



START HERE

1 UNPACK THE BOX

All Earthing Product Kits come with an **Outlet Checker** and either an Earthing **Straight Cord** or Earthing **Coil Cord**.



2 SAFETY WARNING FOR ALL EARTHING PRODUCTS

Always use as directed. The Outlet Checker is designed for 120V 60Hz use only! Use only Earthing® approved connecting cords with built-in internal safety feature. If your Outlet Checker does not display 2 amber lights, then do not use the product before consulting an electrician. For your safety, locate any connecting cord in such a way that it doesn't cause a tripping hazard.

3 TEST YOUR OUTLET

Before plugging in your Earthing product, you must check that the outlet is grounded by plugging in the Outlet Checker.

In order to use your Earthing product, you must connect it to the "ground port" of a three prong outlet (See below). Before plugging it in, you must check that the outlet is grounded by plugging in the Outlet Checker.

2 AMBER LIGHTS

illuminated is GOOD and means that you have a proper ground and you are ready to connect your Earthing product.

OTHER LIGHT COMBINATIONS

mean that your outlet is NOT properly grounded. Try testing another outlet. If it still doesn't work, then your home may not be grounded and you will need to use a **Grounding Rod**.



4 PLUGGING IN AN EARTHING PRODUCT

Once you have tested your outlet (#3), you are ready to plug in your Earthing Product. All you need is an outlet and an Earthing Cord.

1. Insert the **prong end** of your Earthing Coil or Straight Cord into the 3rd hole of a grounded wall outlet.
2. Attach the **snap connector** of the Earthing Coil or Straight Cord onto the Earthing Product **connection tab** as shown below. Earthing product connection tabs are located in vary positions depending on the product.



Earthing Connection Tab



Earthing Straight cord snapped onto Earthing Product

5 HOW TO CARE & CLEAN YOUR EARTHING PRODUCT

UNIVERSAL MAT & SLEEP MAT

Simply wipe it down using soap and a damp or wet cloth or sponge. Do not use any house hold products like furniture polish or Armor All® as it will cause the mat to lose conductivity. Do not submerge in water, put in the dishwasher or washing machine. Not for use outside as over exposure to the sun will cause damage.

EARTHING THROW, PLUSH PAD & SHEETS

It is good to wash your Throw, Plush Pad and Sheets. They will not be harmed by washing, in fact it is beneficial. Washing in warm water strips body sweat and natural skin oils from the Throw, Plush Pad and Sheets, keeping them conductive.

1. WASH weekly in a washing machine with warm water and a liquid laundry detergent.
2. DRY in a dryer on low or line dry.
3. DON'T wash with bleach. It can destroy the Throw, Plush Pads and Sheets rendering them nonconductive.

BODY BANDS

Hand wash with soap and then immediately put them in the dryer on low heat. Washing machines are too aggressive and the band will be immersed in water for too long. The snaps are nickel plated brass and the wire is stainless steel, both of which are corrosion resistant. However, even stainless steel will start to corrode with long term water immersion. The conductive material is carbon so it will not oxidize but the rubber elasticity will be affected by bleach or oxidizing agents and high temperature is not good. Do not dry in the sun; the sun's UV will impact the elasticity.

6 CHECK THAT YOUR EARTHING PRODUCT IS CONDUCTIVE

Many of our Earthing products are made using 99% pure silver threading or silver fabric. Due to the inherent nature of silver, it will oxidize over time and become nonconductive. This can happen at various rates and for unique reasons, i.e. body type, climate, water, and cleaners. Therefore, it is important to test your products conductivity. We recommend doing this after a year of continued use. You can check your products conductivity with our **Continuity Tester** for purchase on our website. Below are the instructions on how to test your Earthing product.

1. Insert **prong end of the plastic Splitter** into grounded outlet or ground rod cord. This enables you to plug your Continuity Tester and your Earthing product into the same grounding outlet.
2. Insert **prong end** of Earthing straight cord (See Photo B) into the splitter receptacle and the prong end of your Earthing product cord into the other end.
3. Snap the Earthing straight cord to the **tester connection tab** along with your Earthing product.
5. Place Continuity Tester flat on your Earthing product. The round metal plate must be in contact with surface of Earthing product. Press firmly on the press button under the word Tester, to obtain a good contact. A green light means that your Earthing product is in working order. In the unlikely case that no green light comes on, your Earthing product may be defective or has lost conductivity and should be replaced.
6. After testing your Earthing product, disconnect splitter from the ground connection. Disconnect cords from the splitter.
7. Re-insert Earthing cord from Earthing product into grounded outlet.
8. You don't have to test your Earthing product often. Perhaps after cleaning or washing. The more you use the tester, the sooner the batteries in the tester will expire.

HOW TO REPLACE BATTERY

the continuity tester uses 1 battery that may need to be replaced on occasion. The type of battery for this tester is CR2032. To replace the battery, you will need to remove the 4 small screws from the tester.

