

# FAR INFRARED SAUNA OPERATING INSTURCTIONS

Please read all instructions carefully before using the products

**LT-909MRH**



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# Precautions and Instructions

## ATTENTION

Please read all instructions thoroughly before using.

Serious injury may result if ignore the following warning and instruction.

Basic precautions should always be followed when using this electrical equipment.

## DANGER

**To avoid the risk of causing burns, fire, electric shock, or other injuries:**

- Connect the power cord to a properly grounded outlet.
- Using only for its intended use as described in this manual.
- Don't use accessories not recommended by the manufacturer.
- Please disconnect the power after using.
- Please keep the electrical cord away from heated surfaces.
- If the sauna is faulty, the supply cord or plug is damaged, please stop using it immediately.

## WARNINGS

- Don't stay longer than **one hour**.
- Don't put the sauna on a **humid** environment.
- Don't touch the heater directly with hands or body for a long time.
- Don't use any sharp tools on or near the heaters (severe damage may result).
- Placing the sauna on a **flat** surface.
- Unauthorized disassembly of the sauna is **prohibited**.
- People with health problems should consult a physician for prior to using the sauna. (Including acute diseases, malignant tumors, high blood pressure, heart disease, allergic dermatitis, pregnancy, etc.)
- This product is not intended for use by person (including children) with reduced physical, sensory or mental capabilities, or lack of adequate experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- To be on the safe side, children should not use the sauna.
- Using a sauna after taking alcohol, drugs, or medication can **lead to hyperthermia** and increase the risk of death.
- If you are feeling uncomfortable, exit the sauna immediately and consult a doctor.
- Children should be supervised to ensure that they do not play with the appliance.

## HYPERTHERMIA

Prolonged exposure in the sauna may cause hyperthermia. Hyperthermia occurs when body's core temperature rises above 98.6F. Symptoms of hyperthermia include a rise in body temperature, dizziness, lethargy, drowsiness, and fainting. The effects of hyperthermia may include:

- a) Failure to perceive heat / Unawareness of impending heat
- b) Failure to recognize the need to exit the sauna
- c) Fetal damage in pregnant women
- d) Physical inability to exit the sauna
- e) Unconsciousness

## Installation Guide

Each panel is heavy, especially the top panel. Be careful to avoid injury when installing.

This sauna requires at least 2 adults to complete assembly.

There is a (+) button and a (-) button at the sides of each panel. Panels should be installed correspondently with one (+) to one (-) in the following way: The panel with the (+) button should be lifted up about 4 inches (10cm) higher than the panel with the (-) button (Picture 1); place the panel with (+) button against the panel with (-) button (Picture 2), and then slide down the panel with (+) button up against the two panels are flat and leveled (Picture 3). If they are not equal in height or there is an obvious gap between the two panels, which means they are not properly attached, and you should try again.



The panels should be install in the following order:

Floor Panel → Left Panel → Back Panel → Front Panel → Bench Support Panel →  
Bench Surface Panel → Right Panel → Top Panel

## Installation of the Sauna Room Body

1. Place the floor panel **on a flat surface** (Note: Before installing wall and ceiling panels, make sure the floor is flat. If the surface is not flat, you may need shims to achieve a flat surface.) (Picture1)
2. Place **left side panel** in the slot of floor panel.(Picture2)
3. Place the **back panel** in the slot of floor panel.(Picture3)
4. Place the **front panel** in the slot of floor panel.(Picture4)



Picture 1

Picture 2

Picture 3

Picture 4

5. Place the **Bench Support panel** and connect the wires behind. (Picture5 )



Picture 5



6. Place the **Bench surface panel**. (Picture6)
7. Place the **Right side panel** in the slot of floor panel.(Picture7)



**Picture 6**



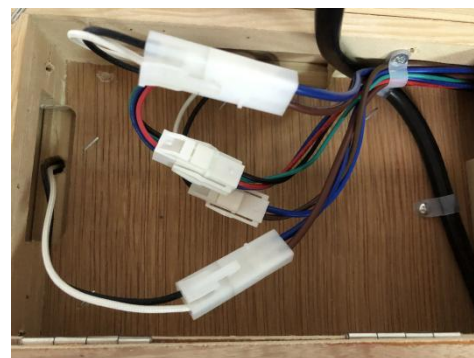
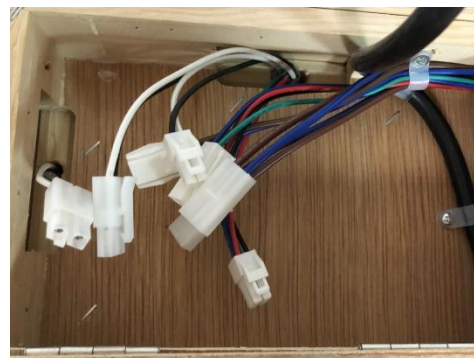
**Picture 7**

**8. Top panel fixed and wire connection.**

- Make sure all side panels are in the slot of top panel, make sure all wires from side panels are not pressed in the slot.
- Make sure that all wires in the top panel are connected.



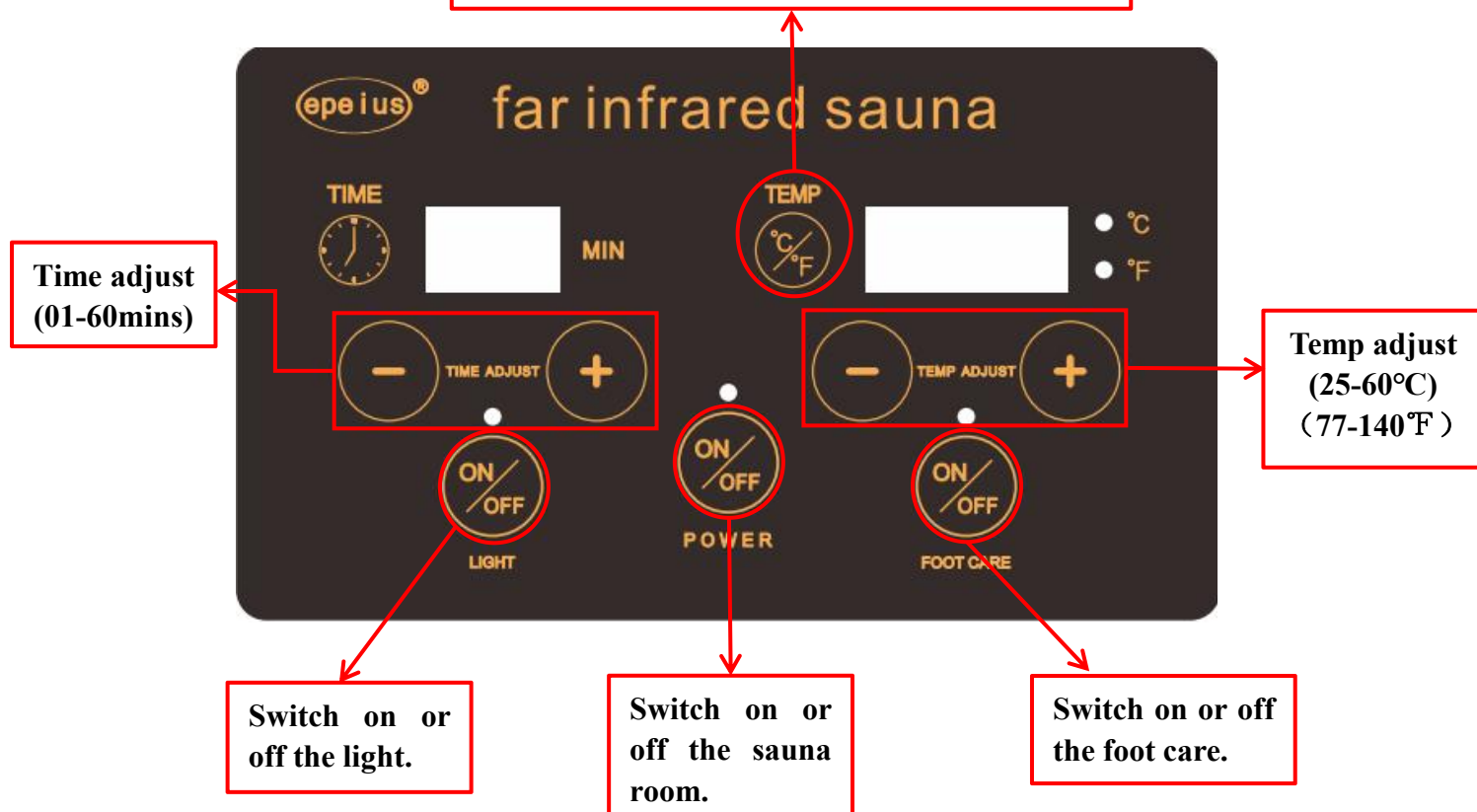
**Picture 8**



**WARNING:** Pay attention to the risk of electric shock. Don't connect the power supply until all wires are properly connected.

## Control Panel Instruction

Switch between Fahrenheit and Centigrade



## Specification

Product Name	Infrared Sauna Room
Model No.	LT-909MRH
Voltage	120VAC
Power	1050w
Raw Material	Hemlock