

Infrared Room Installation & Operation Instructions



This manual covers IR-17-44A, IR-17-44C, IR-20-45A, and IR-20-45B

Please immediately check for any hidden damage that may have occurred in shipping. If any damage is found you must notify the delivering carrier within seven days. Your infrared package will arrive on a stretch-wrapped pallet including a stack of pre-built panels, benches, and accessories.

A few minutes with the following instructions will insure quick and proper assembly, and many years of enjoyment and relaxation. By reviewing all the instruction steps ahead of time, you will have a better feel for the whole process.

Write down the model of room for future reference from the control box on the ceiling panel . _____

WARNING

Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 98.6°F. The symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the room and unconsciousness.

WARNING

The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

Read all instructions carefully before using.

Save these Instructions

Warning

Do not use the infrared room if using alcohol, drugs or medications.

Pregnant women or persons with poor health should consult their physician before using any infrared room.

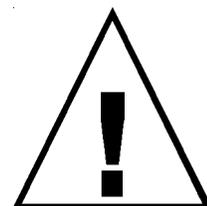
Caution fire hazard: Do not use the room for drying clothes, bathing suits, etc. Do not hang towels above heaters or place any object on the heaters or backrests. If any darkening of the walls around the heaters are noticed discontinue use immediately.

Inspect benches regularly for required maintenance. Replace wood surfaces which show any signs of deterioration.

The heater openings get hot during operation.

Minors should be adequately supervised whenever using the infrared room.

The “WARNING” placard must be mounted in accordance with Step 23



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SECTION 1: ROOM ASSEMBLY INSTRUCTION

Hardware Package

Qty	Item
1	Torx bit
20	3" Torx screws
25	2" Torx screws
20	3/8" Wood buttons
1/4 lb	Finishing nails
6-7	1/2" Wire straps

Tools Required

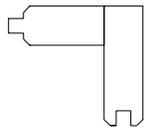
- Hammer or pin nailer
- Miter Saw
- Drill or cordless screwdriver
- Level

Trim Profiles

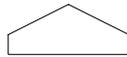
3/4 x 3/4 Cove Molding



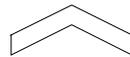
Inside 45 Deg. Corner Molding
(on rooms with a neo-angle wall)



Corner Trim



Facia for Outside of the room



Outer 45 Deg. Corner Molding
(on rooms with a neo-angle wall)

Warning

A guardrail or backrest is required in front of the heaters to prevent burns from accidental contact

The control box must be grounded per NEC to prevent electrical shock in case of unit failure.

Electric Shock Hazard - High voltage exists within this equipment. There are no user serviceable parts in this equipment. Installation of this equipment should be performed in accordance with local and national codes.

Electrical outlets or receptacles must not be installed in the room.

No water should be applied to heater elements.

Never operate this product if the product is not working properly.

For safety purpose room door must open out and not lock.

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Base Frame Assembly

The top side of the base is numbered 1,2,3...etc, corresponding with panels that will be placed on it.

Note: The numbers are not necessarily the order in which the panels are installed. For instance some people start with panels 4 & 5 or any logical corner to begin with.

Step 1: Your infrared room can be placed on any solid level flooring. Position the base on the floor. The largest number on the base frame is the standard door location and is sometimes interchangeable with other panels. The stamped numbers on the base frame should be readable from top of the room panels.

Step 2: Level the Infrared room floor by using standard wood shims.

Wall Panel Installation

If the infrared room is to be placed against existing wall(s), panel installation should begin at these sides. After these panels are in place, the infrared can be slid back towards the wall(s) keeping it 1" to 2" away.

All wall panels are numbered at the top and should be readable from the top of panels. These numbers will coincide with the numbers on the base frame.

NOTE: The tongue and groove on the panels will always face the same direction.

NOTE: For ease in placing the panels, tip one corner onto the base frame and then lower the other side until it rests on the base frame.

Step 3: Start your wall panel assembly in a corner. Two wall panels make up each corner. Slide one panel along the base frame until its 2 x 3 framework is flush with the inside of the base frame (figure A).

Step 4: Have someone hold the first panel in place and then put the other corner panel on the base frame and slide it tight into the corner so its 2 x 3 framework butts up against the framework of the other panel (figure B).

Step 5: Using 3" long torx screws and the 3 predrilled holes, fasten the two panels together with the 2 x 2 corner post that is attached to one wall at the factory. When fastening the corner post, make sure the outside edge of the post is flush with the studding of the wall (figure C).

NOTE: For ease in placing the panels together, tip one corner onto the base frame and then lower the other side until the tongue and groove slide together. Once the base is started install the panel until the entire panel tongue and grooves are engaged. (figure D & E)



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IMPORTANT: If you are in a low ceiling height situation (space above infrared is less than 3"). You must put the wood fasteners in the tops of the panels before installing the front wall panels.

Step 6: Continue setting the panels into place as marked. Use the wood fasteners to join the tops of the panels (figure G).

Tip: Use two people to move the door panel, as it is quite heavy.

Ceiling Panel Installation

Note: Take care to not to disturb the sensor/high limit assembly and cable.

Step 7: With one person inside the infrared room and another outside, hand the ceiling panel over the top of the walls being very careful not to scratch the panel (figure H). When in position, it will rest on the top of the walls.

Step 8: The ceiling will be secured to the wall panels with 2" torx screws. (figure I)

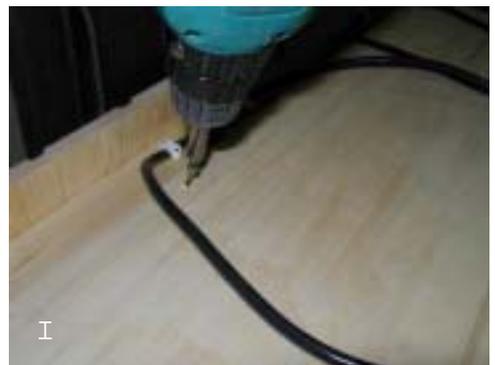
Step 9: The molding should be secured to the wall first then to the ceiling. Ensure the ceiling is fully down before securing. (figure J).

Interior Corner Molding Installation

Step 10: Place the interior 45 degree molding inside the room and attach that with nails. (if applicable) (figure K)

Exterior 90 degree Tongue and Groove Corner Installation

Step 11: Insert the tongue from a 90 degree corner piece into a groove from the existing wall and nail it into place. Repeat this for all four square corners.



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Exterior Facia Installation

Step 12: The facia can be installed using simple butt-end cuts, or with mitre cuts. If using butt-end joints, cut the side wall facia the same length as the side walls (figure L). Using the provided galvanized finishing nails, fasten with the top edge of the facia flush with the top edge of the ceiling panel. The front facia should be cut to overlap the side facia. Install flush with top of wall panels.



Exterior 45 Degree Trim Installation

Step 13: Place the exterior 45 degree molding outside the room by the door on the 45 degree corners. (if applicable) (figure M)



Bench Support Skirt, Speaker, and Heater Installation

Step 14: Rest the short and long bench support skirt in the room. (figure N)



Step 15: Place and fasten the long bench support skirt to the short bench support skirt.(figure O) Next fasten the long bench support to the wall and then the short bench support to the other wall. (figure P)



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Step 16: Connect the two sets of long wires from the volume control with identical connectors to the two 12” wires from the speaker jack located on the back wall. (figure Q)

Step 17: Connect one set of wires from the volume control with different sized connectors on the end of the wire to the speakers. The connectors are sized so they can not be installed incorrectly. Match the correct connector size to speaker post and slide on the connector.

Repeat this process for the other speaker.

Note: The volume control is compatible with 4 and 8 ohm stereo outputs. The impedance is matched automatically.

Floor Heating Element Installation

Step 18: Plug the cord from the wall to the cord supplied on the bench heater. (figure R)

Bench Installation

Step 19: . Place the long bench in the room and rest it on the bench supports. (figure S)

Step 20: Place the short bench in the room and rest it on the bench supports. (figure T)



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Step 23: Install the Overheat Warning sign inside the room 2” below the control in a IR 45 room or 2 foot from ceiling inside the IR 44 room. (figure V)

Step 24: Install the magazine rack 30” inches from the floor below the warning sign with 2” torx screws. Cover the holes with wood buttons when complete. (IR 45 rooms only) (figure W)



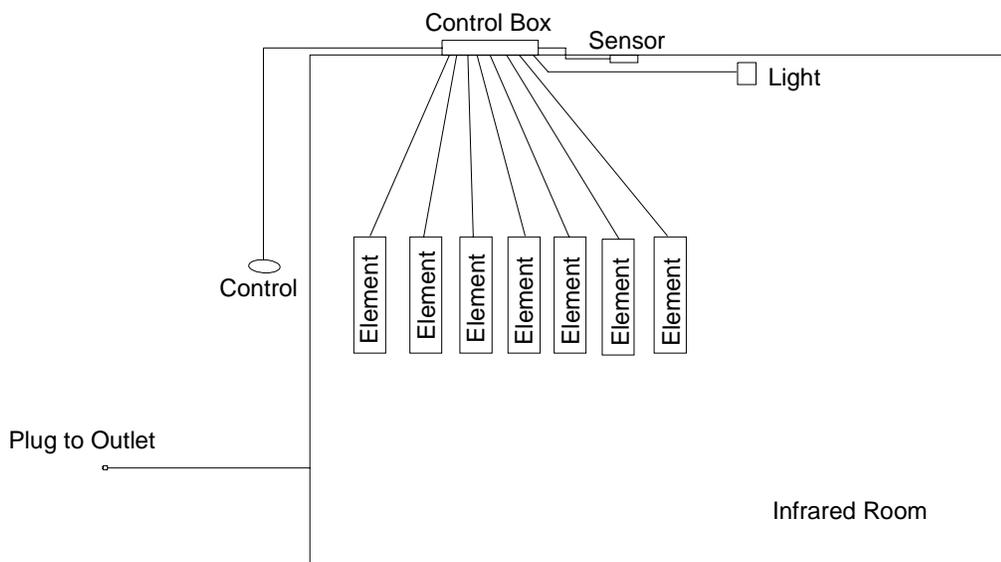
Door Handle Installation

Note: Follow the separate instructions for the door handle installation.

Step 25: Using the screws provided, install the door handles in the two holes provided in the glass door (styles may vary). After the handles are fastened, install the provided wood plugs to fill the holes. (figure X)



DIAGRAM 1 SCHEMATIC DIAGRAM



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SECTION 2 ELECTRICAL HOOKUP

The system must be grounded!

GFI Circuit Breaker is Not required and may cause nuisance tripping.

Control Box Connections

Note: *Do not have the main power cord plugged in at the bottom of the room while connecting items to the control box!*

Take care to not to disturb the sensor/high limit assembly and cable.

Step 26: Plug the control box power supply cord into the matching connector supplied on the ceiling.

Step 27: Plug the light cord into the control box labeled light. This connector is different than the heating element cords, so they can not be mis-wired. (figure Z)

Step 28: Plug the heating element cords from the top of the wall panels into the control box. The cords will get plugged into end with seven connectors that are labeled heaters. (figure AA)

Step 29: Intentionally skipped.

Step 30: Connect the low voltage cable(s) (associated with user touch pad) from the top of the wall panel into the coupling from the control box. The cable(s) coupling is similar to telephone connections. (A two port adaptor will be used for IR 45 rooms only) (figure AB)

Step 31: Plug the main power cord from the bottom of the room into the appropriate outlet. (*Dedicated* 15 or 20 amp outlet depending on model)



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Section 3: SS-2000-IR Control Operating Instructions

To Operate System

Push the “Heat/Light” button once to turn on the heaters and the room light. The heaters and room light will remain on until the time expires.

Push the “Heat/Light” button again to manually turn the heaters and room light off.

Setting the Temperature

1. Be sure the digital display is on and the “System On” LED indicator is off. The digital display indicates the current temperature in the room.

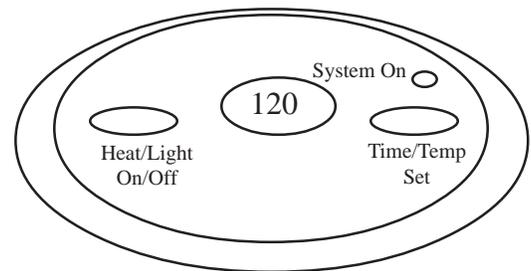
2. Press the Time/Temp Set button. The last stored temperature-setting flashes on the digital display.

3. With the digital display flashing, press the Time/Temp Set button to decrease the temperature.

Note: Each time you press the button, the temperature will decrease five degrees.

4. To increase the temperature, wait four seconds until the display stops flashing, repeat Steps 2 and 3 above.

Note: Each time you press the button, the temperature will increase five degrees, to a maximum of 140°F.



Setting the Time

5. Be sure the digital display is on and the “System On” LED indicator is off. The digital display indicates the current temperature in the room. Press the Time/Temp Set button. The last stored temperature-setting flashes on the digital display.

6. With the digital display flashing, press the On\Off button. The last stored time-setting flashes on the digital display.

7. With the digital display flashing, press the Time\Temp Set button to decrease the time 5 minutes.

Note: Each time you press the button, the time will decrease five minutes.

8. To increase the time, wait four seconds until the display stops flashing, and repeat steps 6-8 above.

Note: Each time you press the button the time will increase in five minute increments, to a maximum of 60 minutes.

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Section 4: How to enjoy Infrared Therapy

- When using infrared, allow time to relax completely.
- Remove clothing and jewelry, but if required, wear a towel loosely.
- Leave the room after 10 minutes or when perspiration begins and relax in dressing area.
- Cooling time should equal time spent in the infrared. Enter the room again and stay 5 or 10 minutes.
- Repeat the cycle 2 or 3 times and end with a brisk shower.
- Dress when completely dry and perspiration has stopped.
- Do not smoke, exercise or drink alcoholic beverages in the therapy room.

Section 5: High Limit Device

If “OH” appears on the control screen, the system has overheated. Allow system time to cool down and press “On/Off” button and it will clear the system.

If this problem persists, please refer to the “Troubleshooting Section of Manual”.

Section 6: Maintenance

The infrared room, like a bathroom, should be kept clean and odor free.

Towels should always be used on benches otherwise perspiration penetrates the soft wood.

Air out the room often by keeping the door and vents open when the room is not in use. Infrared rooms that are in daily use should be washed down at least once a week to keep them clean and the air fresh.

To clean and remove perspiration stains, use soap or detergent in warm water, best applied with a scrub brush. Badly soiled surfaces may require sanding. Sand paper wrapped around a wooden block works well.

Benches and supporting structure must be inspected annually for potential deterioration due to age, dry rot or abuse. Any boards with signs of deterioration should be replaced immediately to avoid possible injury.

Section 7: Room Construction

For safety and reliability, the following rules must be addressed.

- No permanent locking or latch system can be used on the door.
- Acceptable door fittings are: magnetic catches, friction catches, spring or gravity loaded closures. The door must always open outwards.
- No shower can be installed in a room.
- No electrical receptacle shall be installed inside the room.
- The enclosed WARNING: Reduce the risk of overheating, the warning plate must be mounted on or alongside the door outside the room at about eye level.
- Maximum 100 watt bulb should be used in light fixture.

Section 8: Troubleshooting

For troubleshooting or service questions call 1(888) 780-4427 and ask to speak with service. Please have type number ready to expedite assistance.

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