

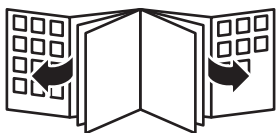
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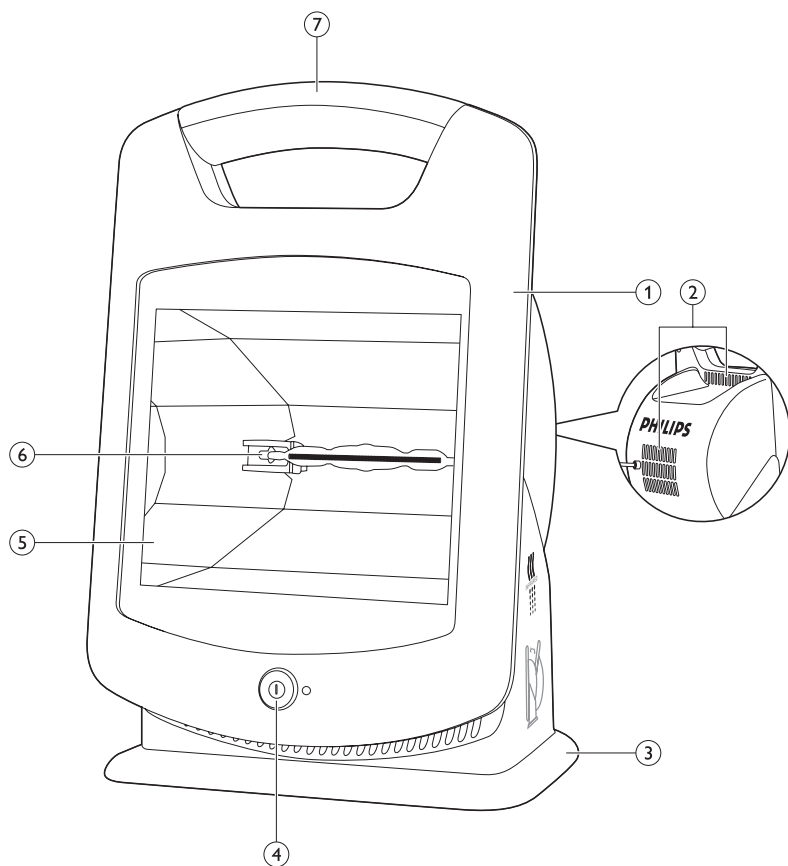
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HP3621



PHILIPS





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Introduction

Congratulations on your purchase and welcome to Philips!

With this appliance you can alleviate muscular pain at home. The special filter only passes the type of light required to achieve the intended effect.

General description (Fig. 1)

- 1 Lamp housing with adjustable angle
- 2 Fan
- 3 Base
- 4 On/off button with power-on light
- 5 Filter
- 6 Infrared halogen lamp
- 7 Handgrip

Important

General

- The symbols on the appliance have the following meaning:
 - 1 This symbol warns you against hot surfaces (Fig. 2).
 - 2 This symbol indicates that you have to read the user manual carefully before you use the appliance. Save the user manual for future reference (Fig. 3).
 - 3 This symbol indicates that this appliance is double insulated (Class 2 insulation) (Fig. 4).
- This appliance meets the requirements of the medical device directive for Class 2 medical devices.

Danger

- Water and electricity are a dangerous combination! Do not use this appliance in wet surroundings (e.g. in the bathroom or near a shower or swimming pool).
- Do not let water run into the appliance or spill water onto the appliance.

Warning

- Check if the voltage indicated on the appliance corresponds to the local mains voltage before you connect the appliance.
- If the mains cord is damaged, you must have it replaced by Philips, a service centre authorised by Philips or similarly qualified persons in order to avoid a hazard.
- Do not leave the appliance unattended when it is switched on.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This appliance is not intended for use by children. Children should be supervised to ensure that they do not play with the appliance.
- This appliance is intended for the alleviation of muscle and joint pain and muscle and joint stiffness, not for alleviation of abdominal, facial and other sorts of pain.
- To prevent overheating of the skin, avoid using the appliance at very short distances. The warmth should be comfortable throughout use.
- To prevent eye damage, do not look into the light of the lamp when it is on.
- Do not fall asleep during use.
- Prevent the heated area from cooling down too fast immediately after use.
- If there is no improvement after 6-8 uses, stop using the appliance and consult your doctor.

Contraindications for use of the appliance

- Do not use the appliance without consulting your doctor first if you suffer from severe diseases such as heart disease, acute inflammatory diseases, thrombosis, blood coagulation disorders, adrenal suppression, systemic lupus erythematosus or malignant diseases.
- Do not use the appliance if you are oversensitive to infrared light or if you have oedema. If in doubt, consult your doctor.
- Do not use the appliance if you are insensitive to infrared radiation and heat due to a disease (e.g. advanced diabetes) or the use of painkillers. If in doubt, consult your doctor.
- Do not use the appliance if you suffer from conditions associated with nerve demyelination such as carpal tunnel syndrome, multiple sclerosis and ulnar neuropathy. If in doubt, consult your doctor.
- Do not use the appliance if you have an implanted device, particularly not if it is located in the vicinity of the heated area. If in doubt, consult your doctor.
- If you are pregnant, do not use the appliance to heat areas close to your abdomen or your lower back area, to avoid overheating of these areas. If in doubt, consult your doctor.
- Do not use the appliance if you have a swelling or an inflammation, as heat could aggravate the complaints. If in doubt, consult your doctor.
- Do not use the appliance on damaged or irritated skin or on wounds. If in doubt, consult your doctor.
- Do not use the appliance to heat areas on which you have recently applied topical counterirritants (creams or ointments containing e.g. menthol), as this can cause a mild inflammatory reaction.

Caution

- When using a medical device, you are recommended to do so with a doctor's prescription and under his/her guidance
- If the wall socket used to power the appliance has poor connections, the plug of the appliance becomes hot. Make sure you plug the appliance into a properly connected wall socket.
- Do not subject the appliance to heavy shocks.
- Always unplug the appliance after use and in case of a power failure.
- Place the appliance on a stable, level surface. Make sure there is at least 25cm free space to prevent overheating.
- Do not use the appliance at room temperatures lower than 10°C or higher than 35°C.
- Make sure the vents in the back of the appliance remain open during use.
- Do not cover the appliance with, for example, a cloth or a piece of clothing when it is switched on.
- The appliance is equipped with an automatic protection against overheating. If the appliance is insufficiently cooled (e.g. because the cooling vents are covered), the appliance switches off automatically. Unplug the appliance and remove the cause of overheating. Once the appliance has cooled down, it can be switched on again. To do so, plug the appliance in again and press the on/off switch.
- Let the appliance cool down for approx. 15 minutes before you clean or store it.
- If you have just been swimming or have just taken a shower, make sure you dry your skin properly before you use this appliance.
- Never use the appliance when the filter is damaged, broken or missing.
- Fully unwind the mains cord.
- Make sure the distance with your body and the appliance is large enough to prevent accidental contact with the hot filter.
- Do not let the mains cord come in contact with the filter when the filter is hot.
- Do not attempt to replace the lamp if the lamp stops working. Contact the Philips Consumer Care Centre for information.

Electromagnetic fields (EMF)

This Philips product complies with all applicable standards and regulations regarding exposure to electromagnetic fields.

Using the appliance

Relevant knowledge - The utilization of an infrared therapy device

The infrared therapy device produces infrared light which penetrates deeply into the skin and warms the tissues.

Warmth modulates the neuronal signals to the brain and in this way reduces pain. Warming stimulates the blood circulation and dilates the blood vessels, which accelerates the transport of substances necessary to rebuild and nourish the body's tissues. Infrared light also speeds up the metabolic process and the removal of waste substances from the body. Because it makes tissues more pliable, warmth also reduces stiffness and makes joints more flexible.

Because of these effects, use of the infrared therapy device can alleviate pain due to muscular and joint problems.

Possible applications:

- Alleviation of occasional or chronic muscle pains, stiff muscles and stiff joints
- Alleviation of lower-back ache (lumbago)
- Alleviation of chilblains
- Preparation for a massage
- Alleviation of sprains and bruises
- To alleviate pain, e.g. due to rheumatic disorders

Preparing to use the infrared therapy device

1 Fully unwind the mains cord.

2 Place the appliance on a stable, level surface and make sure there is at least 25 cm free space around it to prevent overheating (Fig. 5).

The appliance can be used in many different ways. Below you find some examples.

- To heat a sore shoulder; a sore neck or part of your upper back area, place the appliance on a table, tilt the lamp housing backwards. Sit down on a chair or stool with your back towards the lamp (Fig. 6).
- To heat a lower-back ache, place the appliance on a table beside a chair. Sit down on a chair or stool with your back towards the lamp (Fig. 7).
- To heat a sore elbow, place the appliance on a table and sit down beside it (Fig. 8).
- Place the appliance on a bedside table and lie down on the bed with one leg pulled up towards the lamp to heat a sore knee (Fig. 9).

3 Adjust the direction of the light beam by tilting the lamp housing forwards or backwards (Fig. 10).

4 Sit or lie down at the right distance from the appliance.

- At a distance of 25-30 cm to the body, the appliance heats an area of about 20 cm by 30 cm (w x h). At a larger distance, the area heated becomes larger and the infrared light and therefore the warmth less intense. At a smaller distance, the heated area is smaller and the infrared light and therefore the warmth more intense.
- Make sure the distance between your body and the appliance is large enough to prevent accidental contact with the hot filter.
- Choose a distance at which the heat is comfortable.

Note: The warmth of the appliance does not reach its full intensity until several minutes after switching the appliance on. This does not mean, however, that the appliance is not effective during these first minutes.

Duration of use

The duration of use depends on the person and the type of use. We recommend a few short uses a day, e.g. 2 uses of 15 minutes, on a number of consecutive days to get a result.

Always consult your doctor in case of doubt!

Using the infrared therapy device

- 1** Insert the plug into a wall socket.
- 2** To switch on the appliance, press the on/off button. The green power-on light lights up (Fig. 11).
- 3** To switch off the appliance, press the on/off button again. The green power-on light goes off.

Cleaning

Unplug the appliance and let it cool down for about 15 minutes before cleaning it.

Never use abrasive liquids such as scouring agents, petrol or acetone to clean the appliance.

- 1** Clean the lamp housing and the base with a moist cloth. Do not let any water run into the appliance.
- 2** You can clean the outside of the filter with a soft cloth sprinkled with some methylated spirits.

Storage

Do not let the mains cord come into contact with the filter when the filter is hot.

- 1** Unplug the appliance and let it cool down for about 15 minutes before you store it.
 - Always lift or carry the appliance by its handgrip (Fig. 12).
- 2** Store the InfraCare in a dry place.

Replacement

Filter

The filter protects against exposure to undesired light.

If the filter is damaged or broken, do not use the appliance anymore. Contact the Philips Consumer Care Centre for information.

Note: If the filter breaks or becomes damaged during the guarantee period, contact the Consumer Care Centre to have the appliance replaced.

Lamp

The effectiveness of the lamp does not diminish in the course of time.

Do not attempt to replace the lamp if the lamp stops working. Contact the Philips Consumer Care Centre for information.

Note: If the lamp stops working during the guarantee period, do not attempt to replace it yourself, but contact the Consumer Care Centre to have the appliance replaced.

Recycling

Do not throw away the product with the normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you help to preserve the environment.

Guarantee and support

If you need information or support, please visit **www.philips.com/support** or read the separate worldwide guarantee leaflet.

Troubleshooting

If the appliance does not work or does not work properly, first check the list below. If the problem is not mentioned in this list, the appliance probably has a defect. In that case we advise you to contact the Philips Consumer Care Centre.

Problem	Cause	Solution
The appliance does not go on.	The plug has not been inserted properly into the wall socket.	Insert the plug properly into the wall socket.
	There may be a power failure.	Check if the power supply works by connecting another appliance.
	The lamp may be defective.	Contact the Philips Consumer Care Centre.
	The mains cord of the appliance may be damaged.	Check the mains cord. If the mains cord is damaged, it must be replaced by Philips or similarly qualified persons in order to avoid a hazard.

Specifications

Model	HP3621
Rated voltage	220 V
Rated frequency	50 Hz
Rated input	200 W
Medical device classification	Class 2
Classification applied part	not classified
Insulation class	Class 2
Ingress of water	IPX0
IR type	IR A/B/C
Irradiance	approx. 420 W/m ²
Field dimensions	20 x 30 cm

Operation conditions

Temperature	from +10°C to +35°C
Relative humidity	from 30% to 90%

Storage conditions

Temperature	from -20°C to +50°C
Relative humidity	from 30% to 90% (no condensation)

Circuit diagrams, component part lists and other technical descriptions are available on request. As user of this appliance, you should take measures to prevent the occurrence of electromagnetic interference or other types of interference between this appliance and other appliances.

简介

感谢您的惠顾，欢迎光临飞利浦！

使用本产品，您可以在家缓解肌肉疼痛。特殊的滤光器仅允许有治疗效果的光线通过。

基本说明 (图 1)

- 1 可调整角度的灯罩
- 2 风扇
- 3 底座
- 4 带有通电指示灯的开/关按钮
- 5 滤光器
- 6 红外卤素灯管
- 7 手柄

注意事项

概述

- 产品上的符号含义如下：
 - 1 此符号警告您注意高温的表面。(图 2)
 - 2 此符号表示您在使用产品前必须仔细阅读用户手册。请保留用户手册以备将来参考。(图 3)
 - 3 此符号表示此产品双重绝缘（2 级绝缘）。(图 4)
- 本产品符合 2 级医疗器械的医疗器械指令要求。

危险

- 水与电接触是危险的！因此切勿将产品在潮湿的环境中使用（如在浴室或接近淋浴、游泳池附近使用）。
- 切勿让水进入产品或溅到产品表面。

警告

- 在将产品连接电源之前，请先检查产品所标电压与当地的供电电压是否相符。
- 如果电源线损坏，为了避免危险，必须由飞利浦、飞利浦特约维修中心或有同等维修资格的专业人员来进行更换。
- 打开电源后，本产品不得无人看管。
- 本产品不适合由行动不便、感觉或精神上有障碍或缺乏相关经验和知识的人（包括儿童）使用，除非有负责他们安全的人对他们使用本产品进行监督或指导。
- 小孩不宜使用该产品。应照看好儿童，确保他们不玩耍本产品。
- 本产品适用于缓解肌肉和关节疼痛以及肌肉和关节僵硬，但不可用于缓解腹部、面部和其他各种疼痛。
- 要防止皮肤变得过热，请勿在极短距离内使用本产品。在整个使用过程中，热度应以感觉舒适为宜。

12 简体中文

- 为防止伤害眼睛，打开灯后，请勿直视光源。
- 在使用期间，切勿入睡。
- 在使用之后，避免加热区域过快冷却。
- 如果在 6-8 次的照射之后无任何效果，请停止使用本产品并咨询医生。

产品使用禁忌

- 如果您患有严重的疾病，例如心脏病、急性炎症疾病、血栓症、凝血障碍、肾上腺功能抑制、全身红斑性狼疮或恶性疾病，则在咨询医生意见之前，请不要使用本产品。
- 如果您对红外线神经过敏或患有水肿，请不要使用本产品。如有疑问，请咨询您的医生。
- 如果由于疾病（如重度糖尿病）或使用止痛药使您对红外线照射和热度感觉迟钝，请不要使用本产品。如有疑问，请咨询您的医生。
- 如果您患有有关脱髓鞘性神经炎的疾病，例如腕骨神经综合症、多发性硬化症和尺骨神经病变，请不要使用本产品。如有疑问，请咨询您的医生。
- 如果您有植入式设备，尤其是在该设备位于加热区域附近的情况下，请不要使用本产品。如有疑问，请咨询您的医生。
- 如果您怀有身孕，请不要在靠近腹部或腰部的区域使用本产品，以免这些区域过热。如有疑问，请咨询您的医生。
- 如您患有肿瘤或炎症，请不要使用，热力可能会恶化病情，如有疑问，可咨询医生。
- 请不要在受伤或发炎的皮肤或伤口上使用本产品。如有疑问，请咨询您的医生。
- 请不要在刚刚涂抹了局部抗刺激药物（含薄荷的软膏或药膏）的加热区域上使用本产品，否则会导致轻微发炎。

警告

- 使用医疗器械时，建议您根据医生所开处方并在其指导下使用
- 如果连接产品的插座接触不良，则产品的插头会变得很热。确保您所连接的插座接触良好。
- 请勿让本品受到剧烈震动。
- 使用后，或出现电源故障时，必须将插头拔下。
- 应将产品放在平稳的水平表面。确保留有至少 25 厘米的空间，以免过热。
- 切勿在室温低于 10° C 或高于 35° C 的房间使用。
- 确保产品背面的通风口在使用时是打开的。
- 打开产品后，请勿在产品上覆盖布或衣服等物品。
- 产品装有过热自动保护装置。如果产品冷却不良（如：散热口被覆盖），则产品自动断电。请拔下产品插头并排除过热的原因。待产品冷却后，则产品可再次通电。要让产品重新通电，则需重新插接产品电源并按 on/off 开关。

- 在清洁或储藏产品之前，必须先将产品冷却大约 15 分钟。
- 如果您刚刚游泳回来，或刚刚淋浴过：则应先将皮肤擦干，再使用本产品。
- 一旦滤光器损坏，破损或丢失，则产品就不能使用。
- 使用时请将缠绕的电源线完全松开。
- 确保身体与产品的距离不要太近，以免不慎接触到灼热的滤光器。
- 滤光器未冷却时，不要让电源线接触到滤光器。
- 如果灯管停止工作，请勿尝试更换灯管。请联系飞利浦客户服务中心以获得更多信息。

电磁场 (EMF)

本飞利浦产品符合所有有关暴露于电磁场的适用标准和法规。

使用本产品

相关知识 - 使用红外线治疗仪

红外线治疗仪产生的红外线可渗入皮肤深层，加热皮肤组织。

热力可调节向大脑发送的神经信号，从而能够缓解疼痛。加热可刺激血液循环，使血管扩张，进而加快输送复原和滋养人体组织所必需的物质。

红外线还可加快新陈代谢过程和人体废物的排出。由于能够改善组织的韧性，热力还能缓解肌肉僵直，改善关节的灵活性。

由于具有上述功效，使用红外线治疗仪能够有效缓解由肌肉和关节问题引起的疼痛。

可以应用于：

- 缓解急性或慢性肌肉酸痛和关节肌肉僵硬
- 缓解腰部疼痛（腰痛）
- 缓解冻疮
- 按摩前准备
- 缓解扭伤和淤伤
- 缓解疼痛，如风湿性疾病引起的疼痛

准备使用红外线治疗仪

1 请将缠绕的电源线完全松开。

2 应将产品放在稳定，水平的表面，并确保周围有至少 25 厘米的空间，以免过热。(图 5)

产品有各种不同的使用方法，下面您将了解到其中一些例子。

- 要加热酸痛的肩膀，或酸痛的颈部或上背部位，可将产品放在桌子上，将灯罩向后倾斜，然后坐在椅子或凳子上，背对灯即可。(图 6)
- 要加热腰部疼痛区域，可以将产品放在椅子旁边的桌上，然后坐在椅子或凳子上，背对灯即可。(图 7)
- 要加热肘痛区域，将产品放在桌子上，在旁边坐下即可。(图 8)
- 将产品放在床头柜上，躺在床上，一条腿弯起，朝向灯，加热膝盖疼痛区域。(图 9)

3 调整灯光的角度时，可向前或向后倾斜灯罩。(图 10)

4 在离产品适当的距离处坐下或躺下。

- 在离身体 25-30 厘米处，产品可加热 20 厘米宽，30 厘米高的面积。距离越远，加热的面积越大；相应地 红外光线及其热量也越小。距离越近，加热的面积越小；但红外光线及其热量也越大。
- 确保身体与产品的距离不要太近，以免不慎接触到灼热的滤光器。
- 选择感到最舒适热量的距离。

注意：在产品接通电源后几分钟之后，才能达到最大热度。但这并不意味着产品在最初几分钟之内不发挥作用。

使用时间

使用时间取决于使用者和使用类型。建议一天短时间使用几次，例如，连续几天每天使用 2 次，每次 15 分钟，可收获效果。

如果有疑问，应请教您的医生！

使用红外线治疗仪

- 1 将插头插入插座。**
- 2 要打开产品，请按下/关按钮。绿色电源指示灯将亮起。(图 11)**
- 3 要关闭产品，请再次按下/关按钮。绿色电源指示灯将熄灭。**

清洁

在清洁产品之前，应拔下产品的插头，并让其冷却大约 15 分钟。
切勿使用带有研磨剂的液体，如洗涤剂，汽油或丙酮清洁产品。

- 1 可用湿布擦拭灯罩和基座。切勿让任何水进入产品。**
- 2 可用软布喷一些工业酒精擦拭滤光器的外表面。**

存储

滤光器未冷却时，不要让电源线接触到滤光器。

- 1 存放本产品之前，必须先将产品插头拔下并冷却大约 15 分钟。**
 - 拿起或搬运产品时，必须手持产品的手柄。(图 12)
- 2 将 InfraCare 红外线治疗仪储藏在干燥的地方。**

更换

滤光器

滤光器保护人免受不必要的光线照射。

如果滤光器破损或损坏，请勿再使用本产品。要了解更多信息，请联系飞利浦客户服务中心。

注意：如果在保修期内滤光器破损或损坏，您可以联系飞利浦客户服务中心以更换产品。

灯管

灯管的有效功能不会随时间衰减。

如果灯管停止工作，请勿尝试更换灯管。请联系飞利浦客户服务中心以获取更多信息。

注意：如果在保修期内灯管停止工作，请勿擅自更换，您可以联系飞利浦客户服务中心更换产品。

回收

弃置产品时，请不要将它与一般生活垃圾扔在一起，应将其交给官方指定的回收中心，这样做有利于环保。

保修和支持

如需信息或支持，请访问 www.philips.com/support 或阅读单独的全球保修卡。

故障种类和处理方法

如果产品不工作或不能正常工作，请首先查看下面的列表。如果列表中没有提到此问题，则说明该产品可能有瑕疵。如果是这种情况，建议您与飞利浦客户服务中心联系。

问题	原因	解决方法
产品不工作。	插头未有正确插入电源插座。	将插头正确插入电源插座。
	可能出现电源故障。	连接另一产品，检查是否正常供电。
	灯可能损坏。	联系飞利浦客户服务中心。
	产品的电源线可能已损坏。	检查电源软线。如果电源软线损坏，为避免危险，必须由制造厂或其维修部或类似的专职人员来更换。

规格

型号	HP3621
额定电压	220伏
额定频率	50 赫兹
额定输入	200 瓦
医疗器械分类	2 级
分类应用部分	未分类
绝缘等级	2 类
入水口	IPX0
IR 类型	IR A/B/C
辐照度	大约 420 瓦/平方米
照射面积尺寸	20 x 30 厘米

操作条件

温度	从 +10° C 到 +35° C
相对湿度	从 30% 到 90%

存储条件





温度	从 -20° C 到 +50° C
相对湿度	从 30% 到 90%（水未凝结）

根据需求提供电路图、零部件列表和其它技术说明。
作为本产品的用户，您应采取措施防止本产品和其它产品之间出现电磁干扰或其它类型的干扰。

产品中有害物质的名称及含量

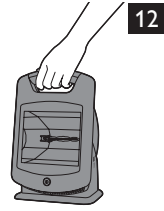
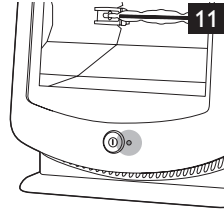
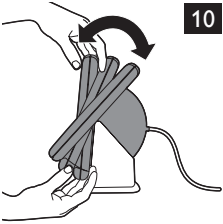
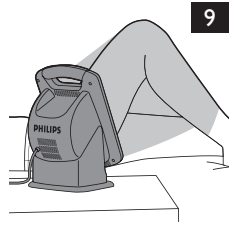
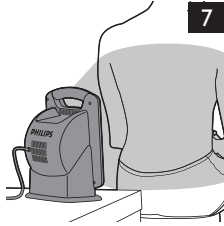
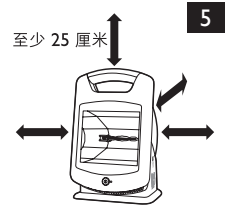
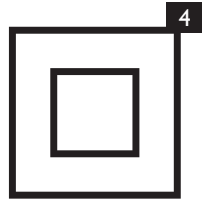
部件名称	有害物质					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
插头	x	0	0	0	0	0
<p>本表格依据 SJ/T 11364 的规定编制。</p> <p>○：表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572 规定的限量要求以下。</p> <p>×：表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572 规定的限量要求。</p>						

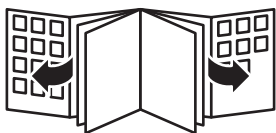


PHILIPS			
名称：	红外线治疗仪		
产品型号：	HP3621		
产品注册证号：	国械注进20142265693		
产品标准编号：	YZB/NET 5055-2011		
生产日期：	请见产品铭牌		
序列号/产品编号：	请见产品铭牌		
电源：	~220V	  	
频率：	50Hz		
功率：	200W		
注册人名称：	Philips Consumer Lifestyle B.V.		
注册人住所：	Tussendiepen 4 9206 AD Drachten The Netherlands		
生产地址：	Tussendiepen 4 9206 AD Drachten The Netherlands		
代理人、经销单位和售后服务单位的名称：	飞利浦（中国）投资有限公司		
代理人、经销单位和售后服务单位的住所：	上海市天目西路218号1602-1605		
注册人、代理人、经销单位和售后服务单位联系电话：	4008 800 008		
本说明书修订日期：	151110		

保留备用

发行日期：22/06/2016








Philips Consumer Lifestyle BV
Tussendiepen 4, 9206 AD Drachten, Netherlands
Fax: +31 (0)512594316



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