

USAGE, CARE & SAFETY INSTRUCTIONS

HOW TO SET UP YOUR EARTHING™ THROW or PLUSH PAD

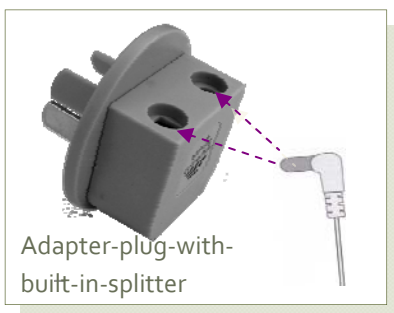
1. Earthing™ throws and plush pads are quite portable and can be used in a variety of locations. They can be used on a chair to sit on, behind your back, draped over your lap, used to lay on in bed, or even as a pad for your pet. Some people use the throw in bed as a half-sheet. If that's how you use it, place it over the bottom sheet and tuck in the ends under the mattress as shown right. Only one side of the throw or plush pad is conductive and not the other. Make sure you have direct bare skin contact with the side of the throw or plush pad that shows the parallel rows of silver fibre stitching and the word "Earthing."
2. Insert one end of the Earthing™ cord into either of the holes in the adaptor-plug-with-built-in-splitter.
3. Plug the adaptor-plug-with-built-in-splitter into a wall socket or power board. You can operate your throw or plush pad with the power switch or power board, on or off.
4. Find the connecting tab on the throw or plush pad of the Earthing™ cord onto the tab.



Step 1– Plush pad used as pet-pad



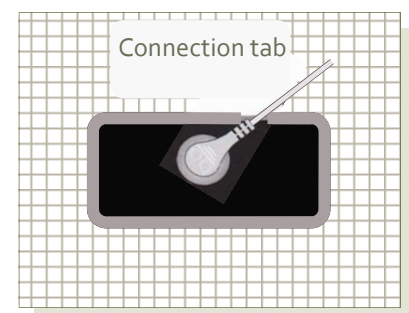
Step 1– Throw used as half-sheet, cross-wise



Step 2



Step 3



Step 4

HOW TO CARE FOR YOUR EARTHING™ THROW OR PLUSH PAD

Your new Earthing™ product is made with natural cotton™ and silver thread. Please follow the guidelines below for the best possible Earthing™ experience and to increase the longevity of the silver in your Earthing™ product.

Wash your product a minimum of twice per month with warm water. Washing in warm water strips body sweat and natural skin oils from the silver keeping it conductive. If you need to iron your product, use a low heat setting. You will not damage your product if you use a washing machine, use liquid laundry detergent, rinse with vinegar, or use a dryer on low.

DO NOT use following items when washing your product. They contain chemicals that can destroy conductivity of the silver thread: **NO** liquid fabric softeners **NO** chlorine or oxy bleach
NO detergent containing bleach **NO** dryer sheets **NO** dry cleaning

DO NOT APPLY body creams, oils, lotions before bedtime to any area of your skin. Such substances can degrade the conductivity of the silver fibres in the product. It is advised to wait one hour to use the product after applying products to your skin. The product is anti-bacterial and anti-microbial.

SAFETY WARNING

1. Always use as directed. Use only Earthing™ approved connecting cord with built-in internal safety feature. For your safety, locate any connecting cords in such a way that it does not cause a tripping hazard.
2. If you are testing with an Earth Socket Tester and it does not display “OK”, do not use the product before consulting an electrician.
3. If you are taking any blood thinning or Thyroid medications be sure to consult your Doctor before Earthing.
4. It is the responsibility of the home owner to check that their home outlets are in good working order. All Australian power point outlets must be Earthed to comply with the Australian Standards. If in doubt have your electrical system checked by a licensed Electrician.

FURTHER QUESTIONS?

Go to the EarthingOz.com.au home page and click **FAQs** in the left-hand column.

CONNECT TO THE EARTH AND HEAL

For our full range of products, accessories and books visit our website, EarthingOz.com.au



The **Universal Mat** offers broad flexibility. Use it anywhere in the house or office. The mat serves as a floor mat to place your bare feet on as you work at the computer, or as a desk mat to ground your hands while typing or using the mouse.



The **Small Body Band Kit** comes with two wrist/ankle adjustable elastic body bands and 5 disposable patches. The bands and patches can be attached near an injury or wound or area of acute pain to accelerate the healing process and reduce local inflammation and discomfort. Athletes have found them to be especially effective against common injuries.



The **Earth Power Outlet Tester** is used to verify that your electrical outlet is wired properly for grounding. Simply plug it into an outlet, turn on the power and 3 amber lights will read that your outlet is grounded and ready for use with an Earthing Product.



The optional **Product Tester** checks the conductivity of your Earthing products, cords and ground cords to determine that they are conductive and in good working condition.