

SANITAS

SIL 45

- D** Infrarot-Wärmestrahler
Gebrauchsanweisung..... 2-7
- GB** Infrared heat lamp
Instruction for Use8-12
- F** Radiateur thermique infrarouge
Mode d'emploi13-18
- I** Radiatore a raggi infrarossi
Istruzioni per l'uso 19-23
- RUS** Прибор инфракрасного
излучения
Инструкция по
применению 24-29

**ELECTROMAGNETIC COMPATIBILITY
INFORMATION 30-32**



 Service-Adresse:
Hans Dinslage GmbH
Riedlinger Str. 28
88524 Uttenweiler, GERMANY
Tel.-Nr.: +49 (0) 73 74 - 91 57 66
Fax-Nr.: +49 (0) 73 74 - 92 07 23
E-Mail: service@sanitas-online.de

Contents

1. Welcome.....	8
2. Signs and symbols.....	8
3. Safety notes.....	8
4. Unit description.....	10
5. Operation.....	10
6. Cleaning, changing the infrared lamp and storage.....	11
7. Technical specifications.....	12
8. Disposal.....	12

Included in delivery

- Infrared radiant heater
- These operating instructions

Please read these instructions carefully and keep them for later use. Be sure to make them accessible to other users and observe the information they contain.

1. Welcome

Use



This infrared radiant heater is only intended for radiating the human body.


Infrared light causes warmth to be transported to the human body. Blood supply to the radiated skin is improved and the metabolic rate is increased in the field of temperature. The body is stimulated to heal by the effect of the infrared light; healing processes are targeted specifically.

Infrared light can, for example, be used as an accompanying therapy in the treatment of ear, nose and throat diseases, as well as in facial and beauty care, especially with impure skin. IR heat can also be used as a support tool in the treatment of muscle tension and chills because the heat stimulates blood flow. You should first ask your GP whether its use is medically advisable in particular cases. The unit has a high-quality glass ceramic plate (ceramic infrared). Glass ceramic plates are also used on hobs and when used in conjunction with a lamp ensure intensive and safe infrared radiation that is 100% safe. The device is also equipped with an energy saving function, which means that no power is used when the mains switch is switched off.


2. Signs and symbols

The following symbols appear in these instructions:

- | | | |
|---|------------------|--|
|  | Warning | Warning instruction indicating a risk of injury or damage to health. |
|  | Important | Safety note indicating possible damage to the unit/accessory. |

 **Note** Note on important information.

 Infrared radiation

 Caution: hot surface

 Distance

The following symbols are used on the type plate:

 Protective insulation class 2

 Observe the instructions for use

 Protect from moisture

3. Safety notes

Electrical safety

The unit is protected against overheating by an automatic thermal cut-out.

 **Warning**

- **Improper use can be dangerous!**
- Connect the unit only to the mains voltage listed on the type plate.
- Use an easily accessible mains connection so you can disconnect the plug quickly in an emergency.
- Do not touch the plug with wet hands - risk of electric shock!
- Lay the mains cable in such a way that no one can trip over it.
- Always remove the mains plug from the socket when the unit is not being used, when cleaning it or in the event of a malfunction, smoke or unusual smell. Do not pull on the cable to remove the plug from the socket.
- Before use, make sure the unit and accessories do not have any visible damage. If in doubt, do not use the unit and contact your dealer or the customer service address provided. This applies especially to scratches and cracks in the glass or cracks in the housing.
- Contact Customer Service or your dealer if the cord or housing are damaged, otherwise you risk an electric shock.
- Disconnection from the mains supply is only guaranteed if the mains plug has been removed from the socket.

Proper use

The unit is intended for directing infrared radiation at the human body. Any other use is regarded as improper. This unit is not designed for commercial use, but for use in the private home!

Safe handling

- This unit is not intended for use by persons (including children) of limited physical or mental abilities or insufficient experience or knowledge, unless their safety is supervised by a responsible person or they have been instructed in use of the unit by that person.
- Keep children away from packaging materials (risk of suffocation).
- Never use the unit near water.
- The unit should not be used if it has been dropped, exposed to extreme humidity or damaged in any other way.
- Do not immerse the unit in water or other liquids and do not allow liquids to enter the unit.
- Do not leave the unit unsupervised during operation.
- Switch the unit off immediately if it becomes faulty or malfunctions.

Safety advice for your health



Warning

- **Risk of burns!** The filter disc and unit housing become very hot during operation. You could be burnt by touching it!
- Do not touch the hot glass when operating the buttons (On/Off and timer). There is a risk of burning.
- Always allow the unit to cool down before you touch it.
- Always remove the mains plug and let the unit cool down before you pack it away.
- Do not touch the unit with wet hands if it is plugged in.
- Do not allow water to spray on the unit.
- The unit must be operated only when it is completely dry.
- When directing the unit at the face, do not look directly at the infrared light; close or cover the eyes.

When should the unit not be used?



Warning

It is strongly recommended not to use the unit in the following cases in order to prevent health injuries:

- for person insensitive to heat.
- Heat sensitivity can be reduced or increased in the following cases:
- in diabetic patients,
 - in people suffering from drowsiness, dementia or a lack of concentration,
 - in people with skin changes caused by illness,

- in people with scarred skin in the treatment area,
- in people with allergies,
- in children and elderly people,
- after taking medicine or consuming alcohol.

In cases of acute inflammatory processes, the unit should only be used after consultation with a doctor.

Important notes



Warning

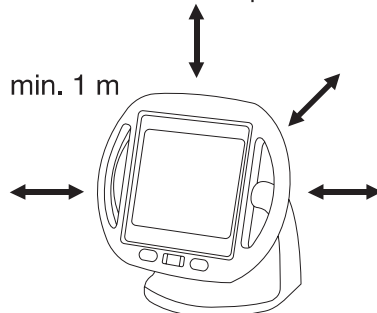
- The distance to the infrared radiant heater depends largely on personal heat sensitivity and the treatment concerned. Make sure the distance between the infrared radiant heater and the body part being treated is not less than 30 cm!
- Always limit the length of use and check for skin reactions.
- Under some circumstances, medicines, cosmetics and foodstuffs can lead to oversensitive or allergic skin reactions. Treatment should be discontinued immediately in these cases.
- Special care and caution is necessary if using the unit for a long period.
- Do not use the unit if there is the risk of your falling asleep!
- Excessive exposure can result in skin burns.
- Children do not understand the risks associated with electrical appliances. Make sure that the unit cannot be used unsupervised by children.

Set-up



Important

- Place the unit on a solid and even surface.
- The unit must not be set up on a slope or laying down.
- The minimum distance between flammable items and the infrared lamp must not be less than 1 metre.



- Please make sure the unit is not placed on flammable materials such as table cloths or carpets.
- Do not leave any easily flammable or meltable items close to the unit.
- Do not hang the unit on the wall or from the ceiling.
- Do not use the unit in the open air.
- Protect the unit from strong impacts.

Before starting



Important

- Before you use the unit for the first time, remove all packaging materials.
- Check the unit for signs of use or damage. If in doubt and the unit is damaged, do not use it and contact your dealer or the customer service address provided.
- The manufacturer is not liable for damage caused by improper or incorrect use.
- Protect the unit from dust, dirt and moisture.

Repairs



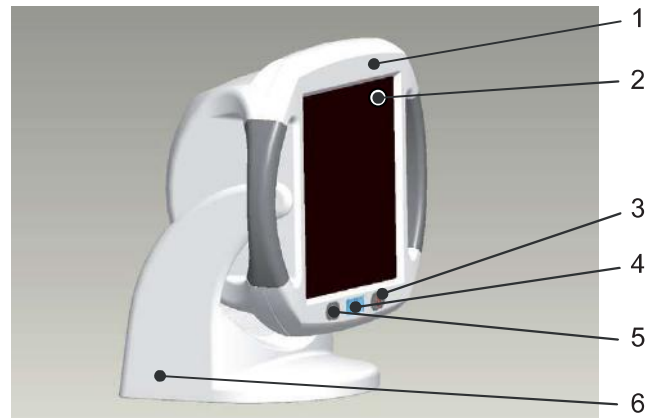
Warning

Danger of an electric shock!

- Open the unit only to change the lamp. Do not attempt to repair the unit, otherwise problem-free operation cannot be guaranteed. Failure to observe this condition will void the warranty.
- For repairs, contact Customer Service or an authorised dealer.

4. Unit description

Overview



Item Name

- | Item | Name |
|------|---|
| 1 | Swivelling body with handles |
| 2 | Disc |
| 3 | On/Off switch |
| 4 | Remaining time display |
| 5 | Time selector |
| 6 | Foot with integrated cable channel for coiling the power cable. |

Infrared radiant heater with adjustable timer (1 to 15 minutes) and swivelling body (0 to 50 degrees).

- The timer switches off automatically at the end of the set time.
- The swivelling body allows you to adjust the infrared radiant heater to suit your needs.

5. Operation

Unpacking and set-up



Warning

- Remove all packaging materials before using the unit.
- Unwind the power cable fully.
- Place the unit on a solid and even surface.
- Maintain a distance of at least 1 metre from other objects, both to protect the unit itself from overheating and to prevent the risk of fire or burning.
- Do not hang the unit on the wall or from the ceiling.
- Insert the mains plug in the socket.
- Switch on the unit at the On/Off switch (3). The remaining time display (4) shows 15 minutes.



Warning

- Do not bump the unit while it is operating or cooling down or you could damage the lamp.
- Set the desired treatment time (1 to 15 minutes) by pressing the time selector (5) several times.
- The set time will appear on the display (4).

Preparing for treatment

- Arrange yourself in front of the unit so you can relax and enjoy the treatment of the part of the body concerned.
- Tilt the lamp so the unit is angled directly at the part of the body being treated.
- The distance to the infrared radiant heater depends largely on personal heat sensitivity and the treatment concerned.
- **Make sure the distance between the infrared radiant heater and the part of the body being treated is not less than 30 cm!**

Do not use the unit for more than 15 minutes at a time (risk of overheating). Allow the unit to cool down before you use it again.

Treatment duration



Important

- Risk of burns: Remove any metal items, e.g. belt buckles, necklaces, bras, jewellery or piercings, from the treatment area before switching on the device as they can become very hot.

We recommend short treatment times at the beginning. However, even when the unit is used correctly, the skin of some people can have an oversensitive or allergic reaction to the heat treatment (e.g. intense redness, blisters, itching, heavy sweating).

Starting the unit



Important

- Always close or cover your eyes when radiating the face.
- Press the On/Off switch (3)
- The unit will turn on automatically after a short time.
- Set the time selector (5) to the desired duration (1 to 15 minutes).
- You can press the time selector (5) during operation to reset the treatment duration.
- The infrared radiant heater switches off automatically after the set time.
- For an additional treatment, you only need to press the time selector (5) to reset your individual treatment time.



Important

- Do not touch the hot glass.
- To end treatment, use the On/Off switch (3) and disconnect the power plug.

During treatment

- Examine the part of the body treated frequently and check for skin reactions. Cease exposure immedi-

ately if there are any signs of oversensitivity or an allergic reaction, and consult a doctor.

- The unit can be switched off at any time using the On/Off switch (3).
- Do not cover up or pack the unit away while it is warm.

After treatment

- Switch off the unit at the On/Off switch (3).
- Pull the mains plug out of the socket.

6. Cleaning, changing the infrared lamp and storage

Cleaning



Important

Before cleaning the unit, switch it off, unplug it and allow it to cool down completely.



Important

- Ensure that no water enters the unit!
- Do not wash the unit in a dishwasher!

The unit can be cleaned with a damp cloth. Do not use cleaning agents.

Changing the infrared lamp

Remember that a faulty lamp should only be replaced with a lamp of the same type.

Replacement lamp

Type: Halogen lamp 220-240V / 300 W
118 mm long for R7S socket

Original Order no. 162.620



Warning

Danger of an electric shock!

- Before changing the lamp, make sure the power cable is unplugged from the socket.
- Risk of burning on hot surfaces!
- Allow the unit to cool completely before any repairs.
- Lamps are not covered by the guarantee.

Procedure

1. Place the cool unit with the glass ceramic plate down on a flat surface.
2. Using a suitable crosshead screwdriver, undo the six screws in the back panel.



3. Place the body so that the front of the glass ceramic plate is lying on the flat surface.



4. Take the cool lamp by the left or right end and press it carefully to the right or left.
5. Now lift it forwards and out of the socket.

Note

Use a cloth to hold the new lamp when inserting it, not bare fingers, as the grease on your skin could damage the coating on the lamp.

6. Insert the new lamp in the socket. The new lamp is inserted in the reverse order to removal.
7. Close the unit again. The unit is closed in the reverse order to opening it.

Make sure that no foreign objects are left in the body of the unit and that no cables become trapped.

Storage

Remove the mains plug and let the unit cool down completely before you move it.

If possible, store the infrared radiant heater in its original packaging in a dry place.

7. Technical specifications

Mains connection	AC 220 V – 240 V / 50–60 Hz
Power consumption	300 W
Timer	Adjustable from 1 to 15 minutes in one-minute steps.
Dimensions (WxHxD)	270 x 285 x 195 mm
Weight	Approx. 1.6 kg
Operating conditions	Temperature: 10 °C to 35 °C (50 °F to 95 °F) Relative humidity: ≤ 90 %
Storage and transport:	Temperature: -10 °C to 50 °C (-50 °F to 122 °F) Relative humidity: ≤ 90 %
Protection class	II
Radiation intensity	Max. 200 W/sqm
IR type	A + B

We retain the right to make technical modifications to improve and further develop the product. For manufacturing reasons, the colour of the glass may change during operation but this does not affect the performance or quality of the unit.

8. Disposal

In the interests of environmental protection, the infrared lamp should not be discarded with household rubbish at the end of its service life. Dispose of the unit at a suitable local collection or recycling point. Follow the local regulations for disposal of materials.

Dispose of the unit in accordance with the EC Directive for waste electrical and electronic equipment **2002/96/EC – WEEE** (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.



This equipment complies with European standard EN 60601-1-2 and is subject to specific safety provisions for electromagnetic compatibility. Please note, however, that portable and mobile HF communication equipment may influence this unit. More details can be requested from the stated Customer Service address or found at the end of the instructions for use.

ELECTROMAGNETIC COMPATIBILITY INFORMATION

Guidance and manufacturer's declaration - electromagnetic emissions

The SIL 45 is intended for use in the electromagnetic environment specified below. The customer or the user of the SIL 45 should assure that it is used in such an environment.

Emissions	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11(EN 55011)	Group 1	The SIL 45 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 (EN 55011)	Class B	The SIL 45 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 (EN 61000-3-2)	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3 (EN 61000-3-3)	Complies	

Guidance and manufacturer's declaration - electromagnetic immunity


The SIL 45 is intended for use in the electromagnetic environment specified below. The customer or the user of the SIL 45 should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment --guidance
Electrostatic discharge (ESD) IEC 61000-4-2 (EN 61000-4-2)	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/ burst IEC 61000-4-4 (EN 61000-4-4)	±2 kV for power supply lines	±2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5 (EN 61000-4-5)	±1 kV line(s) and neutral	±1 kV line(s) and neutral	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11 (IEC 61000-4-11)	<5 % U_T (>95 % dip in U_T) for 0,5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T (>95 % dip in U_T) for 5s	<5 % U_T (>95 % dip in U_T) for 0,5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T (>95 % dip in U_T) for 5s	Mains power quality should be that of a typical commercial or hospital environment. If a dips or an interruption of mains power occurs, the current of the SIL 45 may be dropped off from normal level, it may be necessary to use uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8 (IEC 61000-4-8)	3 A/m	Not applicable	Not applicable

NOTE U_T is the a.c. mains voltage prior to application of the test level

Guidance and manufacturer's declaration – electromagnetic immunity

The SIL45 is intended for use in the electromagnetic environment specified below. The customer or the user of the SIL45 should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
<p>Conducted RF IEC 61000-4-6 (EN 61000-4-6)</p> <p>Radiated RF IEC 61000-4-3 (EN 61000-4-3)</p>	<p>3 Vrms 150 kHz to 80 MHz</p> <p>3 V/m 80 MHz to 2.5 GHz</p>	<p>3 Vrms</p> <p>3 V/m</p>	<p>Portable and mobile RF communications equipment should be used no closer to any part of the SIL45, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> $d = 1,2\sqrt{P}$ <p>80 MHz to 800 MHz</p> $d = 2,3\sqrt{P}$ <p>800 MHz to 2,5 GHz</p> <p>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).</p> <p>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</p> <p>Interference may occur in the vicinity of equipment marked with the following symbol:</p> 

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 SIL45 is used exceeds the applicable RF compliance level above, the SIL45 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the SIL45.

^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 SIL 45**

The SIL 45 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the SIL 45 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the SIL 45 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.