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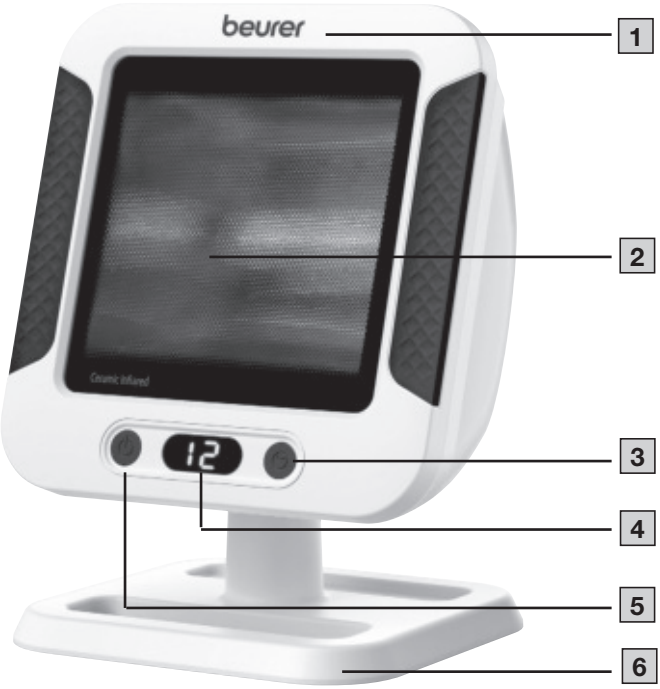
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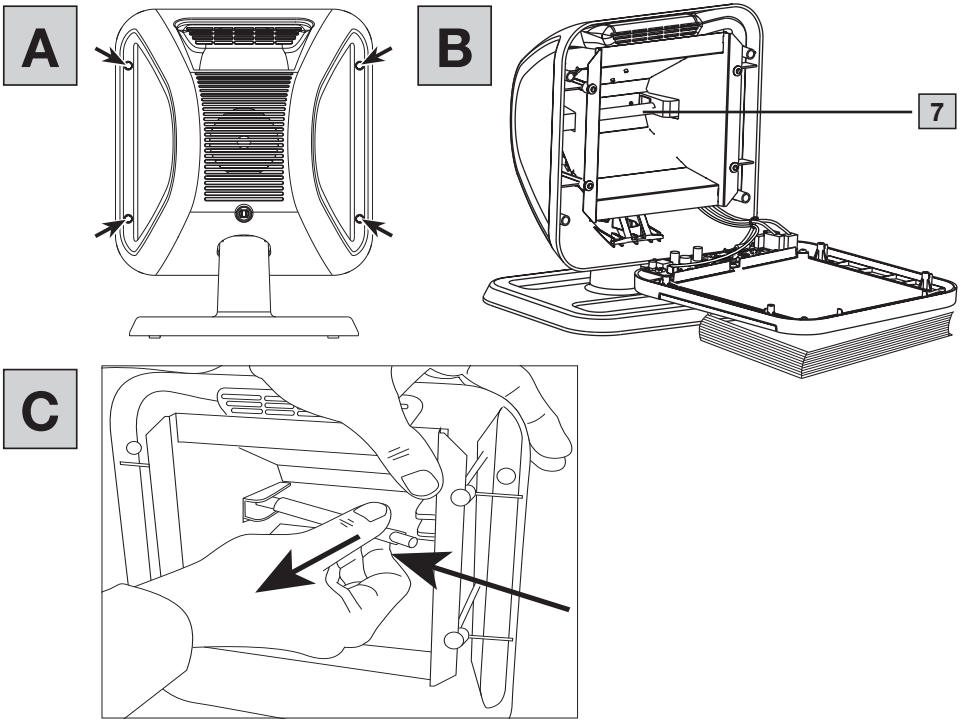


EN Infrared heat lamp

Instructions for use..... 3

CE 0483


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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.

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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 present. Before use, ensure that there is no visible damage to the device or included components 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 Services address.

- 1 infrared heat lamp
- 1 set of protective eyewear
- 1 copy of these 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.

NOTICE

Indicates a potentially harmful situation. If it is not avoided, the device or something in its vicinity may be damaged.

CE	**CE labelling** This product satisfies the requirements of the applicable European and national directives.
	Observe the instruction Read the instructions before starting work and/or operating devices or machines
UDI	Unique device identifier (UDI) Identifier for unique product identification
	Protection class II device The device is double-insulated and, therefore, meets protection class 2
CH REP	Swiss authorised representative
B A	Marking to identify the packaging material. A = material abbreviation, B = material number: 1–7 = plastics, 20–22 = paper and cardboard
RECYCLE	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	Disposal in accordance with the Waste Electrical and Electronic Equipment EC Directive (WEEE)
SN	Serial number
LOT	Batch designation
#	Type number
	Do not look into the light source
	Supplied eye protection must be worn
	Keep dry
	Manufacturer
REF	Article number
Storage	Permissible storage temperature and humidity
Operating	Permissible operating temperature and humidity

MD	Medical device
	Warning; hot surface
	Caution; infrared radiation
	Date of manufacture
	Manufacturer in accordance with the Packaging Regulation (PPWR)

3. INTENDED USE

Purpose

The infrared lamp is intended for irradiating the human body.
Through infrared light radiation, heat is conveyed to the individual.

Target group

This device is intended for self-treatment in the home, and not in professional healthcare facilities. The application is suitable for all adults who are not sensory impaired and who are fully conscious.

Clinical benefits

The infrared lamp allows the user to heat specific areas of the skin using infrared light. As a result, blood supply to the irradiated skin increases and the metabolic rate in the temperature field also increases. The body's healing process is stimulated by the effects of the infrared light. Healing processes are therefore supported in a targeted manner.

Indications

The user can use it as additional therapy in the treatment of the following diseases:

- Ear, nose and throat disorders, e.g. acute rhinitis
- Acne
- Muscular tension, e.g.
  - Periarthropathic soft tissue diseases (myalgia, myogelosis, myotendopathies, fibrositis)
  - Arthralgia in arthritis
  - Rheumatic joint problems (not with inflammatory flare-ups)

Contraindications

⚠ WARNING

- This device is not intended for use by people with restricted physical, sensory, or mental skills, or those who lack experience and/or knowledge, unless they are supervised by a person who has responsibility for their safety or they receive instructions from this person on how to use the device, so as to prevent the risk of fire or burns.
- Do **NOT** use this device on people who are insensitive to heat.
  Heat sensitivity can be lessened or increased in the following cases:
  - Diabetic patients
  - Paraplegia patients
  - People who are drowsy, have dementia, or problems with concentration
  - People with skin alterations due to illness
  - People with scarred tissue in the area of application
  - On children and elderly people
  - After taking medication or drinking alcohol
- Do **NOT** use this device in the following cases:
  - Acute rheumatoid arthritis
  - Infectious arthritis
  - Circulatory disorders
  - Decompensated cardiac insufficiency or severe cardiac arrhythmia
  - Acute or recent myocardial infarction
  - Derailed diabetes mellitus, hyperthyroidism, adrenal insufficiency
  - Infections
  - Open wounds
  - Severe swelling
  - Radiotherapy (incl. three months after treatment)
  - Sensation disorders in the treatment area
- Do not operate the device if you are wearing an implant, particularly if it is located in the area of the body to be treated. If you have any doubts, consult your doctor.
- If you are pregnant, do not operate the device near your abdomen, in order to prevent this area from overheating. If you have any doubts, consult your doctor.
- This device is not intended for use by children. Children should be supervised to make sure that they do not play with the device to avoid the risk of fire and burns.

Undesirable side effects

- Medication, cosmetics or food can, under certain conditions, lead to a hypersensitive or allergic skin reaction. In this case, the irradiation must be stopped immediately.
- During treatment, an appropriate distance must be maintained between the infrared lamp and the desired treatment area to prevent skin irritation, such as tingling, itching and burning, or excessive sensitivity to heat. Discontinue treatment if this is the case. Alternatively, increase the radiation distance and/or reduce the radiation duration.
- Prolonged use may cause skin burns.

Intended use of protective eyewear

The protective eyewear is exclusively intended for protecting your eyes against infrared radiation while using an infrared lamp. The protective eyewear provides protection against infrared radiation only. The protective eyewear does NOT provide protection against other types of radiation. Use the protective eyewear only with beurer infrared lamps. Never use the protective eyewear with infrared lamps from other manufacturers.
Always use the protective eyewear directly over your eyes, not over another pair of glasses. The protective eyewear is intended for domestic/private use only, not for commercial use.
The protective eyewear is not suitable for use as eye protection against mechanical hazards (e.g. impacts).
It is free from pollutants as per the legal requirements.

4. WARNINGS AND SAFETY NOTES

Electrical safety

The device is protected against overheating by a thermal fuse that is triggered automatically.

⚠ WARNING

- Any form of improper use can be dangerous.
- To avoid the risk of electric shock or permanent damage to the device, check that the voltage specified on the device corresponds to the local mains voltage before connecting the device.
- Use a mains connection that is easily accessible so that the mains plug can be removed quickly if necessary.
- Do not touch the mains plug with wet hands as there is a risk of electric shock!
- Arrange the mains cable so that no-one will trip over it.
- Always remove the mains plug from the socket when the device is not in use, when you are cleaning the device, or in

the event of disruptions, smoke, or odour formation. When removing the plug, pull on the mains plug, not on the cable!
- Caution when handling the mains cable (risk of strangulation and suffocation).
- Before use, ensure that the device and included components display no visible damage. If you have any doubts, do not use the device and contact your retailer or the specified Customer Services address. This is particularly applicable in the case of scratches and cracks in the glass pane or cracks in the housing.
- If the mains cable or its housing is damaged, this must be replaced by Customer Services or the retailer, as there is a risk of electric shock.
- Disconnection from the power supply network is only guaranteed if the mains plug is unplugged.
- If the mains cable of this device is damaged, it must be disposed of. If it cannot be removed, the device must be disposed of.
- Never wrap the mains cable around the infrared lamp.

Safety notes for your health

⚠ WARNING

- Risk of burns! The filter pane and the device housing heat up considerably during operation. Risk of burns when touche!
- Do not touch the hot glass pane when using the buttons (ON/OFF and timer). There is a risk of burns when doing so.
- Always allow the device to cool before touching it.
- Always remove the mains plug and allow the device to cool before packing it away.
- Do not touch the device with damp hands while it is switched on.
- Water and electricity represent a dangerous combination! To avoid the risk of electric shock:
  - Do not use this device in a wet environment (e.g. in the bathroom or near a shower or swimming pool).
  - Do not allow water to run into the device.
  - Do not allow water to spray onto the device.
  - Only operate the device if it is completely dry.

Safe handling

⚠ WARNING

- This device is not intended for commercial use; it is designed exclusively for use in a private home.
- The infrared radiation from this device may cause eye irritation. Do not look into the light source and use the enclosed protective eyewear.
- Keep packaging material away from children (risk of suffocation).
- Always use the protective eyewear supplied during usage.
- Do not use with babies and small children.
- This device is not intended for use on changing units, cots or similar.
- Never use the device in proximity to water.
- If the device has been dropped or exposed to high levels of humidity or has suffered any other damage, it must no longer be used.
- The device must not be immersed in water or any other liquid and no liquid must penetrate the device.
- To avoid the risk of fire and burns, do not leave the device unattended during operation.
- Switch the device off immediately if it is faulty or not working properly.
- To avoid damage to the device, always pull the mains plug out of the socket after use and in the event of a power failure.
- If the socket to which the device is connected is not properly connected, the plug of the device will heat up. To avoid the risk of fire and burns, make sure that you plug the device into a properly installed socket.

Important notes

⚠ WARNING

- The distance between the body part and the infrared lamp is generally determined on the basis of individual sensitivities to heat and the type of treatment being performed. The greater the distance between you and the device, the larger the treatment area and the lower the heat of the infrared light. At a smaller distance, the treatment area is reduced and the heat of the infrared light becomes more intense.
- Limit the length of use and check the skin's reaction.
- An appropriate distance between the infrared lamp and the desired treatment area must be maintained during treatment so that no skin irritation, such as tingling, itching, and burning, or excessive heat sensitivity occurs. Stop the treatment if this occurs. Alternatively, increase the radiation distance and/or reduce the radiation duration.
- This device is not intended for radiation from above.
- To avoid accidental contact with the hot filter, make sure that there is sufficient distance between you and the device. Select the distance to the device such that the heat feels pleasant for you.
- Medications, cosmetics or food products can lead to a hypersensitive or allergic skin reaction in some cases. Should this occur, radiation should be stopped immediately.
- Exercise particular caution and attentiveness during prolonged operation of the device.
- Do not use the device if you are tired and there is a risk of falling asleep during radiation.
- Overly prolonged radiation may lead to the skin being burned.
- Children are unaware of the dangers posed by electrical devices. Make sure that the device cannot be used by children without supervision.
- Do not use the device in a linty or dusty environment.

Warning and safety notes on protective eyewear

⚠ WARNING

- Keep packaging material away from children. There is a risk of suffocation.
- Children must not play with the protective eyewear.
- Before using the protective eyewear, check it for signs of external damage (e.g. cracks or holes). If the protective eyewear is damaged, you must NOT continue using it.
- Protective eyewear that has been exposed to impacts must not be used; they must be disposed of and replaced.
- When wearing the protective eyewear, people with sensitive skin may have an allergic reaction to the materials of the eyewear that may come into contact with the skin.
- Make sure that the protective eyewear does not come into contact with grease, oils, or alcohol (e.g. cleaning products or facial toners).
- Use the protective eyewear only in quiet environments, so that you are not disturbed during use.
- The protective eyewear is not suitable for driving or road traffic

Repairs

⚠ WARNING

- Risk of electric shock! You may only open the device to change the infrared lamp. Unplug the mains cable from the socket before replacing the infrared lamp! Never try to repair the device yourself, as faultless functionality can no longer be guaranteed thereafter. Failure to comply with this instruction will void the guarantee.
- For repairs, please contact Customer Services or an authorised retailer.

5. DEVICE DESCRIPTION

The associated drawings are shown on page 3.

1 Housing with handles for adjusting the tilt angle

2 Glass pane

3 Time selection button

4 Remaining time display

5 ON/OFF switch

6 Device base

7 Infrared lamp

6. INITIAL USE

6.1 Prior to initial use

NOTICE

- Before using the device, remove all packaging material.
- Check the device for signs of wear and tear or damage. If the device is damaged or you have any doubts, do not use it and contact your retailer or Customer Services at the address provided.
- The manufacturer is not liable for damage resulting from improper or incorrect use.
- Protect the device from dust, dirt, sunshine and moisture.

6.2 Unpacking and setup

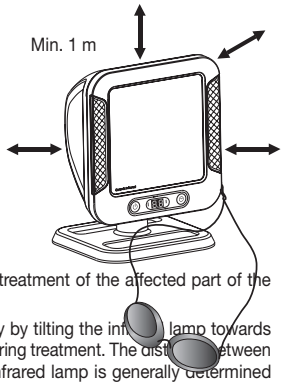
⚠ WARNING

- The device should not be laid flat or positioned at an angle.
- The minimum distance between combustible objects and the infrared lamp must not be less than 1 metre.
- Ensure that the device is not placed on flammable items such as tablecloths or carpets.
- Do not bring items that are highly flammable or likely to melt into the proximity of the device.
- Do not hang the device from the wall or the ceiling.
- Do not use the device outside.
- Protect the device from strong impacts to avoid the risk of damaging the lamp. This also includes setting the device up in a rough manner.
- Unwind the mains cable fully.

NOTICE

Avoid knocks to the device during use and during the cooling off period, as these can lead to the infrared lamp being damaged.

1. Place the device on a stable, even surface.
2. Insert the mains plug into the socket. The full display lights up briefly and then "--" is displayed. The infrared lamp is now ready for operation.



6.3 Preparation for treatment

1. Position yourself in front of the device so that you can relax and enjoy the treatment of the affected part of the body.
2. Align the device correctly by tilting the infrared lamp towards the part of the body requiring treatment. The distance between the body part and the infrared lamp is generally determined on the basis of individual sensitivities to heat and the type of treatment being performed.
3. Select the distance to the device such that the heat always feels pleasant on the skin. If the heat feels too warm on your skin, move away from the device.
4. Always use the supplied protective eyewear during usage. The protective eyewear corresponds to the requirements of EN ISO 16321-1:2022 and serves to protect the eyes.

⚠ WARNING

Never look directly into the infrared light without protective eyewear.
Do not use the device continuously for longer than 15 minutes as there is a risk of overheating! Allow the device to cool before using it again.

6.4 Treatment duration

⚠ WARNING

Risk of burning: Before switching on the device, remove metallic objects from the area to be treated, such as belt buckles, necklaces, bras, jewellery, or piercings, as these can heat up significantly.

We recommend selecting a short radiation time at the start. Even when the device is used correctly, some people may still experience a hypersensitive (e.g. severe reddening, blistering, itchiness, heavy sweating) or allergic skin reaction to the heat radiation.
If symptoms are not relieved after 6 to 8 applications, stop using the device and consult your doctor.

7. USAGE

7.1 Starting treatment

⚠ WARNING

Always use the supplied protective eyewear during treatment. Monitor the area of the body being irradiated and the reaction of the skin regularly. Should signs of hypersensitivity or allergic reactions occur, cease radiation immediately and consult a doctor.

Risk of burns! During treatment, never touch the hot glass pane 2.

1. Hold the protective eyewear to your eyes and pull the rubber band over your head. You can adjust the rubber band individually.
2. Press the ON/OFF switch 5 to switch on the device. The device switches on automatically after a short time. The remaining time display 4 shows 15 minutes as the duration of treatment.

3. Use the time selection button 3 to select the desired treatment duration (1 to 15 minutes). The set treatment duration is displayed in the remaining time display 4. You can also change the duration of treatment after it has started using the time selection button 3.
4. After the set treatment duration has elapsed, the device switches off automatically. To stop the treatment early, press the ON/OFF switch 5.

7.2 After treatment

NOTICE

- ***The fan will continue running for 5 minutes after you have finished using the device in order to cool it down. Please do not unplug the device during this period.***
- Once the cooling period has finished, the fan will switch itself off. Pull the mains plug out of the socket.
- If the device is warm, do not cover it or pack and store it.

8. CLEANING AND MAINTENANCE

8.1 Cleaning

⚠ WARNING

The device must be switched off, disconnected from the mains, and allowed to cool down fully each time before each cleaning.

NOTICE

- Make sure that no water gets inside the device!
- Do not clean the device in the dishwasher.

The device may be cleaned with a damp cloth. Do not use any solvent-based cleaning products. The device should be cleaned after each use.
Clean the protective eyewear from time to time. Use a slightly damp, soft cloth to clean it. Do not use any harsh or abrasive cleaning products.

8.2 Replacing the infrared lamp

Please note that only an infrared lamp of the same type may be used as a replacement for a defective infrared lamp.

⚠ WARNING

Risk of electric shock!

- Unplug the mains cable from the socket before replacing the infrared lamp!
- Risk of burns from hot surfaces.
- Allow the device to cool fully before starting repair work.
- Infrared light sources are excluded from the guarantee.

Removing the old infrared lamp

1. Place the cooled device with the ceramic glass pane on a flat surface.
2. Unscrew the four screws on the rear panel of the device using a suitable Phillips screwdriver (see Figure A).
3. Set the housing upright. However, allow the front part with the ceramic glass pane to rest on a raised surface, e.g. a book (see Figure B).
4. Hold the cooled infrared lamp at its right end and carefully press it to the left C.
5. Now pull the right end of the infrared lamp forwards out of the socket.

Inserting the new infrared lamp

NOTICE

Only insert the new infrared lamp using a cloth. Do not touch the infrared lamp with bare fingers, as the layer of grease adhering to your skin may damage it.

1. Insert the new infrared lamp into the socket using a cloth. Installation of the new infrared lamp is carried out in the reverse sequence to removal.
2. Close the device again. Closing of the device is carried out in the reverse sequence to the opening.
3. Ensure that no objects remain in the housing and no cables are trapped.

If you have problems replacing the infrared lamp, please contact Customer Services.

Storage

1. Remove the mains plug and allow the device to cool fully before moving it.
2. If you do not plan to use the protective eyewear for an extended period of time, we recommend storing it in its original packaging in a dry environment, ensuring that it is not weighed down by other items.
3. The heat lamp should ideally be stored in the original packaging and in a dry place.

9. WEAR PARTS AND REPLACEMENT PARTS

To purchase wear parts and replacement parts, please visit www.beurer.com or contact the corresponding service address (according to the service address list) in your country.

Designation	Item number and/or order number
Replacement lamp Type: Halogen light source 220–230 V / 300 W 118 mm length for R7S socket	110.048
Protective eyewear	200.593

10. WHAT IF THERE ARE PROBLEMS?

Problem	Possible cause	Solution
Infrared lamp does not illuminate	ON/OFF switch 5 was not pressed	Press the ON/OFF button 5
	No power	Plug the mains plug into the socket correctly
	Infrared lamp burn time exceeded	The infrared lamp is faulty. Contact Customer Services or your retailer
	After replacing the infrared lamp, the new infrared lamp was not fitted correctly	Check that the new infrared lamp has been fitted correctly as described in Chapter 8.2

Problem	Possible cause	Solution
Infrared lamp shuts off during operation although timer has not yet elapsed	Safety switch-off due to overheating protection	Allow the device to cool down and restart it.

11. DISPOSAL



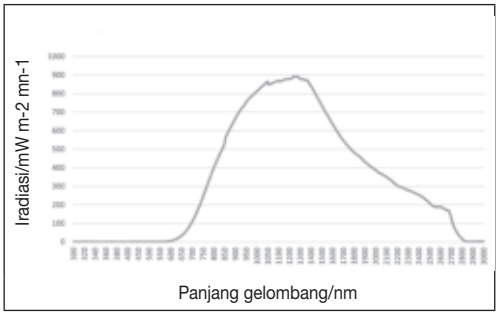
For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country. Observe the local regulations for material disposal. Dispose of the device in accordance with EC Directive Waste Electrical and Electronic Equipment (WEEE). 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.

12. TECHNICAL SPECIFICATIONS

12.1 Infrared heat lamp

Mains connection	AC 220 V – 230 V / 50 – 60 Hz
Power consumption	300 W
Risk group	RG2, medium risk group
Timer	Programmable from 1 to 15 minutes in minute intervals
Max. irradiation intensity according to EN 62471	< 3200 W/m²
Dimensions (W x H x D)	225 x 288 x 195 mm
Weight	Approx. 1.3 kg
Operating conditions	Temperature: +5°C to +35°C Relative humidity: 15% – 93% Ambient pressure: 700 hPa – 1060 hPa
Storage and transportation conditions	Temperature: -25°C to +70°C Relative humidity: ≤ 93%
Emitted infrared wavelength range	IRA + IRB / 780 – 3000 nm
Protection class	II
Expected burn time of light source	1500 hours
Fuse	Type H 4AT/250V
Safety distance to the eyes	13 cm
Expected service life of the device	Information on the service life of the product can be found on the homepage
IP protection class	IP 20

Spectral irradiation intensity



The actual irradiation intensity of the infrared lamp may vary slightly due to the design

12.2 Protective eyewear

Model	EP 02
Protection level	16321 BEU RL 2,5 according to EN ISO 16321-1:2022
Protective eyewear designation	16321 BEU RL 2,5 The code for the lenses is comprised of the following: - 16321 is the normative basis (1st part of the code) - Manufacturer identification (2nd part of the code) - Type of filter performance (3rd part of the code) - Filter performance characteristic (4th part of the code)

Notified body:
ECS European Certification Service GmbH
Obere Bahnstraße 14
73431 Aalen

Identification number: 1883

EU declaration of conformity:

https://www.beurer.com/web/we-landingpages/de/cedeclarationofconformity.php

The batch number is located on the device.

If the device is not used according to the specifications, faultless functionality cannot be guaranteed! We reserve the right to make technical changes to improve and develop the product.
This device conforms with the European standard EN 60601-1-2 (in accordance with CISPR 11, IEC 61000-3-2, IEC 61000-3-3, IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-4, IEC 61000-4-5, IEC 61000-4-6, IEC 61000-4-11, IEC 61000-4-39) and is subject to particular precautions with regard to electromagnetic compatibility. Please note that portable and mobile HF communication systems may interfere with this device. For more details, please contact our Customer Services at the address indicated.
The device complies with the Regulation (EU) 2017/745 of the European Parliament and of the Medical Devices Council, as well as the respective national provisions.

Notification of incidents

For users/patients in the European Union and identical regulation systems (EU Medical Device Regulation (MDR) 2017/745), the following applies: If a major incident occurs during or through use of the product, notify the manufacturer and/or their representative

of this as well as the respective national authority of the member state in which the user/patient is located.

Notes on electromagnetic compatibility

- The device is suitable for use in all environments listed in these instructions for use, including domestic environments.
- The device may not be fully usable in the presence of electromagnetic disturbances. This could result in issues such as error messages or the failure of the display/device.
- Avoid using this device directly next to other devices or stacked on top of other devices, as this could lead to faulty operation. If, however, it is necessary to use the device in the manner described above, this device as well as the other devices must be monitored to ensure they are working properly.
- The use of components other than those specified or provided by the manufacturer of this device can lead to an increase in electromagnetic emissions or a decrease in the device's resistance to electromagnetic interference; this can result in faulty operation.
- Keep portable RF communication devices (including peripheral equipment, such as antenna cables or external antennas) at least 30 cm away from all device parts, including all cables included in delivery.
- Failure to comply with the above could impair the performance of the device.

13. GUARANTEE

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

Warranty restriction: The enclosed infrared lamp – as with all light sources – is not subject to warranty.

Subject to errors and changes

Beurer GmbH • Söflinger Str. 218 • 89077 Ulm, Germany • www.beurer.com

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