

IMPORTANT SAFETY INSTRUCTIONS DO NOT DESTROY

PLEASE READ ALL SAFETY INSTRUCTIONS AND ALL PRODUCT LABELS BEFORE USING THIS HEATING PAD. IF YOU DO NOT UNDERSTAND ANY OF THESE INSTRUCTIONS, DO NOT USE THIS PRODUCT.

DANGER: IF USED IMPROPERLY, THIS PRODUCT CAN CAUSE SEVERE BURNS TO SKIN, AND DAMAGE TO PROPERTY. TO REDUCE THE RISK OF BURNS, ELECTRIC SHOCK AND FIRE, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS.

1. READ ALL INSTRUCTIONS BEFORE USING.
2. DO NOT USE WHILE SLEEPING.
3. DO NOT USE ON AN INFANT.
4. THIS PAD IS NOT TO BE USED ON OR BY ANY UNCONSCIOUS PERSON, ANY PERSON WITH POOR BLOOD CIRCULATION, OR ANY PERSON WITH DIABETES UNLESS CAREFULLY ATTENDED.
5. DO NOT USE ON AREAS OF INSENSITIVE SKIN.
6. BURNS CAN OCCUR REGARDLESS OF CONTROL SETTING. CHECK SKIN UNDER PAD FREQUENTLY.
7. NEVER LEAVE HEATING PAD UNATTENDED.
8. DO NOT USE PINS OR OTHER METALLIC MEANS TO FASTEN THIS PAD IN PLACE.
9. DO NOT SIT ON OR CRUSH PAD. AVOID SHARP FOLDS.
10. NEVER PULL THIS PAD BY THE SUPPLY CORD. DO NOT USE THE CORD AS A HANDLE. UNPLUG WHEN NOT IN USE.
11. THIS HEATING PAD IS INTENDED FOR USE ON TOP OF THE BODY. DO NOT SIT OR LIE ON TOP OF THE HEATING PAD. NEVER PLACE PAD BETWEEN YOURSELF AND A CHAIR, SOFA, BED OR PILLOW.
12. LOOP CORD LOOSELY WHEN STORING. TIGHT WRAPPING MAY DAMAGE CORD AND INTERNAL PARTS.
13. DO NOT USE PAD WITH LINIMENT, SALVE OR OINTMENT PREPARATIONS THAT CONTAIN HEAT-PRODUCING INGREDIENTS. SKIN BURNS CAN RESULT.
14. DO NOT USE A HEATING PAD WHEN SYMPTOMS OF APPENDICITIS ARE PRESENT. CONSULT YOUR PHYSICIAN.
15. INSPECT THIS PRODUCT BEFORE USING IT IN ORDER TO MAKE SURE THAT THERE ARE NO BROKEN PARTS, MISSING PARTS AND/OR DAMAGED AREAS. DO NOT USE HEATING PAD IF THERE ARE BROKEN PARTS, MISSING PARTS OR DAMAGED AREAS.
16. THIS APPLIANCE HAS A POLARIZED PLUG (ONE BLADE IS WIDER THAN THE OTHER). AS A SAFETY FEATURE, THIS PLUG WILL FIT IN A POLARIZED OUTLET ONLY ONE WAY. IF THE PLUG DOES NOT FIT FULLY IN THE OUTLET, REVERSE THE PLUG. IF IT STILL DOES NOT FIT, CONTACT A QUALIFIED ELECTRICIAN. DO NOT ATTEMPT TO DEFEAT THIS SAFETY FEATURE.
17. DO NOT USE AN ELECTRICAL OUTLET THAT HAS BECOME LOOSE OR DOES NOT ENGAGE THE POWER PLUG TIGHTLY.
18. DO NOT IMMERSE IN WATER OR USE CHEMICALS OR SOLVENTS DURING CLEANING, EXCEPT AS DIRECTED IN THE OWNERS MANUAL.
19. DO NOT REMOVE PRODUCT LABELS THAT CONTAIN WARNINGS OR SAFETY INSTRUCTIONS.
20. CONSULT WITH A PHYSICIAN FOR USE WITH CONTROLLED SUBSTANCES.
21. DO NOT USE WITH ALCOHOL.
22. HOUSEHOLD PLUG USE ONLY.
23. SAVE THESE INSTRUCTIONS.

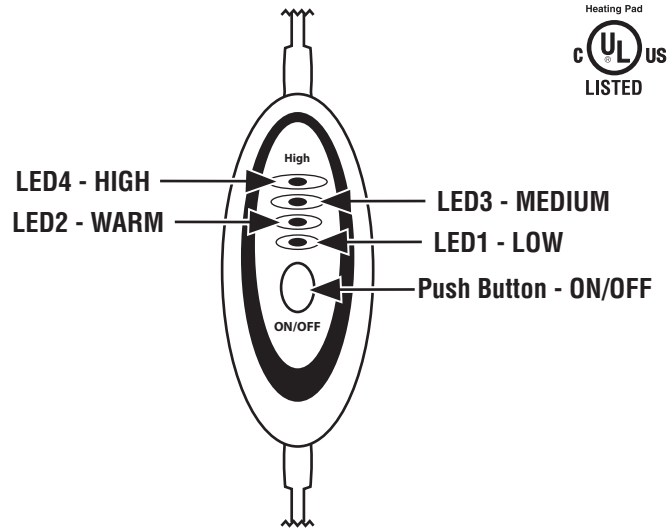
WARRANTY

This heating pad is warranted against defective material or workmanship from the date of purchase. This unit's warranty length is: 3 years.

Any defective part will be repaired or replaced at no charge as long as it has not been repaired or tampered with and was used according to these printed instructions. Any charges incurred to ship the product back for replacement are the sole responsibility of the consumer. This warranty gives you specific legal rights as well as other rights, which vary from state to state.

CONTACT US

If you experience unsatisfactory operation or have any questions or comments, please email customer service: info@caraincorporated.com, call 1-800-445-2001 or write: Cara Inc., 333 Strawberry Field Road, Suite # 2, Warwick, RI 02886, USA. Please be sure to include the model number of the unit, as well as a detailed description of how the pad is operating. **Do not return product to store.**



OPERATING INSTRUCTIONS

The control operated with a single push button. This push button allows user to scroll through all the heat settings. An LED light indicates the selected heat level.

- ON/LOW:** Press button once to turn unit ON. The first LED will light up to indicate LOW heat setting.
- WARM:** Press button twice and two LEDs will light up to indicate WARM heat setting.
- MEDIUM:** Press button three times and three LEDs will light up to indicate MEDIUM heat setting.
- HIGH:** Press button four times and all four LEDs will light up to indicate HIGH heat setting.
- OFF/RESET:** Once all LEDs are lit up the unit can be turned OFF by pressing the button once again. Pressing the button again will turn the unit ON and the selection process shown above will reset.

Dry Heat Therapy

1. Plug the power cord into a 120VAC, 60 Hz electrical outlet.
2. Press push button and scroll to desired setting.
3. Place pad on the area to be treated.
4. Turn pad off and unplug power cord when finished.

Moist Heat Therapy

1. Remove the sponge between pad and cover.
2. Saturate sponge with warm water. Be sure to wring out any excess water.
3. Insert pad into the cloth cover without the sponge.
4. Place the sponge on the heating pad inside the cloth cover.
5. Plug the power cord into a 120VAC, 60 Hz electrical outlet.
6. Set controller to desired heat setting.
7. Place the pad on the area to be treated.

Automatic Shut-Off

Your heating pad is equipped with a special safety feature designed to shut the heating pad off after 120 minutes of use. When the automatic shut-off feature turns the pad off, the LCD on the controller turns off to let you know the pad has shut off. To restart the pad, just reselect the On/Off button. **Never leave a connected unit unattended.** Due to continuing product development, the product you purchased may differ slightly from the one shown and described above.

WASHING INSTRUCTIONS

1. Disconnect from electrical outlet.
2. Remove cover and machine wash cover in warm water on gentle cycle; tumble dry on medium heat. Remove promptly from the dryer. Or, hand wash in warm water and line dry. **ONLY COVER IS MACHINE WASHABLE.**
3. Hand wash vinyl heating pad with spray bottle or with damp sponge/cloth.
 - a. **DO NOT** immerse heating pad in water or place under running water.
 - b. **DO NOT** spray water on controller.
4. Wait for pad to dry before using again.