

beurer

HK 165 Green Planet*



EN Battery-operated weighted shoulder heat pad
Instructions for use.....3

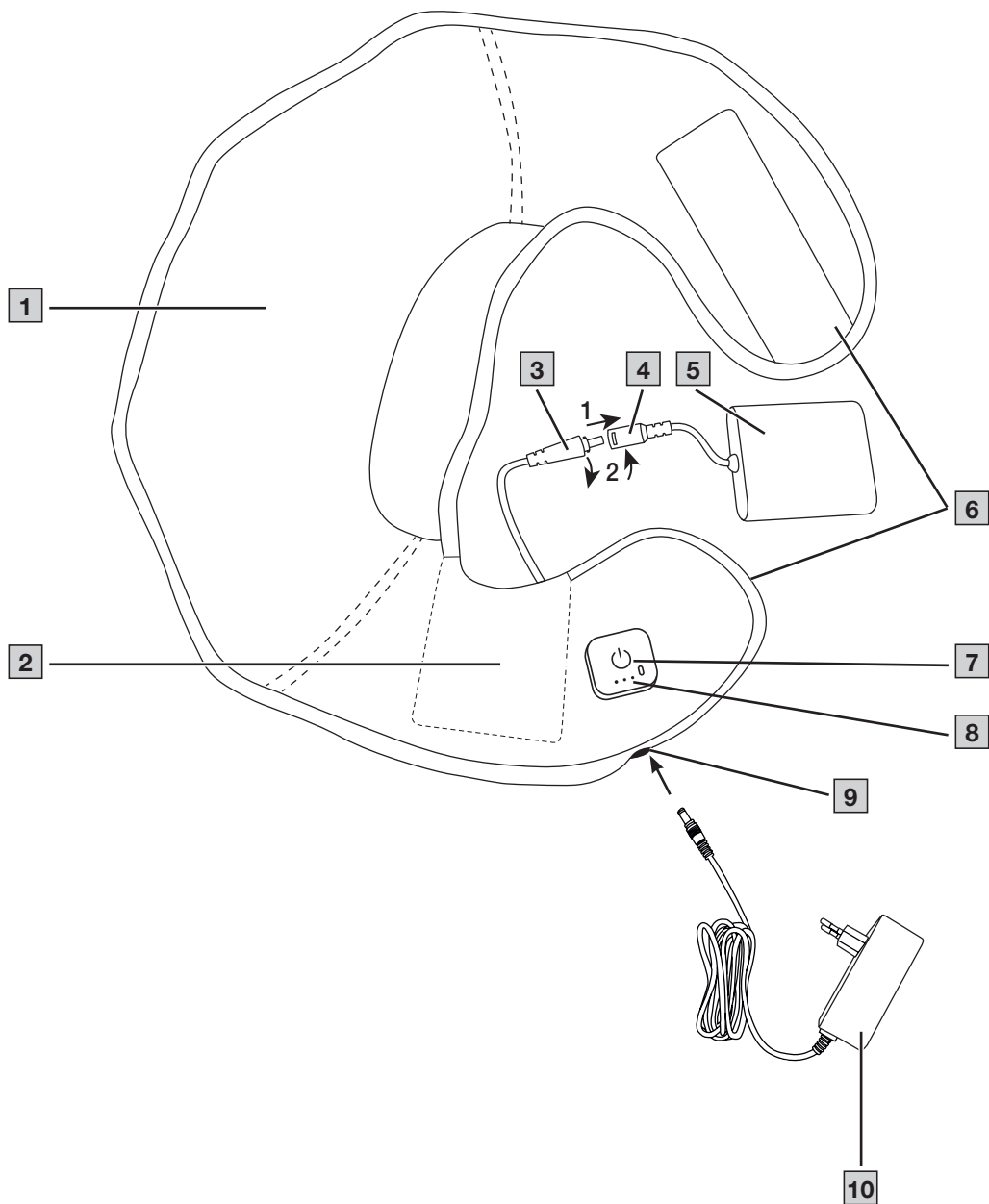


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 **Read these instructions for use carefully. Follow the warnings and safety notes. Keep these instructions for use for future reference. Make the instructions for use accessible to other users. If the device is passed on, provide the instructions for use to the next user as well.**

In this document, the heat pad together with the lithium-ion battery is referred to simply as “device”.

In this document, the heat pad without the lithium-ion battery is referred to simply as “heating element”.

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1. INCLUDED IN DELIVERY

Check that the exterior of the cardboard delivery packaging is intact and make sure that all contents are included in the delivery. Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Service address.

- 1 battery-operated shoulder heat pad
- 1 lithium-ion battery
- 1 mains adapter
- 1 copy of instructions for use

2. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

 WARNING Indicates a potentially impending danger. If it is not avoided, there is a risk of death or serious injury.	 Manufacturer
 CAUTION Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may result.	 Protection class II device
 NOTICE Indicates a potentially harmful situation. If it is not avoided, the system or something in its vicinity may be damaged.	 Direct current
 Product information Note on important information	 Alternating current
 Read the instructions	 Polarity of DC power connection
 Do not use when folded or bunched up	 Energy efficiency level 6
 Do not insert pins	 For indoor use only
 Must not be used by very young children (0-3 years old)	 Tested for safety in accordance with the requirements of the “Produktsicherheitsgesetz” (German Product Safety Act)
	 This product satisfies the requirements of the applicable European and national directives.
	 Conformity assessed marking for the United Kingdom
	 The products demonstrably meet the requirements of the Technical Regulations of the EAEU
	 The electronic device must not be disposed of with household waste
	 Do not dispose of batteries containing harmful substances with household waste
	 Marking to identify the packaging material. A = material abbreviation, B = material number: 1-7 = plastics, 20-22 = paper and cardboard
	 Separate the product and packaging elements and dispose of them in accordance with local regulations.
	 Wash at a maximum temperature of 30°C Very gentle wash
	 Do not bleach

	Do not tumble dry
	Do not iron
	Do not dry clean
	GRS – standard for independent certification of recycled material
	The fabrics used in this device meet the high requirements of Oeko-Tex® Standard 100 for human ecology as verified by the Hohenstein Research Institute.

3. SAFETY NOTES

IMPORTANT INFORMATION – RETAIN FOR FUTURE REFERENCE

⚠ WARNING

- Non-observance of the following notes may result in personal injury or material damage (electric shock, skin burns, fire). The following safety and hazard information is not only intended to protect your health and the health of others, it should also protect the device. For this reason, pay attention to these safety notes and include these instructions when handing over the device to others.
- This device must not be used by persons who are not sensitive to heat or by other vulnerable persons who may not be able to react to overheating (e.g. diabetics, persons with skin alterations due to illness or scarred tissue in the application area, after taking pain relief medication or alcohol).
- This device must not be used by very young children (0-3 years old) as they are unable to respond to overheating.
- The device can be used by children older than 3 and younger than 8 years of age provided they are supervised. For this, the control unit must always be set to the minimum temperature.
- This device may be used by children over the age of 8 and by people with reduced physical, sensory or mental skills or a lack of experience or knowledge, provided that they are supervised or have been instructed on how to use the device safely, and are fully aware of the consequent risks of use.
- Children must not play with the device.
- Cleaning and user maintenance must not be performed by children unless supervised.
- This device is not designed for use in hospitals.
- This device is only intended for domestic/private use – not for commercial use.
- Do not insert pins.
- Do not use when folded or bunched up.
- Do not use if wet.
- This device must only be used in conjunction with the lithium-ion battery specified on the label.
- This device must only be connected to the mains voltage that is specified on the label.
- Only operate the device with the mains adapter provided and at the mains voltage specified on the mains adapter.

- If the device is being used over several hours, we recommend that you set the lowest temperature setting on the control unit to avoid overheating the body part being heated, which may lead to burns to the skin.
- The electrical and magnetic fields emitted by this device may interfere with the function of your pacemaker. However, they are still well below the limits: electrical field strength: max. 5000 V/m, magnetic field strength: max. 80 A/m, magnetic flux density: max. 0.1 millitesla. Please therefore consult your doctor and the manufacturer of your pacemaker before using this device.
- Do not pull, twist or make sharp bends in the cables.
- Check this device frequently for signs of wear and tear or damage. If any such signs are evident, if the device has been used incorrectly or if it no longer heats up, it must be checked by the manufacturer before being switched on again.
- If glass beads are released due to product damage, discontinue use. Never swallow the glass beads. If glass beads are swallowed, seek medical attention immediately.
- Under no circumstances should you open or repair the device (incl. accessories) yourself, as faultless functionality can no longer be guaranteed thereafter. Failure to comply will invalidate the guarantee.
- If the cables of the heating element or the lithium-ion battery are damaged, they must be replaced by the manufacturer, its customer service department or a similarly qualified person to avoid any risk.
- Do not expose the control unit and cables to direct sunlight.
- When this device is switched on:
 - sharp-edged objects must not be placed on it,
 - heat sources such as hot-water bottles or similar must not be placed on it.
- The lithium-ion battery must not be on the heating element or any other external heat source when the device is in operation.
- The cells in the lithium-ion battery cannot be replaced.
- Allow the device to cool down before storing it away. Failure to observe this may result in damage to the item.
- To avoid severe creasing in the device, do not place any objects on top of it while it is being stored. Otherwise the device may get damaged.
- It is essential to observe the information relating to the following chapters: Operation, Cleaning and maintenance, Storage.
- If you should have any questions about using our devices, please contact our Customer Services department.

Notes on handling batteries

WARNING

- **Risk of explosion! Risk of fire!** Failure to comply with the points mentioned can result in personal injury, overheating, leakage, venting, breakage, explosion, or fire.
- Always use the correct or supplied charging cable/charger/mains adapter for charging.
- Avoid continuous charging or overcharging. Unplug the charger when charging is complete.
- Only use with the battery charger CH0251-1262000GB/CH0251-1262000BB.
- Charge the device under supervision, paying attention to any heat generated, deformation, or release of gases. If in doubt, stop charging.
- Dispose of defective batteries/charging cables/chargers immediately and properly (see chapter on disposal).
- Do not use modified or damaged batteries/charging cables/chargers.

- Always select the correct battery type. Contact Customer Services for information on whether a battery replacement part can be replaced.
- Do not throw batteries into a fire.
- Never forcibly discharge, heat, disassemble, open, crush, deform, encapsulate, modify, or knock batteries.
- Never short-circuit batteries or battery compartment contacts.
- Protect the batteries from direct sunlight, rain, heat, and water.
- Exposure of batteries to an environment with extremely high temperatures or an extremely low air pressure may result in explosion or leakage of flammable liquids and gases.
- Always insert the batteries correctly, taking into account the polarity (+ / -).
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth.
- If fluid from a battery comes into contact with your skin or eyes, wash the affected areas with water and seek medical assistance.
- **Choking hazard!** Keep batteries out of the reach of children. Seek medical attention immediately if swallowed. Swallowing them may cause severe internal burns and death.
- Never allow children to replace batteries without adult supervision.

CAUTION

- Store battery replacement parts away from metal objects in a well-ventilated, dry, and cool place.
- Keep batteries clean and dry.
- Keep batteries away from water.
- If the device is not going to be used for a long period of time, remove the batteries from the battery compartment.

4. INTENDED USE

CAUTION

This device is only designed to warm up the human body.

5. DEVICE DESCRIPTION

The associated drawings are shown on page 2.

- 1** Heating element
- 2** Storage pouch for lithium-ion battery
- 3** Heating element connector
- 4** Battery connector
- 5** Lithium-ion battery
- 6** Hook-and-loop fastener
- 7** Button for ON/OFF and temperature settings
- 8** Illuminated display for the charge level
- 9** Mains adapter connection socket
- 10** Mains adapter

6. OPERATION

6.1 Safety

NOTICE

- The device is fitted with a SAFETY SYSTEM. This sensor technology provides protection against overheating across the entire surface of the heating element with an automatic switch-off in the event of a fault. Once the SAFETY SWITCH-OFF has taken place, the displays no longer light up when switched on. After cooling down to room temperature, the device can be switched on again.

6.2 Initial use

Charging the lithium-ion battery

CAUTION

The lithium-ion battery **5** must be charged prior to initial use or if the device has not been used for a long period.

- Ensure that the heating element connector **3** and the battery connector **4** are properly connected.
- Connect the device to the mains adapter **10** using the mains adapter connection socket **9**.
- Plug the supplied mains adapter **10** into a suitable socket with a mains voltage corresponding to the specifications on the mains adapter.
- The mains adapter **10** features an LED display: It lights up red when the mains adapter is connected and the battery is charging. As soon as the battery is fully charged, it lights up green.
- During the charging process, the white LEDs on the illuminated display **8** flash according to the charge level.
- If the device is already switched on when the charging process starts, it switches off automatically.
- If the device is switched on during the charging process using the ON/OFF button **7**, the device becomes warm. The lithium-ion battery **5** is no longer charging, and the white LEDs are permanently lit.
- The lithium-ion battery **5** is fully charged when all three white LEDs are permanently lit (it takes approx. 3 hours to fully charge a flat lithium-ion battery).
- After the device has been disconnected from the mains adapter, the white LEDs light up for a few seconds depending on the charge level.
- The lithium-ion battery **5** should be charged at least once a year to retain its capacity.
- While charging, do not cover the lithium-ion battery **5** with covers, cushions or similar items.
- Only charge the lithium-ion battery **5** in a dry environment and at normal room temperature.

Checking the charge level of the lithium-ion battery

The current charge level of the lithium-ion battery is displayed on the illuminated display **8** by the three white LEDs:

- 1 illuminated LED = $\geq 40\%$
- 2 illuminated LEDs = $\geq 60\%$
- 3 illuminated LEDs = $\geq 80\%$

Connecting the heating element to the lithium-ion battery

- Connect the heating element connector **3** to the battery connector **4**. Then place the lithium-ion battery into the built-in storage pouch **2**. The device is then ready for use.

6.3 Placing the device on the neck

For optimal heat transfer, position the device so that the underside of the device (the side without the ON/OFF button and temperature settings **7**) is in contact with the body.

6.4 Switching on

To switch the device on, press and hold the ON/OFF button **7** for at least 3 seconds. The illuminated display **8** will start to light up in red.



Switching sequence: red-yellow-orange-red-yellow-...

6.5 Adjusting the heat setting

The device has three heat settings in total. To change the heat setting on the switched-on device, briefly press the ON/OFF button **7**. Setting 1: Minimum heat (display **7** lights up yellow)

Setting 2: Medium heat (display **7** lights up orange)
Setting 3: Maximum heat (display **7** lights up red)

-  The fastest way to warm up the device is to initially set the highest heat setting.
-  This device has a fast heating function, which allows the device to warm up quickly in the first 10 minutes for all 3 heat settings.

6.6 Automatic switch-off

This device is equipped with an automatic switch-off function. This turns off the heat supply and the temperature settings display approx. 90 minutes after the initial use of the device. Press the ON/OFF button **7** to be able to restart the device. After about 3 seconds it is possible to switch it on again.

WARNING

If the device is being used over several hours, we recommend that you set the lowest temperature setting on the control unit to avoid overheating the body part being heated, which may lead to burns to the skin.

6.7 Switching off

Switch off the device by pressing and holding the ON/OFF button **7** on the device for at least 3 seconds until the displays on the control unit are no longer illuminated.

-  Please note that the lithium-ion battery **5** must be protected against extreme cold (e.g. placed in the storage pouch) to maintain its full performance.

7. CLEANING AND MAINTENANCE

NOTICE

- Prior to cleaning, always first disconnect the lithium-ion battery **5** from the heating element and remove it from the storage pouch **2**. Otherwise there is a risk of damage.
- The lithium-ion battery **5** must never come into contact with water or other liquids. Otherwise it may be damaged.
- To clean the lithium-ion battery **5**, use a dry, lint-free cloth. Do not use any chemical or abrasive cleaning agents.
- Please note that the heating element must not be chemically cleaned, wrung out, tumble dried, put through a mangle or ironed. Otherwise the heating element may get damaged.
- The heating element is machine-washable.
- Remove the lithium-ion battery before washing.
- Set the washing machine to a particularly gentle wash cycle at 30°C (wool cycle).
- Use a delicate laundry detergent and measure it out according to the manufacturer's instructions.
- Immediately after washing, reshape the heating element to its original dimensions while it is still damp and spread it out flat on a clothes horse to dry.
- Do not use the device again until all components are completely dry.

8. WHAT IF THERE ARE PROBLEMS?

Problem: The illuminated display 7 does not light up after a long press when the lithium-ion battery 5 is connected to the heating element.	
Cause	Solution
The lithium-ion battery has been fully run down.	Charge the lithium-ion battery.
There was a SAFETY SWITCH-OFF due to overheating.	Allow the device to cool down to room temperature and switch it on again.

Problem: The illuminated display 7 does not light up after a long press when the fully charged lithium-ion battery 5 is connected to the heating element.	
Cause	Solution
The heating element or the lithium-ion battery is defective.	Contact Customer Service

9. STORAGE

If you do not plan to use the device for a long period of time, we recommend that you store it in the original packaging. For this purpose, disconnect the lithium-ion battery **5** from the heating element **1**. The lithium-ion battery **5** must be charged regularly to prevent deep discharge.

10. DISPOSAL

For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country. Observe the local regulations for material disposal. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal. You can obtain the location of collection points for old devices from the local or municipal authorities, local waste disposal companies or your retailer, for example.

The empty, completely flat batteries must be disposed of in specially designated collection boxes, at recycling points or at electronics retailers. You are legally required to dispose of the batteries.

The codes below are printed on batteries containing harmful substances:

- Pb = battery contains lead
- Cd = battery contains cadmium
- Hg = battery contains mercury



11. TECHNICAL SPECIFICATIONS

See type plate labels on the heating element **1** and lithium-ion battery **5**.

Mains adapter

Model	CH0251-1262000GB / CH0251-1262000BB
Input	100-240 V ~ ; 50-60 Hz; 1.0 A max
Output	12.6V  ; 2.0A; 25.2 W; 

Subject to technical changes.

12. GUARANTEE / SERVICE

Further information on the guarantee and guarantee conditions can be found in the guarantee leaflet supplied.



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