



Dual 3-in-1

Electrotherapy Pain Relief

User Manual

Model ACRL-3100

This manual is valid for the Dual 3-in-1 Electrotherapy Pain Relief ACRL-3100

This instruction manual is published by Compass Health Brands.
Compass Health Brands reserves the right to improve and amend it at any time without prior notice. Amendments may however be published in new editions of this manual.

The device complies with all the standards relating to Class II electrical medical devices and to devices which use electrical stimulation for use at home.
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Conformity to safety standards Compass Health Brands declares that the device complies with following normative documents:
IEC60601-1, IEC60601-1-2, IEC60601-2-10, IEC62366, IEC60601-1-11
ISO10993-5, ISO10993-10, ISO10993-1, ISO14971

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INTRODUCTION

Thank you for purchasing the Dual 3-in-1 ACRL-3100 for your pain relief solution. In order to use the product safely, read the complete manual carefully before using the device for the first time.

Keep this instruction manual in a convenient place or store with the product for future reference.

Indications for use:

- **TENS** is designed to be used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm) and lower extremities (leg) due to strain from exercise or normal household work activities.
- **EMS** is designed to be used to stimulate healthy muscles in order to improve and facilitate muscle performance. It should be

applied to normal, healthy, dry and clean skin of adult patients. It is designed to be used at home.

The package contains the following components:

No.	DESCRIPTION	QUANTITY
A	Remote control	1PC
B	Electrode Pad (2 in x 2 in)	4PCS
C	Instruction manual	1PC
D	Quick Start Guide	1PC
E	AAA Batteries	2PC

HOW TENS WORKS FOR PAIN RELIEF

What is it?

The Dual 3-in-1 ACRL-3100 is a dual output channel TENS machine and highly effective in temporarily relieving minor pain. TENS therapy is now regularly recommended by doctors, physiotherapists and pharmacists throughout the world.

Transcutaneous Electrical Nerve Stimulation (TENS) is a noninvasive, drug-free method of controlling pain. TENS uses tiny electrical impulses sent through the skin to nerves to modify your pain receptors. TENS does not cure any physiological problem; it only helps control the pain. TENS does not work for everyone; however, in most patients it is effective in temporarily reducing or eliminating the pain, allowing for a return to normal activity.

How TENS works?

Scientific theory suggests that electrical stimulation therapy may work in several ways:

- The gentle electrical pulses move through the skin to nearby nerves to block or shut out the pain message from ever reaching the brain from the source of the pain.
- The gentle electrical pulses increase the production of the body's natural pain killer, such as endorphins.

HOW EMS WORKS FOR MUSCLE STIMULATION

What is it?

Electrical Muscle Stimulation works by sending electronic pulses to the muscle needing treatment, causing the muscle to exercise passively. It is a therapy derived from the square waveform (ladder - shaped). Through the square wave pattern, it is able to work directly on muscle motor neurons. This therapy has low frequency, and in conjunction with the square wave pattern, allows direct work on muscle groupings.

How EMS works?

EMS sends comfortable impulses through the skin that stimulates the nerves in the treatment area. When the muscle receives this signal it contracts as if the brain has sent the signal itself. As the signal strength increases, the muscle flexes as in physical

exercise. When the pulse ceases, the muscle relaxes and the cycle is repeated. The goal of electrical muscle stimulation is to achieve contractions or vibrations in the muscles. Normal muscular activity is controlled by the central and peripheral nervous systems, which transmit electrical signals to the muscles. EMS works similarly but uses an external source (the electrode device) with electrode pads attached to the skin for transmitting electrical impulses into the body. The impulses stimulate the nerves to send signals to a specifically targeted muscle, which reacts by contracting, just as it does with normal muscular activity.

How MASSAGE works?

The massage stimulation program is a type of low level EMS used to loosen tight muscles. Its main function is to mimic manual massage to promote relaxation and reduce muscle tension.

IMPORTANT SAFETY PRECAUTIONS AND WARNINGS



It is important that you read all the warning and precautions included in this manual. They are intended to keep you safe, prevent injury and avoid a situation that could result in damage to the product.

SAFETY SYMBOLS USED IN THIS MANUAL



DANGER Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.




WARNING Indicates a potentially hazardous situation which, if not avoided, could result in serious injury and equipment damage.



CAUTION Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the device or other property.



DANGER This product **MUST NOT** be used in combination with the following medical devices:

- Internally transplanted electronic medical devices, such as pacemakers. 
- Electronic life-support equipment, such as respirators.
- Electronic medical devices attached to the body, such as electrocardiographs.
- Consult with your physician before using this device, as it may cause lethal rhythm disturbances in certain susceptible individuals.



WARNING DO NOT USE THIS DEVICE UNDER THESE CONDITIONS:

- On open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins); or on top of, or in proximity to, cancerous lesions.
- Over areas of skin that lack normal sensation.
- While the user is connected to high-frequency surgical equipment. It may cause burn injuries on the skin under the electrodes, as well as problems with the stimulator.
- In the vicinity of shortwave or microwave therapy equipment. This may affect the output power of the product.

DO NOT USE ON THESE INDIVIDUALS:

- Pregnant women. The safety of electrical

stimulation during pregnancy has not been established.

- Children or infants. The device has not been evaluated for pediatric use.
- Persons incapable of expressing their thoughts or intentions.

DO NOT USE THIS DEVICE DURING THESE ACTIVITIES:

- When in the bath or shower.
- While sleeping.
- While driving, operating machinery, or during any activity in which electrical stimulation can put you at risk for injury.



WARNING PAIN MANAGEMENT WARNINGS

- If you have had medical or physical treatment for your pain, consult with your physician before using this device.

- If your pain does not improve, becomes seriously chronic or severe, or continues for more than five days, stop using the device and consult with your physician.
- The mere existence of pain functions as a very important warning telling us that something is wrong. Therefore, if you suffer from any serious illness, consult your physician in order to confirm that it is advisable for you to use this product.

WARNINGS AND PRECAUTIONS REGARDING THE Electrode pads

- Apply pads to normal, healthy, clean, dry skin (of adult patients). It may otherwise disrupt the healing process.
- If you experience any skin irritation or redness after a session, **DO NOT** continue therapy on that area of the skin.
- Pads **SHOULD NOT** touch each other when placed onto your skin.

- Pads **MUST** be placed at least 2 inches apart, no more than 6 inches apart.



DANGER NEVER APPLY THE PADS TO

- The head or any area of the face.
- The side of the neck (on the carotid sinus) or any area of the throat (front of the neck). This could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- Both sides of the thorax simultaneously or across your chest. The introduction of electrical current may cause rhythm disturbances which could be lethal.
- Spine or backbone.
- Both feet, legs, arms or hands at the same time.





DANGER **NEVER APPLY THE PADS:**

- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
- Consult your physician if you have a tendency to bleed internally, such as following an injury or fracture.
- This stimulation **SHOULD NOT** be applied over the menstruating or pregnant uterus.



CAUTION

- **DO NOT** bend or fold the electrode pad. Doing so may cause it to not function properly. Place the pads on the plastic film,

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and store in the sealed package when not in use.

- **DO NOT** apply ointment or any solvent to the pads or to your skin during use. It will keep the pads from functioning properly.
- The electrode pads are already pre-gelled and will adhere to your skin.
- To avoid damage to the adhesive surface of the pads, place them only on the skin or on the plastic film provided.
- Always place clean pads in accordance with the illustrations provided (Refer to electrode pads placement illustrations on page 21).
- Make sure the components are connected well and the pads are fixed on the part of the body you wish to treat, otherwise the therapy may not be effective.



WARNING **DO NOT USE YOUR PADS THIS WAY:**

- Pads **SHOULD NOT** touch any metal object, such as a belt buckle or necklace.
- **DO NOT** share pads with another person. This may cause a skin irritation or infection. Pads are intended for use by one person.
- **ALWAYS** turn the power off before removing or changing the pad location.
- **DO NOT** leave pads attached to the skin after treatment.
- The size, shape and type of pads may affect the safety and effectiveness of electrical stimulation. Always use electrode pads recommended by the manufacturer.
- The electrical performance characteristics of pads may affect the safety and effectiveness of electrical stimulation.
- Using pads that are too small or incorrectly applied, could result in discomfort or skin burns.



CAUTION **WHILE USING THE ELECTRODE DEVICE**

- If the device is not functioning properly or you feel discomfort, immediately stop using the device.
- **DO NOT** use for any other purpose except for what it is intended for.
- **DO NOT** use the device while wearing other electronic devices such as watches, as this may damage the device.
- Dispose of the device, batteries, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.



CAUTION **GENERAL PRECAUTIONS**

- The user is the intended operator.
- The long-term effects of electrical stimulation are unknown.

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- Apply electrode pads to only normal, intact, clean, dry, and healthy skin.
- TENS is not effective in treating the original source or cause of the pain, including headache.
- TENS is not a substitute for pain medications and other pain management therapies.
- TENS devices do not cure disease or injuries.
- TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.



CAUTION

- You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).
- Consult with your physician prior to using the product after a recent surgical

procedure. Electrotherapy may disrupt the healing process.

- Electrotherapy **SHOULD NOT** be applied over areas of skin that lack normal sensation.
- Keep product away from children. The product contains small pieces that may be swallowed. The cable can cause strangulation. Contact your physician immediately if ingested.
- Use this device only with the electrode pads, remote and lead wires recommended by the manufacturer.
- **DO NOT** use the product if it is closer than 12 inches (30.5cm) to wireless communication equipment, such as wireless home network routers, cell phones, cordless phones and their base stations, and walkie-talkies. The electromagnetic interference of this wireless communication equipment may

prevent the device from operating properly.

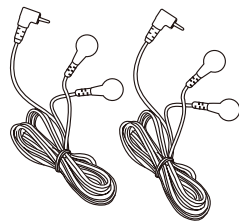
- If you have any problems with this device, such as setting up, maintaining or using, please contact Compass Health Brands at 800.526.8051 or customerservice@carex.com



CAUTION POSSIBLE ADVERSE REACTIONS

- **DO NOT** use to treat one region for extended periods of time (more than 30 minutes a session, up to 3 total treatments/day). Muscles in that region may become exhausted and sore.
- You may experience skin irritation and burns beneath the electrodes applied to your skin. Test electrodes on sensitive skin such as underside of wrist prior to using.
- You should stop using the device, rinse skin if irritated, and consult with your physician if you experience adverse reactions from the device.

PACKAGE CONTENTS



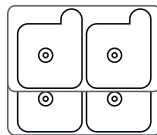
2 Lead Wires



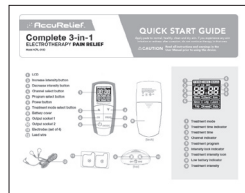
Remote Control



AAA batteries



Electrode pads (2 in. x 2 in.)



Quick Start Guide



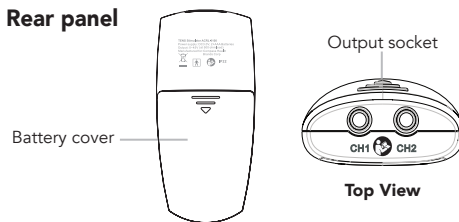
Instruction Manual

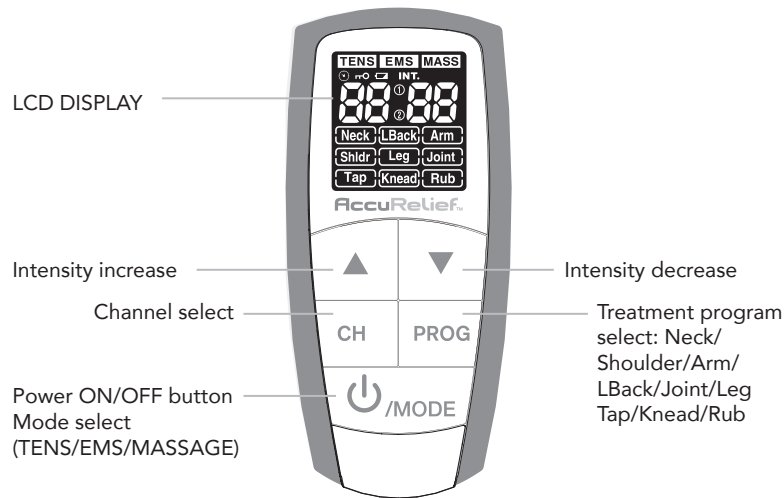
KNOW YOUR DEVICE

Features

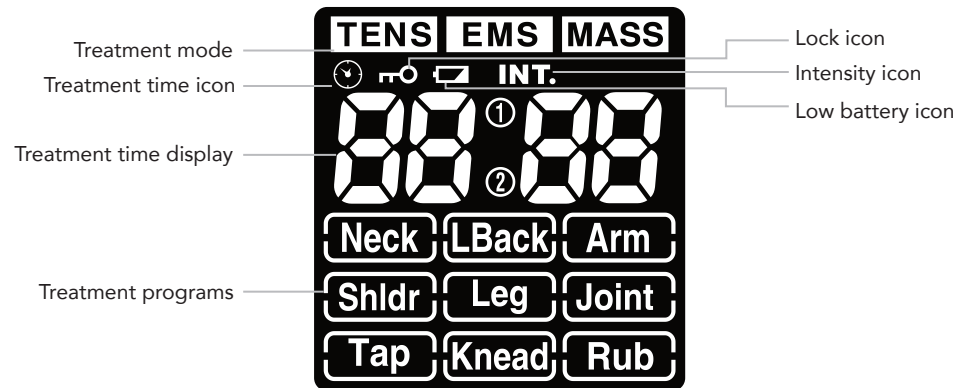
- Channels: Two channels
- Treatment modes TENS: 6 programs
EMS: 5 programs
MASSAGE: 3 programs
- Output Amplitude: 0-45V (500Ω Load)
- Waveform type: Symmetrical Biphasic square pulse
- Remote control

Rear panel





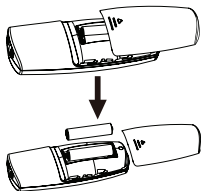
LCD DISPLAY



INSERTING BATTERIES

1. Remove the battery cover on the back of the device as shown by the graphic to the right.

2. Insert 2xAAA batteries. Make sure the positive + and negative – signs correspond with the markings in the device when inserting batteries. Reattach the battery cover as shown by the graphic to the right.



NOTES:

- Please use 2xAAA batteries in this TENS unit.
- Remove the batteries if the device is not in use for long periods of time.
- Do not mix old and new batteries or different types of batteries.



WARNING:

- If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water.
- Dispose of the used AAA batteries safely according to local regulations.
- If using a rechargeable battery, the life of a rechargeable battery depends on the number of recharging/rundown cycles it undergoes and how these cycles are performed.
- Whenever the device is not used frequently, we recommend recharging the battery once a month.

EASY STEPS TO GET STARTED WITH YOUR THERAPY WITH Electrode pads

STEP 1 – Take the pads out of the sealed package, attach pads to the lead wire

Lead wire snaps onto the connector in the middle of the electrode pad.

STEP 2 – Insert lead wire into the TENS unit

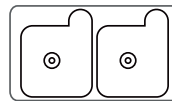
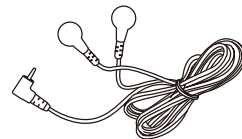
Hold the lead wire plug and insert it into the socket on the top of the stimulator.

STEP 3 – Electrode Pad Placement

Place electrodes pads on clean, dry and healthy skin. Place pads at least 2 inches apart and no further than 6 inches apart. (See pages 21-22.)



WARNING: Replace the electrodes when they are damaged or dirty, when they have lost their adhesive power or when stimulation becomes uncomfortable, i.e. when you experience an unpleasant stinging or biting sensation.





WARNING:

NOTE: ALWAYS connect the electrode device to the electrode pads before you place the pads on the skin.

NOTE: DO NOT place the pads on top of each other or so close to each other that they touch each other. Pads **MUST** be placed at least 2" apart but no more than 6" apart.

NOTE: It is possible that you may need assistance for placing the electrodes in certain areas.

Replace the electrode pads if:

- they are damaged or torn.
- they are past the expiration date indicated on the re-sealable bag.
- they have lost their adhesive power. Never use plaster or tape to attach them to your skin.
- stimulation feels less strong.
- when stimulation is uncomfortable, i.e. when you experience an unpleasant stinging or biting sensation.

NOTE: ALWAYS replace the electrodes with ones recommended for this device by the manufacturer.

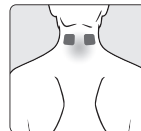


WARNING: Make sure the device is turned off before applying or removing electrodes.



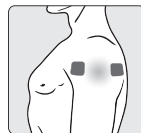
WARNING: Place the electrode pads according to the Electrode Pad Placement Illustrations, on pages 21 - 22.

Pad Placement Illustrations Position of the electrodes TENS programs:



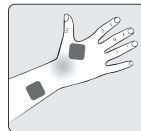
NECK / CERVICAL PAIN

Attach both pads on the neck. (**DO NOT** place on the carotid artery or throat or the front of the neck.)



SHOULDER PAIN

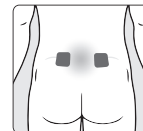
Attach one pad in front and one in back of the muscle.



CARPAL TUNNEL / HAND PAIN

Attach both pads on the hand where you feel pain.

DO NOT place electrode pads simultaneously on both legs, arms, knees, elbows, feet or hands.



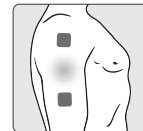
LOWER BACK

Attach both pads on the lower back with the backbone in the center. **DO NOT place on the backbone or spine.**



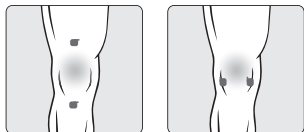
ELBOW PAIN

Attach both pads on either side of the joint with the pain.



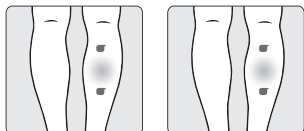
UPPER ARM PAIN

Attach both pads on either side of the region where you feel pain.



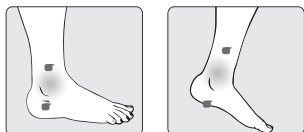
KNEE / JOINT PAIN

Attach both pads above the knee or above and below the joint with pain. **DO NOT place electrode pads simultaneously to the knees of both legs.**



CALF PAIN

Attach both pads on the calf/leg where you feel pain. **DO NOT place electrode pads simultaneously to the calves of both legs.**



ANKLE / FOOT PAIN

Attach pads per the illustration on the left for pain on the outside of your ankle/foot. Attach the pads per the illustration on the right for pain on the inside of your ankle/foot. **DO NOT place electrode pads simultaneously to both feet.**

STEP 4 – Turn on the device

■ Press the (⏻) button to turn on the device. The following screen will appear:



STEP 5 – Select the therapy program

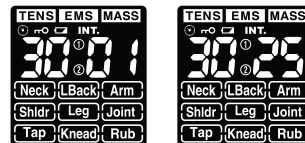
ACRL-3100 Complete 3-in-1 Pain Relief Device offers 6 TENS programs, 5 EMS programs and 3 Massage programs for you to select.

Press the Mode button to switch between treatment modes (TENS, EMS, Massage). Press the Program button to select treatment part or Massage type.

STEP 6 – Start treatment and adjust intensity

Press ▲ button to start treatment.

Press ▲ or ▼ button to adjust the output intensity. The stimulator will start to work. The maximum output intensity level is 25.



STEP 7 – Following completion of session

- To turn off the device, press the “On/Off” button.
- Remove the electrode pad and device from the skin. Detach from the edges.
- Remove the device from the electrode pads. If the device is inactive for more than 5 minutes, it enters sleep mode.

NOTES

- Remove the batteries if the device is not in use for long periods of time.



DO NOT mix old and new batteries or different types of batteries.

- Remove exhausted batteries from the remote control.



CAUTION: Batteries **MUST** be handled by an adult. Keep batteries out of the reach of children.



- To conserve battery life, after 5 minutes of use, the display of the remote control will enter sleep mode and the display will go dark. The device will continue to run and administer treatment. To reengage the remote control, press the power button and the screen will reactivate. To end treatment while the remote is in sleep mode, reactivate the screen and hold down the power button until the remote turns off. Always make sure the remote is powered off before removing the electrode pads from your skin.

CLEANING AND STORAGE

Cleaning the remote control

- 1) Turn unit off.
- 2) Clean the device after use with a soft, slightly moistened cloth and wipe gently. Use only water and a mild soap if needed.
 - **DO NOT** use chemicals (like thinner, benzene).
 - **DO NOT** let water get into the internal area.

NOTE: This device and accessories do not require sterilization.

Cleaning the electrode pads

- 1) Turn the power off.
- 2) Remove pads from device.
- 3) Wash the pads with water only when the adhesive surface becomes dirty and/or the pads are difficult to attach.
 - Wash the pad softly with your fingertips under

slow running cold water for several seconds (**DO NOT** use a sponge/cloth/sharp object like a nail on the adhesive side. **DO NOT** use detergents, chemicals or soap).

- 4) Dry the pads and let the adhesive surface air-dry completely (**DO NOT** wipe with a tissue paper or cloth).



CAUTION

- The life of pads may vary by the frequency of washing, skin condition, and storage state.
- If the pad no longer sticks to your skin or the pad is broken, immediately discontinue use and obtain replacement pads as recommended by the manufacturer.
- Before applying the self-adhesive electrode pads, it is recommended to wash and degrease the skin, and then dry it.
- **DO NOT turn on the device when the electrode pads are not positioned on the body.**

- **NEVER** remove the electrode pads from the skin while the device is still turned on.
- If replacement electrodes are necessary, use pads that are the same size (50*50mm) as the ones provided with the ACRL-3100.
- Use of electrode pads that are larger may reduce the effect of the stimulation. Use of pads that are much smaller than the electrodes provided with the ACRL-3100 may increase the chance of skin irritation or electrode burns occurring under the electrodes.
- **ALWAYS** use electrode pads that have been cleared for marketing in the US by the FDA.
- **ALWAYS** clean the electrode pads after your treatment every time.

Storing the electrode pads

- Place clean, dry pads on the plastic film and then store in the sealed package at room temperature between uses.

Storing the product

- Store at room temperature in a dry place.
- **KEEP DEVICE AND ALL ACCESSORIES OUT OF REACH OF CHILDREN.**



CAUTION: When remote is not in use for a long period, remove the batteries before storage, to avoid liquid discharge from batteries.

SPECIFICATIONS

- Power Source: 3.0V DC, 2x AAA Batteries
- Frequency: 2Hz~150Hz
- Pulse Width: 30us~350us
- Wave form: Biphasic square wave
- Output Voltage: 0~45V (at 500 ohm load)
- Output Intensity Level: 0~25 levels
- Operating Conditions: 41°F~104°F (5°C~40°C); 30%RH~75%RH ;700hPa-1060hPa
- Storage and transport conditions: 14°F~131° F (-10°C~55°C); 10%RH~90%RH; 700hPa-1060hPa
- Size: 115mm x 53mm x 25mm
- Weight: about 80g (without batteries)
- Service life of the device: 3 years
- Service life of electrode pads: Up to 30 times
- Service life of the battery: With new super heavy duty batteries, approx. two weeks when used for 30 min/day in Arm program at 13 level intensity.
- Applied part: Electrode
- Size of electrode: 2 in. x 2 in. (50mm x 50mm)
- IP classification system: IP22

HOW TO CONTROL AND REDUCE YOUR PAIN

When should the device be used?

Use as soon as your pain begins. Start with one session (unit automatically turns off at 30 minutes). If you get to your pain early, it may prevent the pain from becoming worse, or even chronic. It's better for you to get it under control sooner so that it does not reach a high pain threshold where it limits your daily activities.

Setting the intensity

Intensity is based upon your level of comfort. Begin the first session with a low intensity and a short duration while learning how to operate. Intensity levels are 1-25. Use caution with maximum intensities treatments.

DO NOT exceed your comfort level.

How long should you use the device?

Start with one 30 minute session. **ALWAYS turn device off with pads still on.**

Stop therapy session if pain has reduced or stopped. If your pain does not improve and you become sore from over-use, refrain from treating those areas for 2 days. If this issue reoccurs, reduce the treatment time and intensity settings for future treatment or consult a physician.

Recommended treatment session as follows:

You may use the device for 30 minutes per session. You may need to use it for longer (maximum 3 times per day and maximum 90 minutes in total) depending on the level of your pain.



CAUTION

When to stop using the device?

- If you experienced an adverse reaction (skin irritation/redness/burns, headache or other painful sensation, or if you feel any unusual discomfort).
- If your pain does not improve, becomes seriously chronic and severe, or continues for more than five days.

NOTE: If you feel pain, dizziness, discomfort or nausea, discontinue use of device and call your physician or medical practitioner.

What type of pain is it best for?

This therapy works best on acute pain because it is localized. Acute pain is pain in one area for less than 3 months. If you have chronic pain, you may have pain in more than one area and for longer than 6 months. Chronic pain may be compounded by other issues that this device cannot address.

Remember this device does not cure your pain or the original cause of the pain. It provides temporary relief or reduction of pain so that you can control your life and activities better.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSES	POSSIBLE SOLUTION
The Remote Control cannot power on	Are the batteries exhausted?	Replace the batteries.
	Are the batteries installed correctly?	Insert the batteries observing polarity.
Stimulation weak or cannot feel any stimulation	Electrodes are dried out or dirty.	Replace with new electrodes.
	Electrodes do not stick to skin well.	Replace with new electrodes.
Stimulation is uncomfortable	Intensity is too high	Decrease intensity.
	Electrodes are too close together.	Reposition electrodes to be at least 2 inches apart.
	Electrode active area size is too small.	Replace electrodes with ones that have an active area no less than 2 in x 2 in.
	Is the device being operated according to the manual?	Please check the manual before use.

PROBLEM	POSSIBLE CAUSES	POSSIBLE SOLUTION
Stimulation is ineffective	Improper electrode pad placement.	Reposition electrode.
	Unknown	Contact clinician.
The skin becomes red and/or you feel a stabbing pain	Using electrodes on the same site every time.	Reposition the electrodes. If at any time you feel pain or discomfort, stop use immediately.
	Electrodes do not adhere to the skin properly.	Ensure the electrodes are securely adhered to the skin or replace electrodes.
	The electrodes are dirty.	Clean the electrodes according to description in this manual or replace with new electrodes.
	The surface of the electrode is scratched.	Replace with new electrodes.
Output current stops during therapy	The electrodes come off the skin.	Turn off the device and place the electrodes on again, or replace with new electrodes.
	The lead wire is disconnected.	Turn off the device and connect the lead wire.
	The batteries' power has been exhausted.	Replace with new batteries.

PRODUCT/BATTERY DISPOSAL

Used, fully-discharged batteries must be disposed of in a specially labeled collection container, at toxic waste collection points or through an electrical retailer. You are under legal obligation to dispose of batteries correctly. Please dispose of the device in accordance with the local regulations.



GLOSSARY OF SYMBOLS



Electrical devices are recyclable material and should not be disposed of with household waste after their useful life! Help us to protect the environment and save resources and take this device to the appropriate collection points. Please contact the organization which is responsible for waste disposal in your area if you have any questions.



Type BF Applied Part



Refer to instruction manual

IP22

The first number 2: Protected against solid foreign objects of 12,5 mm Φ and greater. The second number: Protected against vertically falling water drops when enclosure tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.

SN

Represent manufacture date and serial number.



This symbol means that this device emits non-ionizing radiation. All devices with RF transmitters or that use RF electromagnetic energy must have a label with this symbol.

IMPORTANT INFORMATION REGARDING ELECTROMAGNETIC COMPATIBILITY (EMC)



CAUTION

- 1) This product needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile RF communications equipment.
- 2) Do not use a mobile phone to make or receive phone calls or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
- 3) This machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC EMISSIONS


AccuRelief™ electrical stimulators are intended for use in the electromagnetic environment specified below. The customer or the user of these electrical stimulators should assure that it is used in such environment.

Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.

RF emissions CISPR 11	Class B	The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not Applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not Applicable	

GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC IMMUNITY			
AccuRelief™ electrical stimulators are intended for use in the electromagnetic environment specified below. The customer or the user of these electrical stimulators should assure that it is used in such environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±8 kV contact ±15 kV air	Floors should be wood, concrete or ceramic tile. If floor are covered with synthetic material, the relative humidity should be at least 30%.

Electrical fast transient/burst IEC 61000-4-4	Not Applicable	Not Applicable	Not Applicable
Surge IEC 61000-4-5	Not Applicable	Not Applicable	Not Applicable
Voltage dips, short interruptions and voltage variations on power supply IEC 61000-4-11	Not Applicable	Not Applicable	Not Applicable
Power frequency (50/60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE: UT is the a.c. mains voltage prior to application of the test level.			

GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC IMMUNITY			
The ACRL-3100 is intended for use in the electromagnetic environment specified below. The user of the ACRL-3100 should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	Not Applicable		Portable and mobile RF communications equipment should be used no closer to any part of the ACRL-3100, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = 1,2 \sqrt{P}$ $d = 1,2 \sqrt{P}$ 80 MHz to 800 MHz $d = 2,3 \sqrt{P}$ 800 MHz to 2,5 GHz
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.6 GHz	3 V/m	
			Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, a should be less than the compliance level in each frequency range. b Interference may occur in the vicinity of equipment marked with the following symbol: 

NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the device.

b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the ACRL-3100

The ACRL-3100 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the ACRL-3100 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the ACRL-3100 as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz $d = 1.2 \sqrt{P}$	80 MHz to 800 MHz $d = 1.2 \sqrt{P}$	800 MHz to 2.5 GHz $d = 2.3 \sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

LIMITED WARRANTY

Please contact Compass Health Brands in case of a claim under the warranty. If you have to send in the unit, enclose a copy of your receipt and clearly state the defect. The following warranty terms apply:

- 1) The warranty period for the device is one year from date of purchase. In case of a warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.
- 2) Repairs under warranty do not extend the warranty period for the device or for the replacement parts.
- 3) The following is excluded under the warranty:
 - All damage due to improper treatment, e.g. nonobservance of the user instruction.
 - All damage due to repairs or tampering by the customer or unauthorized third parties.

- Damage during transport from the manufacturer to the consumer or during transport to the retailer.
 - Accessories which are subject to normal wear and tear.
- 4) Liability for direct or indirect consequential losses caused by the unit is excluded even if the damage to the unit is accepted as a warranty claim.



Manufactured for:

Compass Health Brands Corp. Middleburg Heights, OH 44130

customerservice@carex.com • 800.526.8051

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