

OPTIONAL ACCESSORIES

EARTH POWER OUTLET TESTER

1. Most houses in Australia and New Zealand are wired correctly. For peace of mind, 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 check that the 3 amber lights light up. This indicates that your power point is wired correctly. If not, do not use the product before consulting an electrician.



PRODUCT TESTER

1. Leave the device you wish to test connected to the adaptor-plug-with-built-in-splitter. Connect the tester to the other hole in the adaptor-plug-with-built-in-splitter.
2. Plug the adaptor-plug-with-built-in-splitter into a wall socket or power board. You can operate the tester with the power switch or power board, on or off.
3. Place the tester directly on your Earthing™ product. PRESS down on the button while you move the tester around the product. A green light confirms your product and wire are in working order.



DIGITECH QM 1529 DIGITAL MULTIMETER

In addition to reading these instructions please make sure you read the Operators Manual included with your multimeter before using.

1. Turn your multimeter on to the **~V AC** voltage setting.
2. Your multimeter comes with 3 leads—2 plain test leads and one test lead with an alligator clip. Connect the test lead with the alligator clip to the **uAmA** jack and a plain test lead to the **COM** jack. The third lead will not be used in these instructions.
3. Turn **off** the power point and plug the adapter-plug-with-built-in-splitter into the power point or an attached power board. (As you are testing the Earth there is not really any chance of electrocution even if the power is turned on, however, we recommend turning the power **off** anyway just as a precaution.)
4. Attach the test lead with the alligator clip to either of the holes on the adapter-plug-with-built-in-splitter. To get an accurate reading you must connect the multimeter to the same Earth terminal that your Earthing product is plugged into.
5. Attach your Earthing product lead to the unused hole in the adapter-plug-with-built-in-splitter.
6. Making sure you are not touching an Earthing product, take the end of the test lead without the alligator clip between your fingers. Depending on the AC Electromagnetic field coming from the wiring and appliances in your building, you will get a reading probably anywhere between .05V and 50V. There can be enormous variation in voltage even within the same building depending on nearby wiring and which appliances are switched on at the wall etc. You will also usually find the higher you are from the ground the higher the voltage in your body.
7. While still holding the Multimeter probe, touch your Earthing product with the skin from any part of your body. If your product is correctly connected and working properly you should notice a significant drop in voltage on the multimeter. Typically, you will find the voltage will drop 10 or 20 times the un-earthed levels.

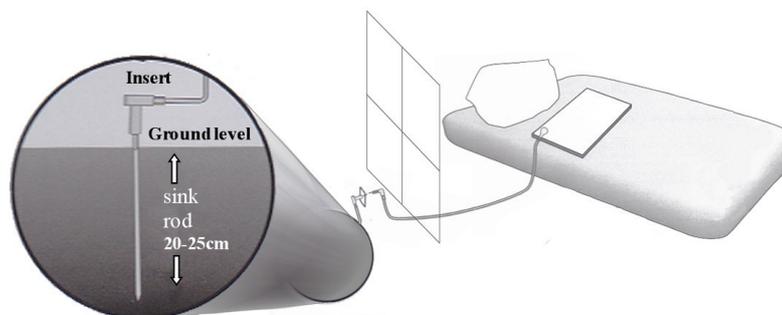


Note: The amount the voltage drops will vary between products and situations. Do not be overly concerned by this. As long as there is a drop in voltage you are being Earthed and the product is working.

While there are other tests you can do to test the conductivity of Earthing products this is the most simple and effective test.

GROUNDING ROD

1. Push the rod directly into the Earth in an area of dirt/vegetation close to the foundation of your home/office.
2. Run the cord from the rod under or around a window or door near where you will use your Earthing product. Cover any exposed cord to prevent a tripping hazard. An electrician can install a permanent Earthing outlet, if desired, that generally includes drilling a small hole through the wall and mounting a wall plate.
3. Plug the prong-end of your Earthing system cord into the receptacle end of the ground rod cord.
4. If you live in a dry area, such as a desert, soak the Earth around the ground rod from time to time for maximum conductivity.



FURTHER QUESTIONS?

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

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 Power Outlet Tester** and it does not display “OK”, do not use the product before consulting an electrician. If you are taking any blood thinning or thyroid medications be sure to consult your Doctor before Earthing™.
3. It is the responsibility of the home owner to check that their home outlets are in good working order. If in doubt have your electrical system checked by a licensed Electrician.