

CONTROL ICON 1 & ICON 2



Installation and operating instructions



General safety instructions

Intended Use

- The controls icon 1 and icon 2 are designed for the infrared heater InfraROTmed and are used exclusively for controlling suitable full-spectrum emitters/red light heaters (e.g. InfraROTmed).
- The controllers are only designed for the specified total power and the respective output connection value.
- The power unit may only be operated with the supplied control unit via the data line provided for this purpose.

Scope of delivery:

- Power unit icon 1 or 2 including data cable and mains connection cable
- 2-part control panel with display icon 1 or 2
- Operating instructions with safety instructions

A NOTICE:

Only connect the control to the mains AFTER all connection work has been completed!

Installation

Installation of the power unit

The power section is mounted using screws in a temperature- and moisture-protected area with a maximum ambient temperature of 35°C (e.g. on the cabin roof, under the bench or behind the rear wall).



The power unit emits heat during the dimming process, so ensure adequate ventilation. The power unit must not be covered. Incorrect installation without ventilation can cause damage to the power section or a fire. The power cord and the data cable are already installed.

Connection of the infrared heaters

Infrared heaters are connected to the control using IEC connectors (C14). These are already installed on the Infrared Med infrared radiator.

Installation of the control element

The control element may also be installed in the Finnish sauna, but in a temperature-protected area. It must not be used next to or above a sauna heater or above infrared radiators.

A maximum installation height of 120 cm in a sauna, any height for infrared cabins.

Prepare an opening at the desired location in your infrared cabin or sauna. drilling diameter approx. 2.5 cm; avoid sharp edges to avoid damaging the data cable. Connect the data cable to the display, use the extension if necessary. Do not kink the cable and do not pull it too tight over corners and edges. It could be damaged.

The rear housing of the display is attached to the two screw openings, e.g. on the rear wall of the sauna or infrared cabin. The openings allow the housing to be adjusted later if, for example, the screw slips off. The case is made of plastic, so be sure to hand-tighten the screws and don't overtighten them. Otherwise the housing could break. Then guide the data cable through the opening and carefully connect it to the white socket on the front of the display until it clicks into place.



Finally, carefully clip the front part to the rear housing. It can be opened again later using the tabs if necessary.

At the end, check all connections and connect the infrared heaters before you connect the controller to the mains. Also make sure that your supply line is sufficiently protected for the connected load:

10A at icon 1 touch; 13A with icon 2 Touch

After the check, the controller can be connected directly to the socket using a protective contact plug.

The control unit:

Icons 1 and 2 are identical in use, they only differ in the number of buttons and the display for lamp control.

Display for infrared heater 1 (icon 1) or 1-2 (icon 2) and their set power value

Timer display: remaining time until shutdown

Buttons in the first row 1:
increase the heater power by 1% each

Buttons Time Arrow up and down: Use the time up and time down buttons to select the desired duration of use. The default setting is 30 minutes.

Start button: The timer starts counting down and the heaters are switched on

Buttons in the second row:
reduce the heater power by 1% each








Power button: A gentle tap starts the display, a short press turns it off





The following applies to the radiator and time buttons: Pressing once changes the value by one step. Hold down to quickly increase or decrease the value.

The course of a session in an infrared cabin

However, everyone reacts differently to heat, so everyone should find their own comfort zone.

	Showering and drying off make sweating easier
	Before the session, drink mainly water, tea and unsweetened juices
	Use a towel or something similar to sit on
	Duration of use approx. 20 to 30 minutes
	Sweat out and rest after the session
	After the session, drink mainly water, tea and unsweetened juices
	Shower after the session
	Optimal weekly use

Alternative session variants:	
	<p><u>SPORTS:</u> Warm up your whole body for about 10 minutes with the cabin door open before exercising. A sweating session can be performed after exercise.</p>
	<p><u>TENSIONS:</u> 10-15 minutes direct irradiation</p>

General warnings on the use of infrared heaters and infrared cabins:

If you suffer from an illness or are not sure whether the use of an infrared cabin or an infrared heater is suitable for you, please consult your doctor.

For example, you may not use the infrared cabin/infrared heater if you have open wounds, after operations, if you have eye diseases, if you have severe sunburn and if you are under the influence of alcohol.

Take special care with children: children are not allowed to use an infrared cabin unsupervised! The filter disc of the infrared heater can get very hot and does not cool down immediately even after you have slept in the cabin. So watch out for unwanted touches.

After a session of about 30 minutes, the materials have to cool down for about 20 minutes (depending on the ventilation and the ambient temperature).

Caution with couchette cabins: the ceiling spotlight may only be used when you are lying down. Irradiation of the head should be avoided at all costs. The ceiling spotlight must not be covered above, do not place any objects on the cabin! Fire hazard!

General warnings:

1. To avoid fire, do not dry clothes in the infrared cabin and do not leave towels or other combustible materials in it.
2. To prevent burns and electric shock, do not touch the infrared heating elements or use metal tools on them.
3. Do not spray liquids on the heating elements. This could result in electric shock or damage to the heating elements.
4. Make sure that no fluff of dust or foreign objects get to the hot infrared radiators.
5. If you are pregnant, have an illness (e.g. sensory disorders also after skin treatments, paralysis, epilepsy, high blood pressure, scars in the back area, implants with external access) or are taking medication, especially medication that can impair the sensation of heat, please speak to us before using the infrared cabin with your doctor. Please also refrain from using it if you have a fever, acute infections and inflammations, recent injuries, thrombosis, are under the influence of alcohol or drugs, and after sunbathing or visiting a solarium.
6. In general, infrared radiators and sauna heaters can be used at the same time. However, the temperature should not rise above 45° and no infusion should be made. The circulatory system could be overloaded and the skin overheated.

Technical specifications

Icon 1 and 2 Touch

Voltage: nom. 230V +/- 20%

frequency: 50 Hz

mains: TN-S P+N+PE (according to DIN VDE 0100-540:2007-06 (Pt 543.4.3))

Power:

maximum overall performance icon 1 Touch: 1,5 kW; 1 channel max 10A/230V

maximum overall performance icon 2 Touch: 2,8 kW; 2 channels max 6A each, overall max. 13A

Degree of protection housing: IP20 (EN 60529)

cooling: passive, maximum ambient temperature 45°C

ISO class: B (EN 60085)

Other optional (necessary for commercial systems): Emergency shutdown via EMERGENCY STOP, shutdown at a temperature e.g. from >45°C at 110 cm above ground.

Control unit: individual control of the channels

Timer: yes



For further information and system questions please contact:

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