable objects.
- Do not use the device unless it is completely dry.
- Do not use the device outdoors or in damp rooms.

The appliance 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 should nevertheless enter the device, unplug the power cord immediately.
- Always make sure your hands are dry when you get hold of the lamp and/or plug.
- Never carry, pull, or rotate the device by the power cord or pinch the cable between other objects.
- Do not cover the device when it is hot.
- Protect the device from shock and vibration.
- Always pull on the plug itself when disconnecting the device from the power supply. Never pull on the power cord!

### **Warning, risk of burns!**

- The lamp gets very hot.
- Do not touch the light when the unit is in use.
- Do not carry the device during use.
- Remove metals, piercings, etc., from the treatment area before use!
- Always disconnect the device from the power supply and allow the light to cool down before touching it.
- Always switch off the unit and unplug it from the outlet after use, before cleaning and care, and in case of malfunction during operation.
- Allow infrared lamp to cool before putting it away.
- This device is not intended for use by persons (including children) with limited 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 unless they have been instructed in the use of the device.
- Children must be supervised to ensure that they do not play with the device.

### **Important advice – for the sake of your health**

- Treatment after injuries or operations may only be given under the supervision and direction of a physician.
- Painkillers and relaxants reduce the skin's sensitivity to pain and heat; The same applies to the consumption of alcohol. Consult your physician before using the device.

- People whose sensitivity is disturbed or impaired should only apply the device as instructed by a physician.
- This device is unsuitable for people who are sensitive to heat.
- Do not use the device on skin that feels painful or numb.
- If the skin becomes irritated, discontinue treatment and consult a doctor.
- Always seek the advice of a doctor in case of doubt and follow his instructions for treatment.
- The distance to the lamp must be at least 30 cm to avoid the radiation intensity being too high and the heat being perceived as painful.
- Do not apply the irradiation to the face without safety glasses.
- Avoid using the lamp for long periods of time, as this may result in skin burns.
- Do not exceed the 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 appliance if you feel tired or dizzy.
- IRELТ can be used by most people but not pregnant women and those who have a pacemaker. Even if you are diagnosed with a particular disease or are using prescription medications, consult your doctor to check that your medications or disease are not adversely affected by increased body temperature, blood circulation or increased sweating.
- In the case of implants such as hip joints, knee joints, plates, screws, cerclage and marrow nails, they are not heated by the long-wave infrared rays and are not affected by IRELТ. If pain is experienced near an implant in connection with treatment with IRELТ, the use should of course be discontinued. Silicon implants such as nose or ear replacements as well as breasts absorb the infrared rays. However, silicon only melts at 200 C degrees. IRELТ does not cause any harm or adverse effect to these implants, however, consult with your physician or representative of the implant manufacturer.
- The use of IRELТ should only normally cause a pleasant sensation should you experience pain or that any condition is aggravated by the use of IRELТ you should discontinue. IRELТ is not suitable for you at this time.
- Do not use or store the appliance where it may 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 unit where the ventilation openings may 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 inside the lamp housing.
- Be aware that the power cord will be positioned in such a way that no one can trip over it.
- Never touch IRELТ during use.
- In certain circumstances (e.g. when taking medication, using cosmetics or in conjunction with specific foods), allergic skin reactions may occur. If so, stop use.
- Remember to drink water before and after the treatment.

Keep in mind that the lamp will be hot. Allow it to cool before putting it away.

**Disconnect the device from the mains when the treatment is complete.**

### 3. Scope of delivery and packaging

Thank you for your trust and congratulations for buying IRELT!

The IRELT H3 PROFESSIONAL that you have purchased is a product of the highest quality from IRELT. This device is designed to provide infrared treatment that penetrates deep into tissues and muscles. In order to achieve the desired effect with your IRELT H3 PROFESSIONAL in the long term, we recommend that you read the following information about its use and maintenance carefully. Scope of delivery and packaging First of all, check that the device is complete and not damaged in any way. If in doubt, do not use the appliance and contact your supplier or service centre. The following parts are included:

- IRELT H3 PROFESSIONAL height-adjustable pre-assembled
- Goggles
- Instructions

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



#### **WARNING**

**Keep the polyethylene packaging out of the reach of children! Risk of suffocation!**

## **4. Treatment and instructions for use IRELT H3 PROFESSIONAL**

### **How does infrared light work?**

The long infrared waves penetrate deep into tissues and muscles, where energy is emitted in the form of photons that the 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 re-establish homeostasis.

Simply put, the energy supplied provides faster recovery and healing.

In healthcare, infrared light is also used to shorten the healing time of wounds and to prevent infections.

Recent research has found that IRELT 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. IRELT also leads to increased endorphin production, which reduces pain.

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

### **Treatment and instructions for use**

To get good results, you usually have to take IRELT treatment ten times for 20 minutes at a time. The best results are obtained by starting to take 1-2 times a day for 4-5 days. Usually, the first treatment already helps.

Distance about 30 cm or so that it feels comfortable.

Wear the safety goggles included in the package when you face cover.

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

- IRELT can be used by most people but not pregnant women and those who have a pacemaker. Even if you are diagnosed with a particular disease or are using prescription medications, consult your doctor to check that your medications or disease are not adversely affected by increased body temperature, blood circulation or increased sweating.
- In the case of implants such as hip joints, knee joints, plates, screws, cerclage and marrow nails, they 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, the use should of course be discontinued. Silicon implants such as nose or ear replacements as well as breasts absorb the infrared rays. However, silicon only melts at 200 C degrees. IRELT does not cause any harm or adverse effect to these implants, however, consult with your physician or representative of the implant manufacturer.
- The use of IRELT should only normally cause a pleasant sensation should you experience pain or that any condition is aggravated by the use of IRELT you should discontinue. 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 firm and level surface.
- Distance about 30 cm or so that it feels comfortable.
- The screen can be tilted in different positions for the right angle.
- Put on your goggles.
- Then start infrared therapy by pressing the start button.
- Process 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 the treatment is complete.
- Remember to drink water before and after the treatment.

**Keep in mind that the lamp will be hot. Allow it to cool before putting it away.**

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

## 5. Maintenance

- Before cleaning the device, unplug it from the wall outlet and allow it to cool.
- Clean the cooled unit with cloth and rub it dry.
- The reflectors are washed off with stainless steel cleaner.
- The lamps are self-cleaning and only require inspection.
- Do not use aggressive cleaning and scouring agents.
- Never immerse the device in water.
- Make sure that water does not enter the unit. If this is the case, do not use the device again until it is completely dry.
- Store the device in a dry cool place.
- The bulb is not part of the warranty, it will not be replaced free of charge.

**If the light is broken, immediately unplug the device and do not use the device anymore.**

**Attention! Risk of injury due to glass splinters! Allow the unit to cool down. Contact the service center.**

**In case of any problems with the electric, contact your supplier without delay.**

## 6. Disposal

This product must not be disposed of with household waste.

All users are required to take all electrical or electronic devices, whether they contain toxic substances or not, to 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 about disposal.

## 7. Technical specifications

### Technical specifications for IRELT H3 PROFESSIONAL:

- All IRELT products are delivered pre-assembled
- Infrared wavelength 760-3000 Nm
- Long wave peak of 1600 Nm
- Heat radiation field: 100 x 240 cm
- Treatment distance: about 30 cm or so that it feels comfortable
- Treatment time: 20 minutes, 10 minutes for both front and back of the body
- Safety goggles included
- Lampa: IRELT MEGA STRONG 230V/250W
- The light is completely free of UV rays
- Power: 750W
- Voltage: 230V
- Dimensions: wide 55 cm x height max. 230 cm x depth 65 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: approx. 15 kg
- Item number: H3 PROFESSIONAL
- EAN number:
- UDI number



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



**In accordance with our policy of continuous product improvement, we reserve the right to make technical and visual changes without prior notice.**

### **Electromagnetic compatibility:**

The device complies with the EN 60601-1-2 standard for electromagnetic compatibility. You can find details of this measurement data on the separate enclosure.

## 8. Warranty

Please contact your supplier or service center in case of a claim under warranty. If you have to return the device, attach a copy of your receipt and indicate what the fault is.

The following warranty conditions apply:

1. The warranty period for IRELT products is three years from the date of purchase. In the case of warranty claims, the date of purchase must be proven by means of a sales receipt or invoice.
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 of either the device or the spare parts.
4. The following are excluded under the warranty:
  - a. Any damage caused by improper handling, e.g. failure to follow the operating instructions.
  - b. Any damage resulting from repairs by the customer or unauthorized third parties.
  - c. Damage that occurred during transport from the manufacturer to the consumer or during transport to the service centre.
  - 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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