

# Operating Instructions



intended use. It may cause property damage or even injury. The TT is not a toy for children. The manufacturer or dealer assumes no liability for damage caused by improper or incorrect use.

## 3 Foreseeable Misuse

The device must not be used for any other than its intended purpose. The following foreseeable misuse is not permitted:

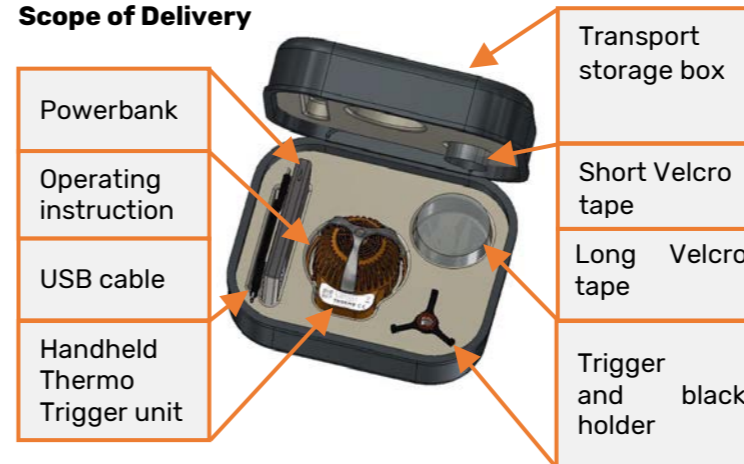
- Never immerse the device or power bank in water or other liquids. Keep them away from rain and moisture. Do not place or deposit on any damp or wet surfaces.
- Only the supplied power bank (rechargeable battery) may be connected to the device. This also applies to the USB cable. Accessories not offered by the manufacturer may cause damage to the device.
- Do not throw the powerbank into a fire or expose it to any high temperatures. There is a danger of explosion. If used incorrectly, liquid may leak from the powerbank. This may lead to skin irritation. Avoid contact with the spilled liquid. In case of contact, rinse off the liquid with plenty of water. Rinse immediately with water for 10 min. if the liquid comes into contact with the eyes and seek medical attention without undue delay.
- Unauthorised conversion or repair work is forbidden.
- Do not take the device into operation if it is not completely closed.

**(E.g. partially disabled elderly persons with limitations in their mental and psychological abilities) or lack of experience and knowledge e.g. children).**

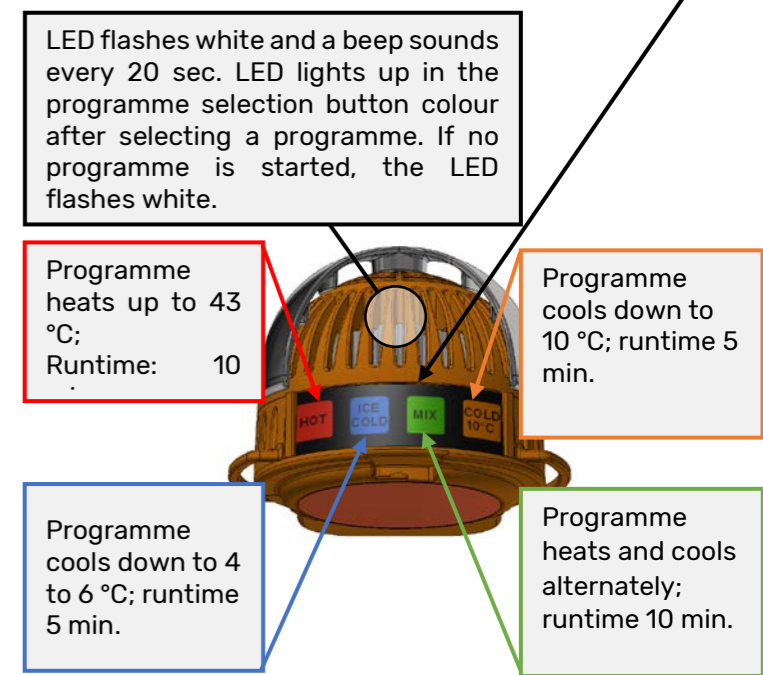
The above persons must only use the device under supervision. Children must not play with the device. Neither with the packaging nor with the individual parts. Do not leave the above persons alone with the TT without supervision. The TT must not be used if a person cannot perceive heat or cold properly. Therefore, do not use this item on children under 3 years of age who are in need of help or who are not sensitive to heat. Do not use in combination with analgesics. Do not use cold therapy in arterial circulatory disorders and Raynaud's syndrome. Do not perform any unauthorised modifications or repairs of the device.

## 6 Operation

### Scope of Delivery



Programme selection button: Push once to start the programme. Pushing again stops the programme.



If the LED flashes in different colours and a sound signal occurs every 2 seconds, an error is present. The device has switched to safety mode and therefore does not allow any programme to start. Disconnect the USB cable from the powerbank and/or the device. Reconnect the USB cable and try restarting the device. If this does not work, please contact our customer service.

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## 1 General Matters

### Read and keep the operating instructions.

The operating instructions are intended for the device specified on the cover sheet. They contain important information on commissioning and handling. Read the operating instructions carefully before using the Thermo Trigger. Pay special attention to the safety instructions. Failure to observe these operating instructions may lead to injury or damage to the Thermo Trigger. Keep the operating instructions for further use. Always include these operating instructions when you pass the Thermo Trigger on to third parties.

The owner is responsible for adequately informing all other persons using the Thermo Trigger about any hazards. These operating instructions can also be downloaded from our website [www.thermotrigger.de](http://www.thermotrigger.de) or by scanning the QR code.

We assume no liability for any damage resulting from failure to observe these operating instructions.

## 2 Safety

### Intended use

The device is designed exclusively for superficial heating or cooling of the human skin. It can be used in the commercial and private sectors.

Only use the Thermo Trigger, referred to as "TT" or the "device" below, as described in these operating instructions. Any other use shall not be deemed

- The device must not be operated unsupervised.
- Do not expose the device to any extreme temperatures, direct sunlight, extreme humidity, or moisture. Do not use the device in cases of: Faults, if the device has been dropped or if any other damage has occurred, and/or if the device shows a fault message by sound or LED. Contact customer service in such cases. Never operate a defective device.
- Contact customer service if you notice that the device grows too hot at the contact surface.

## 4 Symbols and Notices

The instructions use symbols, signal words and notes to warn of hazards and ensure safe operation. The symbols are shown and explained below.



### CAUTION

This signal word indicates an imminent danger. Failure to observe it may lead to minor injury.



### NOTICE

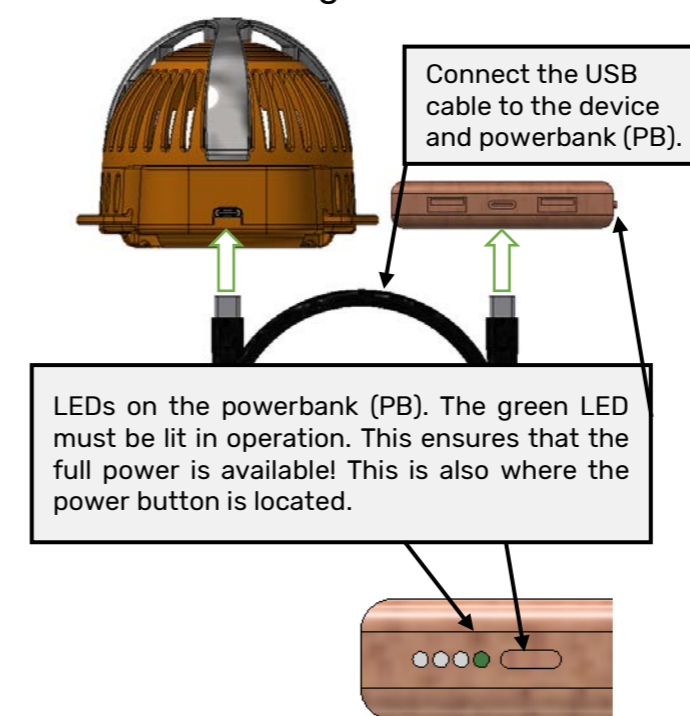
This symbol provides useful additional information on assembly or operation.

## 5 Safety Notices



**Dangers to children and persons with reduced psychological, sensory, or mental abilities**

## 7 Commissioning



## 8 Transport and Storage

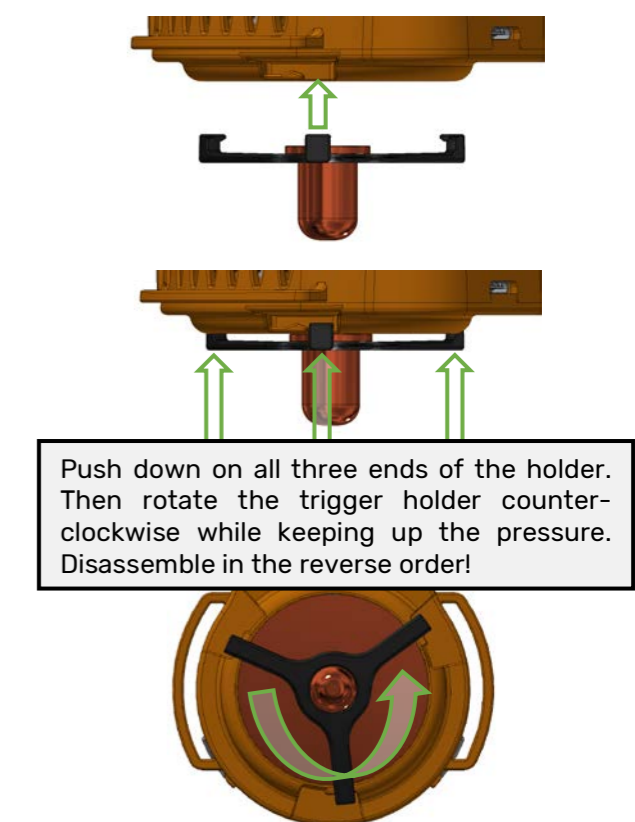
Use the storage box for transport, shipping, or storage.



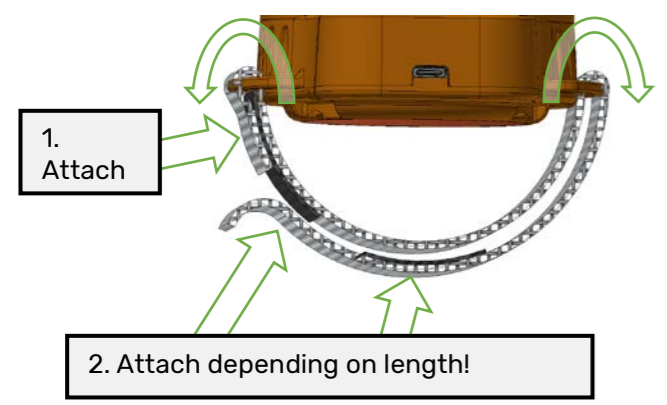
**The fans start up slowly. It will take approx. 30-45 sec. before they run at full speed.**

## 9 Assembly

### Assembly of the trigger attachment:



**Velcro mounting:**



**10 Operation**

The TT is activated by connecting the type-C-C USB cable. If the USB cable is already connected, the TT can be fully activated by pushing the power button once and waiting fifteen seconds. This is indicated by a green LED on the side of the Powerbank (PB). If only white LEDs are lit on the PB, the TT is running at reduced power. This is also audible, as the fans constantly run quietly. On the TT, a white flashing LED located below the cover visually confirms that the unit is ready for operation. At the same time, an acoustic signal sounds every 20 seconds. The TT has 4 programmes. Pushing the programme button once starts the respective programme. Pushing it again will return the TT to start-up mode. The individual keys indicate in text and colour which programme they

operate. The TT LED lights up in the respective keyboard or programme colour after a programme is selected. The programme will then run at the preset times and temperatures. Press any key or disconnect the USB plug to cancel the programme. The TT can also be switched off by pushing the PB power button twice. The TT can be used in different ways. On the one hand, it can be moved back and forth on the skin or be attached to the body with one of the elastic straps with Velcro; see item 2.4.1. It is also possible to attach the trigger via the holder on the copper plate by pushing and turning. The Trigger is used for application to the tendon insertion at trigger points and hard-to-reach areas of the body, e.g., under the ankle. It can also be used to treat the deeper muscles by applying slight pressure. For this application, it may take a while before the Trigger has reached the respective temperature. This usually takes about 1 min.

**Ensure that the ventilation slots located in the cover are not completely covered for all types of application. This may cause heat to build up and the unit will have reduced performance.**  
**When the powerbank is discharged, it must be charged with a standard charging plug and USB cable.**

**11 Cleaning**

The contact surface and the trigger incl. holder can be cleaned with a cloth and commercial alcohol cleaner after using the TT. Spraying is also possible!

**12 Charging the Powerbank/Rechargeable Battery**

When the powerbank is discharged, it must be charged with a standard charging plug. This is a lithium polymer battery (LiPo battery)!

- Disconnect the powerbank from the device if you are not going to use the device for an extended period of time.
- Charge the powerbank until three LEDs are lit if you do not use it for an extended period.
- Charge the powerbank when only the green LED is on. LiPo batteries will last the longest if operated between 65 and 75%.
- The charging capacity is sufficient for approx. 13 applications when fully charged and using the MIX programme. Charge after this!

**13 Application**

For application options, see our website [www.thermotrigger.de](http://www.thermotrigger.de). You can find videos and descriptions of the different application areas there and choose the one best for your purposes.

**Always ask your doctor or therapist about the individual application options. Learn about risks and side effects.**

**14 Technical Data**

Device type:	Warm/cold device
Model:	Thermo Trigger
Powerbank:	LiPo rechargeable battery 18 Watt, charging time approx. 1-2 hrs. 10,000 mAh (37 Wh)
Max. operating time:	Approx. 130 min, depending on programme selection
Device weight:	200 g
Total weight:	1 kg incl. storage box

We reserve the right to make technical and design changes within the scope of constant product improvements.

**15 Disposal**

Dispose of the packaging sorted. Put cardboard and carton in with the paper waste. Defective devices can be disposed of in household waste **after removal** of the battery or rechargeable battery.

**16 Maintenance and Servicing**

The device does not require any maintenance!

**17 Troubleshooting**

If the LED flashes in different colours and a sound signal occurs every 2 seconds, an error is present. The device has switched to safety mode and therefore does not allow any programme to start. Wait until the device has cooled down. Disconnect the USB cable from the powerbank and/or the device. Plug in the USB cable again. If it does not start up, please contact our customer service.

Check the powerbank charge, the connector, and the USB cable for damage if the device is not running.

**18 Spare Parts**

Accessories and spare parts can be reordered. You can find these right on the website [www.thermotrigger.de](http://www.thermotrigger.de), send an email to [tt@thermotrigger.de](mailto:tt@thermotrigger.de) or acquire them from a dealer.

**19 Information Obligation in accordance with § 18 of the Battery Act (Batteriegesezt; BattG)**

We as a supplier are obligated to inform you as a customer of the following in connection with the sale of batteries or with the delivery of devices containing batteries: The crossed-out wheeled bin icon on batteries or accumulators indicates that they must not be disposed of in domestic waste at the end of their service lives. The respective chemical symbol is indicated underneath the crossed-out dustbin icon on batteries or rechargeable batteries that contain any mercury (Hg), cadmium (Cd), or lead (Pb). You are legally

obligated to return old batteries and accumulators after use. You may do so free of charge at dealers, distributors, or at another collection point in your vicinity. Addresses of suitable collection points can be provided by your city or local government.

Batteries may contain substances that are harmful to the environment and human health. Special caution is required when handling batteries containing lithium due to the particular risks involved. Separate collection and recycling of spent batteries and accumulators is to avoid negative impacts on the environment and human health.

Please avoid the production of waste from old batteries as much as possible, e.g., by preferring batteries with longer service lives or rechargeable batteries. Please avoid littering the public space. Do not carelessly leave batteries or electrical and electronic equipment containing batteries anywhere. Please consider options for reusing batteries instead of disposing of them, for example by reconditioning or restoring the batteries.

For more information on the battery act, see online at [www.batteriegesezt.de](http://www.batteriegesezt.de).



**Only return batteries when discharged!**



EU Declaration of Conformity

1. Device Type/Product: Thermo Trigger
2. Name and address of the manufacturer: Wolfgang Klausner Richard-Strauß-Str. 3 D-85391 Allershausen / Germany
3. The manufacturer bears sole responsibility for issuing this declaration of conformity.
4. Object of this declaration: Thermo Trigger Serial number: A001(mon/year) – Z999(mon/year)
5. The object of the declaration described above complies with the provisions of directive 2011/65/EU of the European Parliament and of the Council of 8 June 2011 on the restriction of the use of certain hazardous substances in electrical and electronic equipment
6. The above device complies with the directive 214/30/EU.

DIRECTIVE 2014/30/EU OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 26 February 2014 on the harmonisation of the laws of the Member States relating to electromagnetic compatibility.

7. Indication of the relevant applied harmonised standards, including the date of the standard, or indication of other technical specifications for which conformity is declared, including the date of the specification:

DIN EN IEC 61000-6-1:2019-11; VDE 0839-6-1:2019-11 VDE 0839-6-1:2019-11 Electromagnetic compatibility (EMC) – Part 6-1: Generic standards Immunity for residential, commercial and light-industrial environments (IEC 61000-6-1:2016);

German version EN IEC 61000-6-1:2019 DIN EN 61000-6-3; VDE 0839-6-3:2011-09 Electromagnetic compatibility (EMC) – Part 6-3: Generic standards – Emission for residential, commercial and light-industrial environments (IEC 61000-6-3:2006 + A1:2010); EN 61000-6-3:2007 + A1:2011

Signed for and on behalf of: Wolfgang Klausner Richard-Strauß-Str. 3 D-85391 Allershausen /Germany

Place and date of issue: Allershausen, 17/11/2020

Name and function Wolfgang Klausner, owner