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PANASONIC EP1022 Owner's Manual

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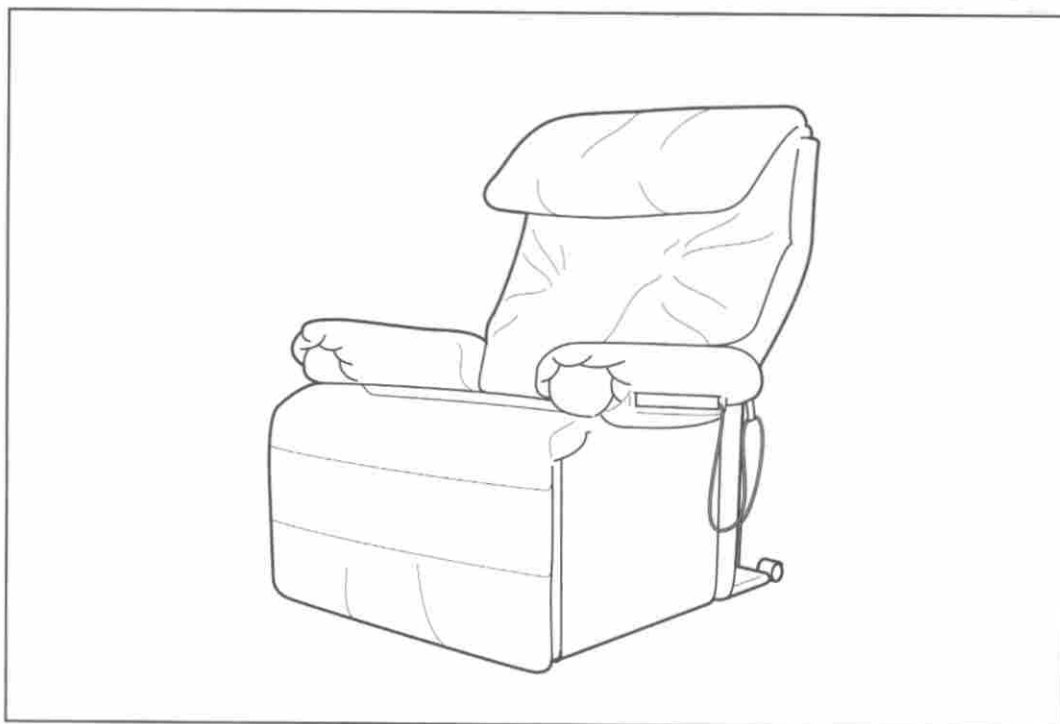
Operating Instructions Manuel d'utilisation Instrucciones de funcionamiento

Household Massage Lounger
Feuteuil vibromasseur
Silla de masaje para el hogar

Model No. **EP1022**

Modèle No. **EP1022**

Modelo No. **EP1022**



Before operating this unit, please read these instructions completely and save this manual for future use.

Avant d'utiliser cet appareil, veuillez lire complètement ces instructions et conserver ce manuel à titre de référence.

Antes de utilizar esta unidad, lea completamente estas instrucciones y guarde este manual para utilizarlo en el futuro en caso de ser necesario.

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- Customer's Record -

Please note both the model and serial numbers of this product in the spaces provided. Retain this book, along with a copy of your purchase receipt, for future reference. The serial number can be found just above the power switch at the rear of the chair.

- Mémo pour le client -

Veillez noter les numéros de modèle et de série de cet équipement dans les espaces réservés à cet effet. Conservez la présente notice avec une copie de votre reçu d'achat en cas de références ultérieures.

- Anotación del cliente -

Anote los números de modelo y serie de este producto en los espacios suministrados. Guarde este manual junto con una copia de su recibo de compra para utilizarlos como referencia en el futuro.

Model Number

Numéro de modèle

Número de modelo _____

Serial Number

Numéro de série

Número de serie _____

Dealer's Name

Nom du revendeur

Nombre del concesionario _____

Date Purchased

Date de l'achat

Fecha de adquisición _____

COMPLIMENTS

Thank you for purchasing the "Household Massage Lounger", "EP1022".
For optimum performance and safety, please read these instructions carefully.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the massage lounger.

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
2. Close and continuous supervision is necessary when this appliance is used by invalids or disabled persons.
3. Use this appliance only for its intended use as described in this manual.
4. Do not use attachments not recommended by the manufacturer.
5. This appliance should not be used by children. Keep children away from Massage lounger. To avoid possible injury always return chair to an upright position and close the legrest carefully. Make sure nothing can be caught in the legrest mechanism.
6. Never operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged. Call your nearest authorized servicer for repair.
7. Keep the cords away from heated surfaces.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol spray products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. Connect this appliance to a properly grounded outlet only.
See Grounding Instructions.
13. To avoid the risk of electric shock or personal injury, do not attempt to open or disassemble any part of this massage lounger. Never insert hands in areas of moving parts. There are no user serviceable parts.

SAVE THESE INSTRUCTIONS

SAFETY PRECAUTIONS

WARNING: To avoid risk of injury

1. This product should not be used by pregnant women, persons who are ill, or persons with back, neck, shoulder or hip pain, or conditions of any kind, without consulting a physician prior to use. Do not use on any area that has received medical treatment without consulting a physician prior to use.
2. Never put any part of the body between the massage heads. The squeezing action of the massage heads may cause injury. Never put any part of the body between the arm rest and the chair back.
Do not place hands in the mechanical portion of legrest located under the seat.
3. Do not use without clothing.
Thin clothing increases the effectiveness, but exposing the skin directly to the massager can irritate the skin.
4. Do not use for massaging the head, abdomen, elbows or knees.
5. Do not stretch the back muscles for more than approx. 15 minutes at one time.
To avoid overstretching of muscles and resulting discomfort when first using the chair, do not use for more than 5 minutes. You can gradually increase duration and intensity as you adjust to the chair.
Do not massage any one point for longer than 5 minutes at a time.
Excessive massaging can overstimulate the muscles and nerves and result in an adverse effect.
To prevent excessive massaging, do not use the massager for more than a total of 15 minutes per session. After approx. 15 minutes, the massage heads will return to the "restore" position and stop.
6. While using the massager, if you start feeling sick, or if the massage seems painful, stop use immediately.
While using the massager, if the pressure seems too strong, the movement of the massage heads can be stopped by pressing the stop button.
7. When the chair back is in a reclined position, do not sit on it, or sit with your legs resting on the headrest.
Do not sit on the legrest. The chair may fall over.
8. Do not allow children or pets to play on, or around, the chair, especially during operation.
9. Do not remove the back cushion without first reading instructions on page 17.

OPERATING PRECAUTIONS

CAUTION: To avoid damage to the chair

1. The chair is designed for a maximum user weight of 264 lbs. (120 kg)
Exceeding the maximum weight may cause permanent damage to the massage mechanism and / or other components of the chair. Any such damage is deemed to be user abuse and is not covered under the Limited Warranty.
2. Do not sit on or drop the controller. Do not pull the controller cord or the power cord. Be careful not to catch the cord of the controller between the arm rest and the chair back.
3. Do not treat the chair roughly, such as forcing the reclining lever, turning the chair on its side, turning the chair over or standing on it.
4. Do not treat the covering roughly.
 - Keep sharp or pointed objects away from the covering of the chair. Be careful not to drop lit ashes or matches on the chair.
 - Exposure to direct sunlight can cause fading or a change in color of the covering.
5. If the massager functions abnormally, immediately turn off the power and have the massager checked by an authorized servicer.
6. Do not attempt to repair the massager yourself.
7. Do not repeatedly operate any switch at short intervals. It may cause the switch to malfunction.
8. Some noise may be heard coming from the massager while in use. This is due to the structure of the massager. This is a normal condition.
9. Make sure that there are no obstacles behind the chair when reclining it. The chair can be reclined to a maximum angle of 160°. If the back hits a wall or pillar, it may malfunction. Be sure to have ample space behind the chair. Recline the chair slowly in order to avoid contact with an obstacle.
10. When excessive pressure is applied to the massage heads, they may stop moving for safety. When moving the heads up from the lowered position, the body weight may stop the heads movement. In such case, slightly raise the body and allow the heads to move up.
11. After each massage, slide the power switch which is located on the side of the chair to "off" position and turn its lock switch to "lock" position.

CARING FOR THE MASSAGER

- Always unplug the chair before cleaning.
- If the covering becomes soiled, dampen with liquid soap and brush the surface.
Wipe with a cloth dampened with water. Allow to dry naturally. If the plastic portions become soiled, use lukewarm water, with liquid soap on a soft cloth to clean the surface.
- Do not use thinner, benzene or other solvent type cleaners.

GROUNDING INSTRUCTIONS

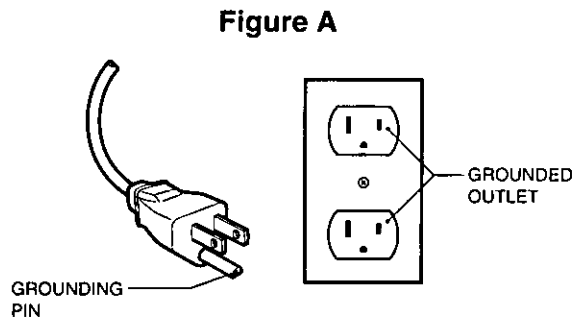
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

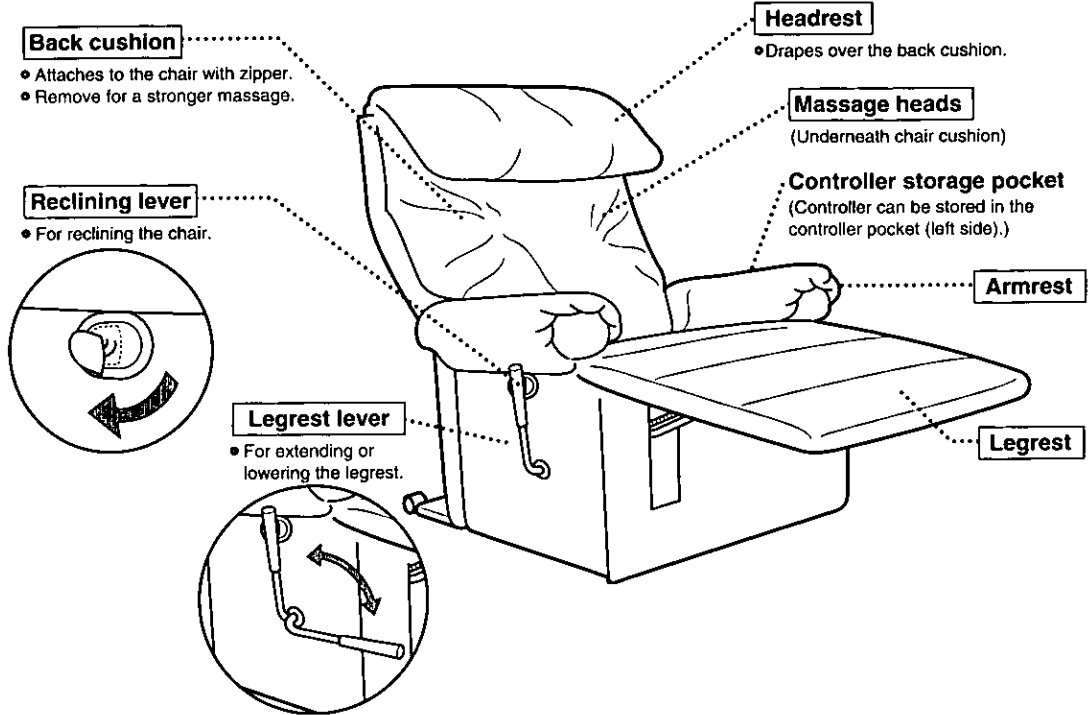
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product even if it does not fit the outlet. Have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in Figure A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

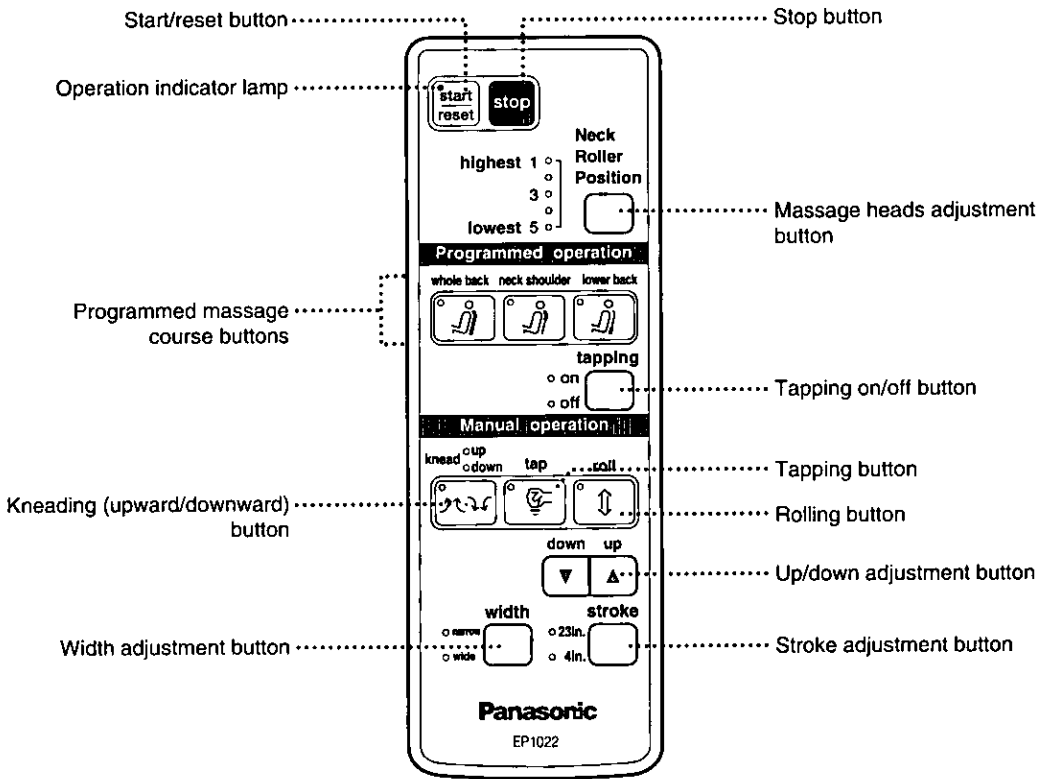


PARTS IDENTIFICATION

MASSAGE LOUNGER



CONTROLLER



BEFORE USE

PLACE OF USE

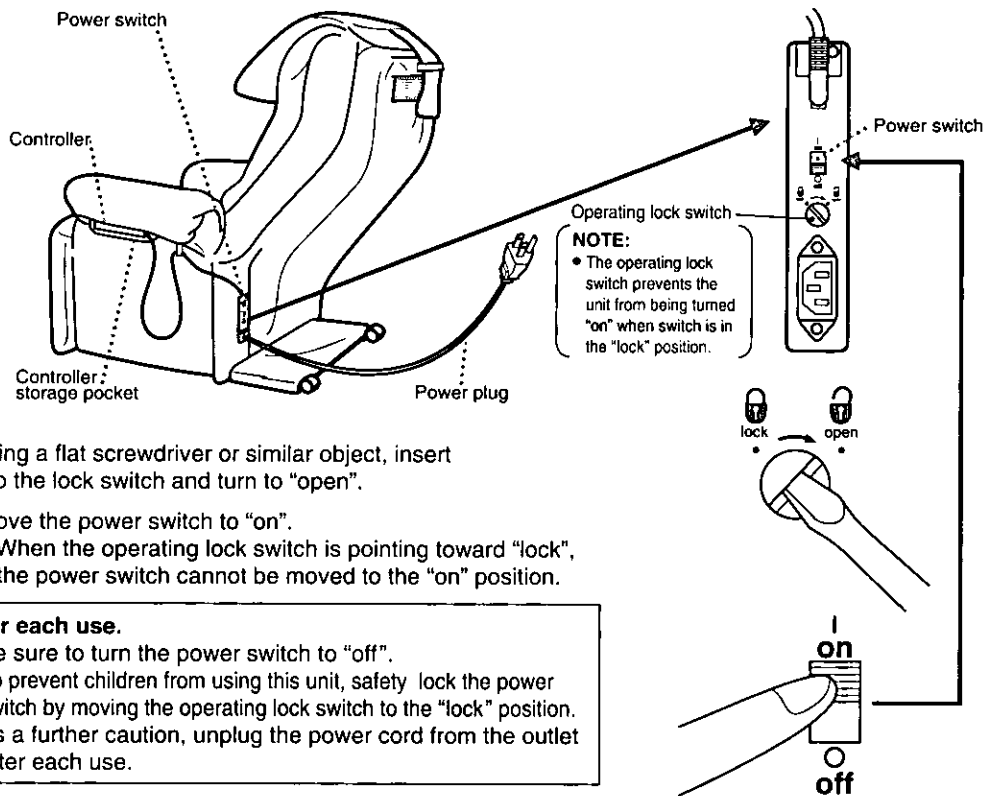
- Do not use the Massage Lounger where exposed to direct sunlight for long periods of time. Overexposure to harsh light can discolor or harden the cover.
- Do not use the Massage Lounger in hot or humid places or places where it may become wet from rain, splashing or dripping water, etc. Water and heat can cause discoloring and mildew.

NOTE: Position the chair at least 16 in. (40 cm) away from any wall to ensure adequate reclining space.

TURNING ON THE POWER

First read, and familiarize yourself with, the safety precautions.

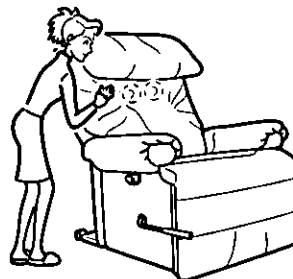
- Plug the power cord into the inlet located at the rear of the chair.
Plug the power cord into an AC outlet.
Be careful not to pinch the cord under the leg frames of the chair or any other items.



BEFORE SITTING DOWN

Do not exceed the maximum user weight of 264 lbs. (120 kg)
After checking the positions of the massage heads with your hands, sit down slowly in the center of the Massage Lounger.

- The massage heads should be spread apart near the top of the Massage Lounger backrest (restore position).
- If the massage heads are not in the position described above, do not sit down in the Massage Lounger. Press the "start/reset" button on the controller twice. Wait for the massage heads to reach the restore position before sitting down.

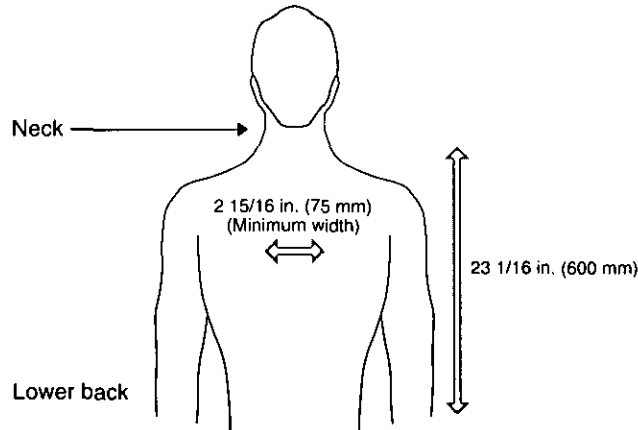


MASSAGE HEADS' RANGE MOVEMENT

The width between the massage heads can be adjusted for tapping, rolling, regional rolling, tapping rolling massage and regional tapping rolling massage. The heads can be set at different widths for a wide range, giving you a massage any place you like from the neck to the lower back.

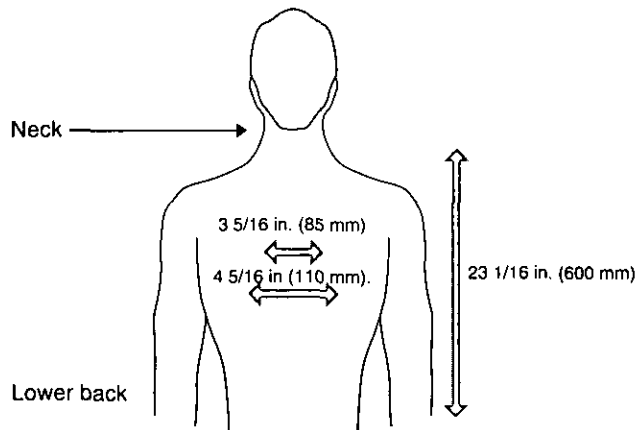
<UPWARD, DOWNWARD, KNEADING ROLLING, AND REGIONAL KNEADING ROLLING>

Massage range width : $2 \frac{15}{16}$ in. (75 mm) (width cannot be adjusted)



<TAPPING, ROLLING, REGIONAL ROLLING, TAPPING ROLLING AND REGIONAL TAPPING ROLLING>

Massage range width : $3 \frac{5}{16}$ in. or $4 \frac{5}{16}$ in. (85 mm or 110 mm)



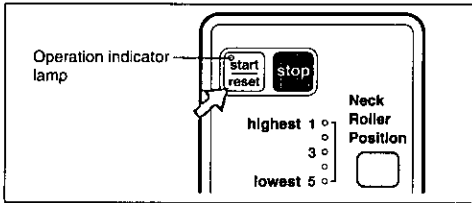
HOW TO USE

TO START/STOP MESSAGE ACTION

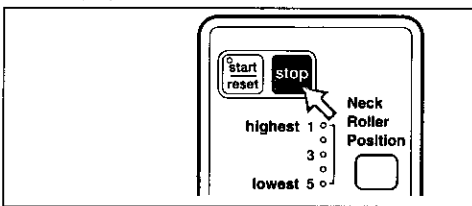
Before using, first read all the instructions including the warnings, safety and operating precautions as well as the section on programmed and manual massage.

<BEGINNING OPERATION>

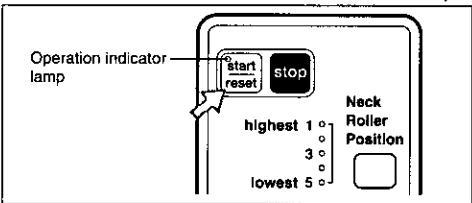
1. To operate the massager, press the "start/reset" button.
 - Check to be sure the operation indicator lamp is lit.



2. If you wish to stop the massage "immediately" press the "stop" button.
The massage heads will stop where they are.
 - Check to be sure the operation indicator lamp goes out. To resume massage, press the "start/reset" button.



3. After final use, press the "start/reset" button.
 - The massage heads will go up, spread out and stop in the restore position. With the heads in this position you can sit comfortably, using the massager as a regular chair.
 - Be sure to store the controller in the pocket on the side of the left arm rest when not in use.



Automatic timer for massage lounger

- To prevent excessive massage there is a built-in timer which, after approx. 15 minutes of operation, will automatically return the massage heads to the "restore" position and stop their motion.
- Turning on the operation switch while the massage heads are moving to the "restore" position will reset the time for another 15 minutes (approximately).
- If the programmed massage button is pressed, the unit will stop after finishing the program.

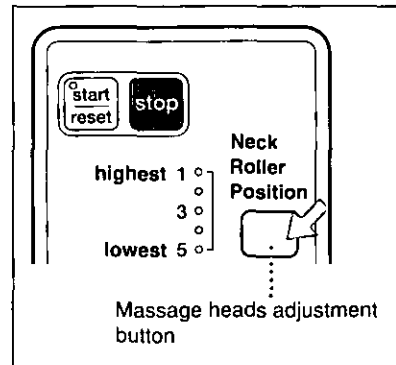
PROGRAMMED MESSAGE

First read, and familiarize yourself with, the safety precautions and operating precautions.

<HOW TO PRESET THE MESSAGE HEAD POSITION>

1. Press the "start/reset" button.
2. Use the "message head adjustment button" to toggle from the highest (tallest) "1" to lowest (shortest) "5" setting.
Rollers should rest comfortably at the top of your shoulders prior to the message starting.
3. Once you have made the adjustment, you can do any message you like.
*The whole back massage will automatically start often 30 seconds when you don't push any programmed operation.
4. You can adjust this feature during the message.

NOTE: The purpose of this button is to limit how high the message heads will go on your neck and head. We recommend that a person 6 ft. (1.82 m) or greater use the setting in "1", while 5 ft. (1.52 m) or shorter use the setting "5".



<HOW TO SELECT THE PROGRAMMED MESSAGE COURSE>

1. If you wish to massage your whole back, press the "whole back" button.
2. If you wish to massage your neck and shoulder mainly, press the "neck shoulder" button.
3. If you wish to massage your lower back, press the "lower back" button.

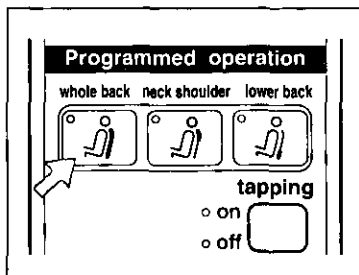
• Massage will operate automatically for mainly 15 minutes after pressing the button.

NOTE: Check to be sure the course indicator lamp is lit.

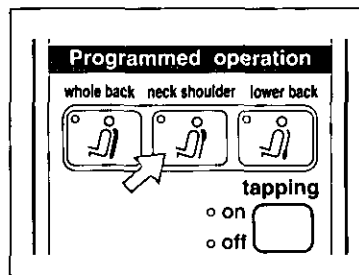
• If you wish to change the message course, press any button you want.

You may change the message course at any time during operation without harm.

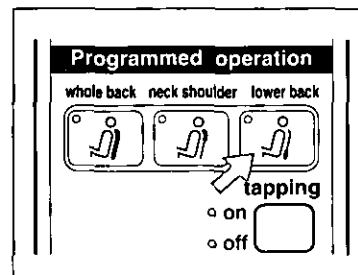
Your new instructions will override any previous ones.



<whole back>

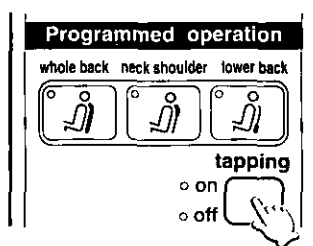


<neck shoulder>



<lower back>

<FOR THOSE WHO WISH TO HAVE MESSAGE WITHOUT TAPPING>



tapping

- on
- off

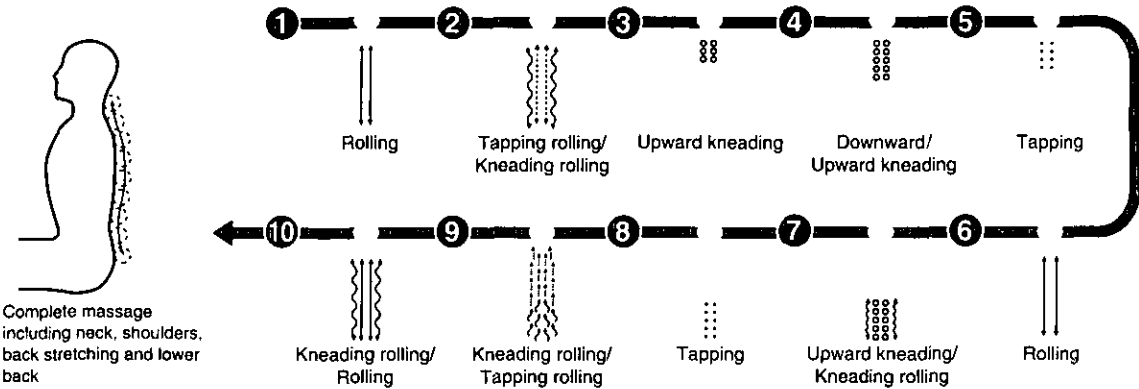
• Press when you feel you will not need tapping in the middle of programmed message course.
(The tapping changes into kneading)

※ Press the tapping button again to cancel.

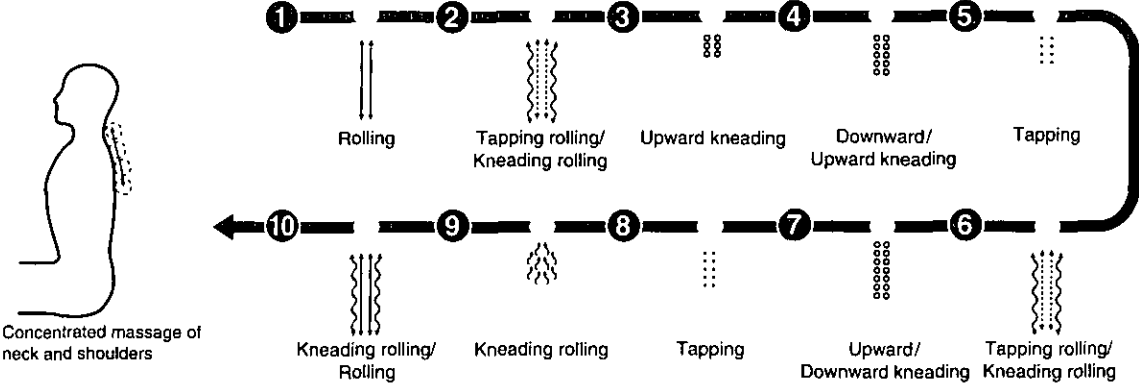
PROGRAMMED MASSAGE

Details of Automatic Course

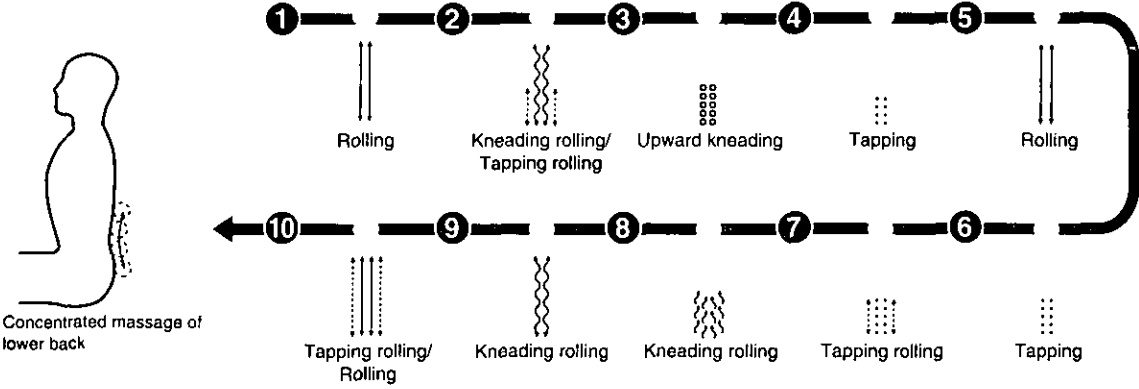
Whole back course



Neck and shoulder course



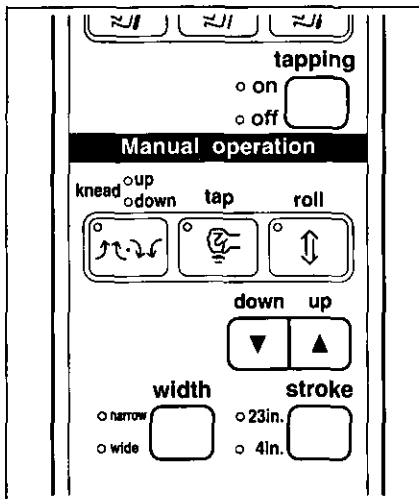
Lower back course



The above diagrams have been abbreviated to enable easy understanding of the massage action.

MANUAL MESSAGE

First read and familiarize yourself with the safety precautions and operating precautions.



Press the button for the desired message.




- The currently operating message is indicated by the message indicator lamps.

1. Kneading (upward / downward) message
2. Tapping message
3. Rolling message




- It is possible to combine the massaging types.

NOTE: Do not massage any one point for more than 5 minutes. Do not stretch the back muscles for more than approx. 15 minutes at one time. A continuous massage in the same area may result in soreness.




Kneading (upward & downward)

- ① Press the "knead"  button. Each time you press the kneading button, kneading direction, upward and downward, alternates.
- ② To adjust to the desired position, use the "up"() or the "down"() buttons.

Tapping message

- ① Press the "tap"  button.
 - The message heads move to the narrowest position and start the tapping message.
- ② Use the width adjustment button to select the width of the message heads (narrow or wide).
- ③ To raise the message heads, press the "up"() button. To lower them, press the "down"() button.
 - All functions which include rolling, are available for the whole back, or a limited section of the back, by pressing the stroke adjustment button.

Rolling message

- ① Press the "roll"  button.
 - The message heads move to the narrowest position and start the rolling message.
- ② Use the width adjustment button to select the width of the message heads (narrow or wide).
- ③ To raise the message heads, press the "up"() button. To lower them, press the "down"() button.
 - All functions which include rolling, are available for the whole back, or a limited section of the back, by pressing the stroke adjustment button.

MANUAL MASSAGE








Kneading rolling massage

- ① Press the “knead” button and the “roll” button.
 - The massage heads start the kneading rolling massage.
- ② To raise the massage heads, press the “up”(▲) button. To lower them, press the “down”(▼) button.
 - All functions which include rolling, are available for the whole back, or a limited section of the back, by pressing the stroke adjustment button.

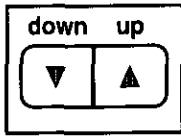
Tapping rolling massage

- ① Press the “tap” button and the “roll” button.
 - The massage heads move to the narrowest position and start the tapping rolling massage.
- ② Use the width adjustment button to select the width of the massage heads.
- ③ To raise the massage heads, press the “up”(▲) button. To lower them, press the “down”(▼) button.
 - All functions which include rolling, are available for the whole back, or a limited section of the back, by pressing the stroke adjustment button.

Adjustability for Manual Massage

Adjustability Manual Mode	Up/Down Adjustment	Width Adjustment	Stroke Adjustment
	<input type="radio"/> 23 1/16" (600 mm)	×	×
	<input type="radio"/> 23 1/16" (600 mm)	<input type="radio"/> 3 5/16" or 4 5/16" (85 or 110 mm)	×
	<input type="radio"/> 23 1/16" (600 mm)	<input type="radio"/> 3 5/16" or 4 5/16" (85 or 110 mm)	<input type="radio"/> 23 1/16" or 4 3/4" (600 or 120 mm)
 	<input type="radio"/> 23 1/16" (600 mm)	×	<input type="radio"/> 23 1/16" or 4 3/4" (600 or 120 mm)
 	<input type="radio"/> 23 1/16" (600 mm)	<input type="radio"/> 3 5/16" or 4 5/16" (85 or 110 mm)	<input type="radio"/> 23 1/16" or 4 3/4" (600 or 120 mm)

Massage heads up-down adjustment

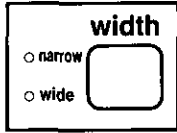


Adjust the vertical position of the massage heads.

Use the up or down adjustment button to adjust the up or down direction of the massage heads.

- To raise the massage heads, press the "up" (▲) button. To lower them, press the "down" (▼) button. The massage heads will move while holding your finger on the button.

Massage heads width adjustment



Select the width of the massage heads.

Use the width (narrow or wide) adjustment button to select the width between the massage heads (available only in the tapping massage and rolling, tapping rolling).

- Press the button to change the width.

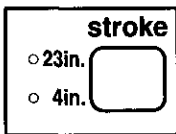
NOTE: If the massage heads are forcibly locked, they will stop for safety and the controller panel will warn you with blinking lamps. Raise your back slightly and press the "start/reset" button.

Massage stroke adjustment

The purpose of this feature is to allow you to focus your manual massage on a 4 in. (100 mm) area if you choose.

For rolling, kneading rolling, and tapping rolling.

- Press the button to change the stroke.



- Switch between regional and full

23in. : Approx. 23 1/16 in. (600 mm)

4in. : Approx. 4 3/4 in. (120 mm)

- When "4in." is selected, adjust the height of the massage heads with the up/down adjustment buttons.

RECLINING THE CHAIR

First read, and familiarize yourself with, the safety precautions and operating precautions.

To avoid possible tipping of the chair, do not sit, or lean on, backrest while the chair back is in a reclined position.

The angle of the chair back can be changed so the body weight and the massage heads will work together to determine the strength of the massage.

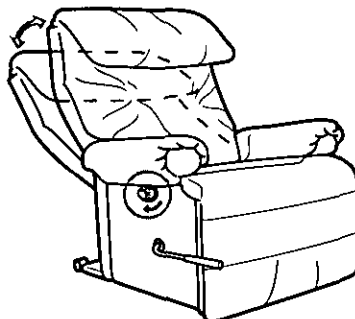
Try changing the angle of the chair back to find a comfortable massage of a strength that is most suitable for your own comfort. Towels may be used in conjunction with the back cushion to reduce intensity, if desired.

Leaning back

Lift the reclining lever and lean back.

When the chair back is at the desired angle, release the reclining levers.

- If it is difficult to lean back, move the massage heads to the uppermost position.
- Chair must be placed 16 in. (40 cm) from the wall for the backrest to recline fully.

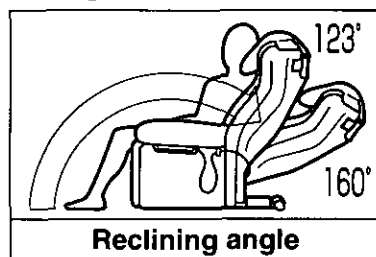


Returning to upright

Raise your body from the chair back and pull up the reclining lever.

- If it is difficult to return the chair to the upright position, move the massage heads to the lowest position.
- To get the maximum benefit from the massage, let your body relax and recline in a comfortable manner.
- Make sure the back of the chair is kept clear of walls and objects.

NOTE: Position the chair at least 16 in (40 cm) away from any wall to ensure adequate reclining space.



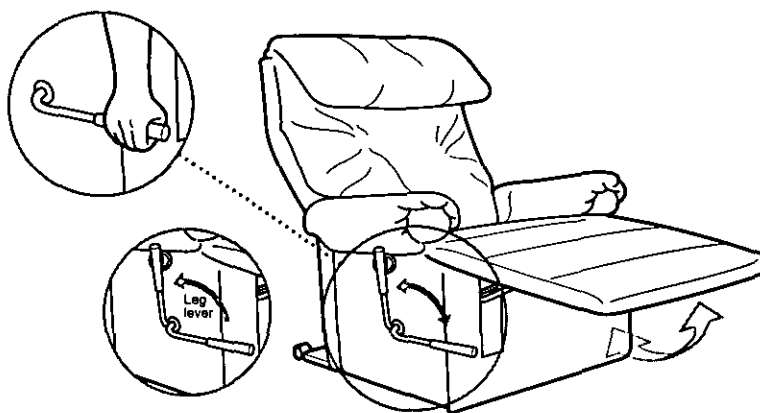
HOW TO EXTEND THE LEGREST

Grasp the lever.

To extend: Tilt the lever back.

- Tilt the lever back as far as it will go (until the lock catches).

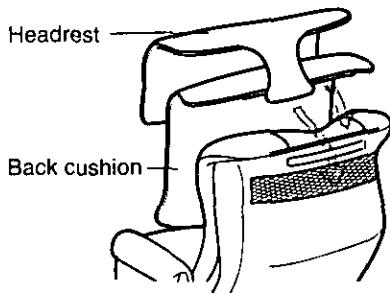
To store: Lift the lever.



- When extending or storing the legrest, lift your legs off of the legrest and operate the lever.

NOTE: Keep children and pets away from the massage lounger, when lowering the legrest, to prevent injury.

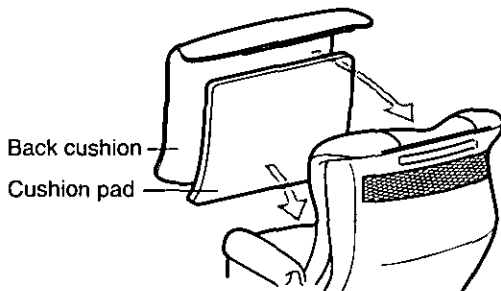
BACK CUSHION AND HEADREST



- Fasten the back cushion to the chair and the headrest insert the weight through the strap attached behind the chair.
- If the massage seems weak, remove the back cushion.
- When the massage function will be used, remove the headrest or flip the headrest over the back of the chair before starting the massage.

NOTE: This massage lounge is capable of providing a vigorous "Shiatsu" massage. The rolling and tapping are very strong, and that massage may not suitable for people who have not previously experienced a shiatsu massage. For that reason, a foam cushion is provided to cover, and soften, the effect of the massage. The pad can be removed for a full shiatsu massage, but care should be taken. The first time you try it -- if you decide to -- sit in a relaxed, not tense, manner and do not try it for more than two minutes. After that you should be able to decide whether or not you prefer a massage with the pad in place.

CUSHION PAD



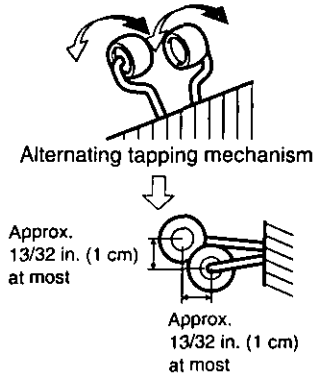
- Attaches underneath back cushion at the waist position (For supporting the back and the waist).
- Remove if unwanted.

HOW TO CLEAN

- Wipe the cover with a cloth dampened with water and mild soap. Then, wipe with plain water and let dry.
- Do not use bleach or solvents such as benzene or alcohol. Chemicals can discolour or damage the material.

TROUBLESHOOTING GUIDE

Before requesting service for this unit, check the table below for the possible cause of the problem. Some simple checks or minor adjustment on your part may eliminate the problem and restore proper operation. If you are in doubt about some of the check points, or if the remedies indicated in the chart do not solve the problem, refer to the directory of authorized servicenters to locate a convenient servicenter, or consult your authorized Panasonic dealer for instructions.

Problem	Probable cause(s)	Suggested Remedy
Message does not start.	The power cord is not plugged in.	Plug the power cord into an AC outlet (120V).
	The power source switch is at the "off" position.	Slide the power switch to "on".
All lamps on controller flash and message heads Stop.	If the massage heads are forcibly locked, they will stop for safety.	Raise your back slightly and push the start/reset button.
Kneading massage cannot be changed immediately to a rolling massage.	The massage heads must move to the narrowest position for a rolling massage.	Wait until the massage heads reach the narrowest position.
Massage heads do not reach your shoulders.	Your shoulders are too high.	Shift your waist forward and recline the chair back.
It seems like the massage heads are at different heights.	<p>This is because an alternating tapping mechanism is used. It is not a malfunction.</p>  <p>Approx. 13/32 in. (1 cm) at most</p> <p>Approx. 13/32 in. (1 cm) at most</p> <p>When stopped, the misalignment is approx. 13/32 in. (1 cm) at most.</p>	<p>Turn the chair into manual tapping mode.</p> <p>Use the "stop" button to turn off the tapping.</p> <p>Feel underneath the back cushion and cushion pad to see if the heads have stopped in an aligned position.</p> <p>If not, then repeat this process.</p>

SPECIFICATIONS

Power source	: 120 V AC, 60 Hz
Power consumption	: 120 W
Kneading speed	: Approx. 28 times/min.
Tapping speed	: Approx. 500 times/min. (per side)
Rolling massage speed	: Approx. 1 cycle every 37 sec.
Massage width	: Shoulder/lower back section : Approx. 2 15/16 in. (75 mm)
Back rolling width/tapping width	: Narrow : Approx. 3 5/16 in. (85 mm) Wide : Approx. 4 5/16 in. (110 mm)
Massage heads up/down travel	: Approx. 23 1/16 in. (600 mm)
Regional back rolling	: Automatic repetition within approx. 4 12/16 in. (120 mm) range
Shoulder position adjustment	: 5 steps
Automatic shut-off	: Approx. 15 min.
Dimensions (H x W x D)	: ● Not reclined and legrest stored : 41 11/32 x 34 41/64 x 40 35/64 in. (1050 x 880 x 1030 mm) ● Reclined and legrest extended : 29 9/64 x 34 41/64 x 68 7/64 in. (740 x 880 x 1730 mm)
Reclining angle	: Approx. 123° to 160°
Weight	: 102 lbs. (46 kg)
Accessories	: Back cushion, headrest, Cushion pad
Maximum user weight	: 264 lbs. (120 kg) See precautions on page 5.

**Panasonic Consumer
Electronics Company**

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for questions and comments.