

GembaRed Oomph Body-Light Hanging Guide

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Safety: Practice good lifting technique and safety. This is a 24 lb large and long unit that might be hard to lift. Where possible, use lift assistance or a spotter. Watch for the item toppling over onto the user, and watch feet for impacts.

Ensure users or children do not hang or pull on the panel while it is hanging. It could get pulled down, causing a crushing risk.

Do not adjust the panel downwards while it is hanging! It could quickly fall and crush a foot. Remove the panel completely, adjust the cord length as desired, then re-hang the panel.

Items Included:

- 1x – Oomph Body-Light Panel
- 1x – Shielded power cord
- 1x – Door Hanging Accessory
- 1x – Adjustable cord (w/ 2 carabiners)
- 1x – Carabiner



Hanging:

We often prefer hanging on a wall. When doing so, please ensure you have a securely bolted or screwed spot into a stud in the wall. Be sure it can handle 4x the weight of the panel for safety.

Otherwise, you can quickly setup the panel with the door-hanging tool. We recommend using a door that is not regularly used, since having a heavy panel flop around on a door can be problematic.

Assembly:

1. Lay out the included items and ensure everything has arrived.
2. Connect the two wire cords to the carabiner on the adjustable pulley.



3. Lay the panel flat on the ground for assembly, with LEDs facing up so the rubber bumpers are on the ground.
4. Screw in the two wire loops. They can be hand-tight.



5. For Door hanging, center the door hanging accessory on the door. For wall hanging, ensure there is a secure screw or nail in the wall.
6. Lift the panel upright. ***Suggested – two people for this step and the next steps***
7. Lift the panel towards the hanging accessory.
8. Reach the topmost Carabiner onto the hanging apparatus. Approach it so the Carabiner “clips-in” – it does not fit over the accessory.



9. Make note of the height, take down the panel, and adjust the cord length as needed. Rehang and repeat as needed until it is at your desired level.
10. Plug in the panel from the bottom, and plug into the wall.
11. Turn on the light, and start enjoying red light therapy!