

Panasonic®

Operating Instructions 使用說明書

(Household) Air Massager (家用) 空氣按摩器

Model No. **EW-RAH6**
型號



Leg Refre

English	EN2
繁體中文	TC2

Panasonic Corporation
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Thank you for purchasing this Panasonic product.

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

感謝您購買本 Panasonic 產品。

使用本機之前，請仔細閱讀本說明書，並妥善保存以供未來使用。

What is the Air Massager?

The Air Massager is the household massager that uses airbags for pressure massage. Wrap your legs with the attachments and turn on the manipulator. The airbags swell and massage your legs.



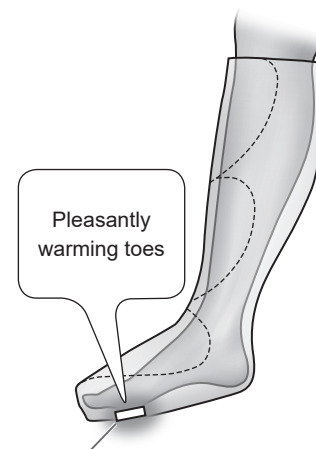
Program	Schematic diagram of massage actions
When your legs feel heavy	Squeeze Powerfully from bottom to top
When you want to relieve your muscle tension by comfortable massage	Knead* Rhythmically
When you want to feel relaxed before going to bed or you feel tired after exercise such as walking	Soft Knead* Softly

• The schematic diagram of the program or massage actions is the representative example.

Please read the contents on Page EN14-EN15 for details.

* Pressure function like knead

Warmth



Warmer (heater)

• The warmer (heater) warms the textile around toes only.

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Safety Precautions

Always follow these instructions

This section contains instructions that you must follow to prevent personal injury or damage to property.

■ **The instructions are classified according to the level of injury or damage that may occur due to the mistaken use of this unit. Please ensure that you read all instructions before using the Air Massager.**

 **WARNING** Denotes a potential hazard that could result in serious injury or death.

 **CAUTION** Denotes a hazard that could result in minor injury or property damage.

WARNING

Symptoms



● **The following persons should not use this unit.**

- (1) Persons who are prohibited from receiving massages by a physician (e.g.: due to thrombosis, severe aneurism, acute varicose veins, any type of dermatitis and skin infections (including inflammation of the hypodermis), etc.)
- (2) Persons suffering from osteoporosis, spine fracture, sprain or acute pain such as a pulled or torn muscle
- (3) Persons who have a pacemaker, or other personal medical devices prone to electronic interference
- (4) Pregnant women and women who have just given birth
- (5) Persons suffering from severe circulatory disorders in the legs (Otherwise it may cause an accident, ill health or worsening of symptoms.)



● **This unit is not intended for use by persons (including children) 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 unit by a person responsible for their safety. Children should be supervised to ensure that they do not play with the unit.**

(Doing so may cause an accident or injury.)

● **Persons with any of the conditions listed below or who are undergoing medical treatment should consult with their physicians before using the unit.**

- (1) Persons who have a malignant tumor
- (2) Persons suffering from heart disease
- (3) Persons who have a loss of heat sensation
- (4) Persons who have sensory abnormalities due to a severe peripheral circulatory disturbance such as diabetes mellitus
- (5) Persons who have a wound where the massager operates
- (6) Persons whose body temperature is over 38 °C (who have a fever) (E.g.: When a person has acute inflammation symptoms (fatigued, chills, blood pressure fluctuations, etc.) or when debilitated)
- (7) Persons who require bed rest or who are in poor physical shape
- (8) Persons other than those listed above who feel unwell

● **If you begin to feel unwell during use or if you do not feel effects of the air massager, stop use immediately and consult a physician.**

■ **Instructions that you must follow are indicated using the following symbols.**
(The following symbols are examples.)



Denotes a specific operating procedure that must not be performed.



Denotes a specific operating procedure that must be performed.



● **The unit has a heated surface. Persons insensitive to heat must be careful when using the unit.**

(Failure to do so may cause an accident, injury or become unwell.)

When in use



● **Do not use the right attachment for left, and vice versa.**
(Otherwise it may lead to poor body conditions.)

● **Do not use sole or shin pads for parts other than those specified or do not apply them to the bone.**
(Otherwise it may lead to injuries.)

● **Do not stand or walk when in use.**

● **Do not use the unit only for one leg.**

● **Don't use for purposes other than massaging around the calves and feet.**

● **Do not allow children to use the unit, make sure they do not play with the manipulator or attachment.** (Doing so may cause an accident or injury.)

● **Do not use the unit in bedding or kotatsu.**
(Otherwise it may lead to burn or electric shock.)



● **The service time shall be less than 10 minutes per day.**

(Otherwise it may lead to a low-temperature burn*, the opposite effect or injuries.)

* Burns may occur at relatively low temperatures (40 °C to 60 °C) when in contact with the same area of skin for long periods of time, even if you do not feel heat or pain.

The elderly, persons having a delicate skin or insensitive cutaneous sensation may have redness on their skin just after use. If the redness does not disappear after one hour, consult the doctor.

● **Before use, make sure that the cloth is not damaged. Stop using, unplug the AC adaptor and entrust the repairs to qualified persons even for minimum damages.**

(Otherwise it may lead to injuries or electric shock.)

● **For initial use, select "Intensity: Low" mode until you are accustomed to it.** (Otherwise it may lead to injuries or poor body conditions.)



Safety Precautions (Continued)

⚠ WARNING

Power plug, power cord etc.



- **Do not do anything that may damage the power cord or power plug.**
Do not scratch, modify, use near a heater, excessively bend, twist, pull, place heavy objects on top of, or bundle the cord or plug.
(Doing so may cause electric shock, burning or fire due to a short circuit.)
→ Contact the nearest authorized service center for repairs to the power cord or power plug.
- **When you unplug the AC adaptor, do not pull the power cord.**
(Doing so may cause electric shock, burning or fire due to a short circuit.)
- **Do not plug or unplug the AC adaptor or air tube plug with wet hands.**
(Doing so may cause electric shock.)



- **Always use sockets and wiring devices at the correct rated value.**
- **Use 220 V – 240 V ~ (Cannot be used overseas, nor with a transformer.)**
- **Always insert the power plug fully into the socket.**
(Failure to do so may result in electric shock or fire due to overheating.)

If a malfunction or breakdown occurs

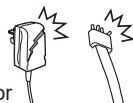


- **If a malfunction or breakdown occurs, stop using the unit immediately and unplug the power plug from the wall socket.**
(Failure to do so may result in smoke / fire or electric shock.)

<Examples of malfunctions / breakdowns>

- AC adaptor or air tube plug is damaged
- The plug of the AC adaptor is loose
- The air tube plug is loose when it is inserted to the manipulator

→ Please do not repair it yourself. Entrust the authorized service center with inspection and repairs immediately.



Take note of the following points as well



- **Do not stick a pin or needle into the attachment or scar with a knife.**
(Otherwise it may cause fire, an electric shock or burn due to damaged warmer (heater) on the attachment.)
- **Do not modify or disassemble.** (Doing so may cause fire, or may cause the unit to function abnormally resulting in injury.)

⚠ CAUTION

Symptoms



- **If symptoms such as rashes, reddening, itching, etc. occur as a result of using this unit, stop using the unit and consult a physician.**
(Failure to do so may cause an accident or adversely affect health.)

Power supply



- **During cleaning and maintenance, unplug the AC adaptor from the socket.** (Failure to do so may cause an electric shock or burn.)
- **Unplug the AC adaptor from the socket when not in use.** (Since dust and humidity deteriorates insulation, which may result in fire due to electrical fault.)
- **The unit is only to be used with the AC adaptor provided with unit.**

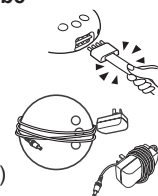
Before and during use



- **Don't use in places with high humidity, such as bathrooms.**
(Doing so may cause electric shock.)
- **Do not immerse manipulator or attachment in water or wash with water.** (Doing so may cause electric shock, burning or fire due to a short circuit.)
- **Do not fall asleep while using the unit.**
- **Do not use the unit after drinking alcohol.** (Doing so may cause an accident or injury.)
- **Don't allow pins, garbage or water etc. to enter the AC adaptor's power plug or the gap of the appliance plug.**
- **When using the massager, don't unplug the AC adaptor from the socket or pull out the appliance plug from the manipulator side.**
(Doing so may cause electric shock, burning or fire due to a short circuit.)
- **When pulling out the air tube plug, do not pull the air tube for connection.**
- **For storage, do not wrap the power cord around the manipulator or the power plug.**
- **Do not fold the air tube for connection or wrap it on the attachment.** (Otherwise, the power cord or air tube for connection may be disconnected due to an overload of the power cord, causing fire or electric shock due to short circuit.)
- **Do not use at the same time as another medical device.**
(Doing so may cause an accident or deteriorated health.)
- **Don't use accessories other than the provided sole and shin pads.** (Otherwise it may lead to injuries.)
- **Do not use AC adaptors other than those specified (Model No.: EW-3A08) or use the provided adaptor for other equipment.**
(Doing so may cause electric shock, burning or fire due to a short circuit.)

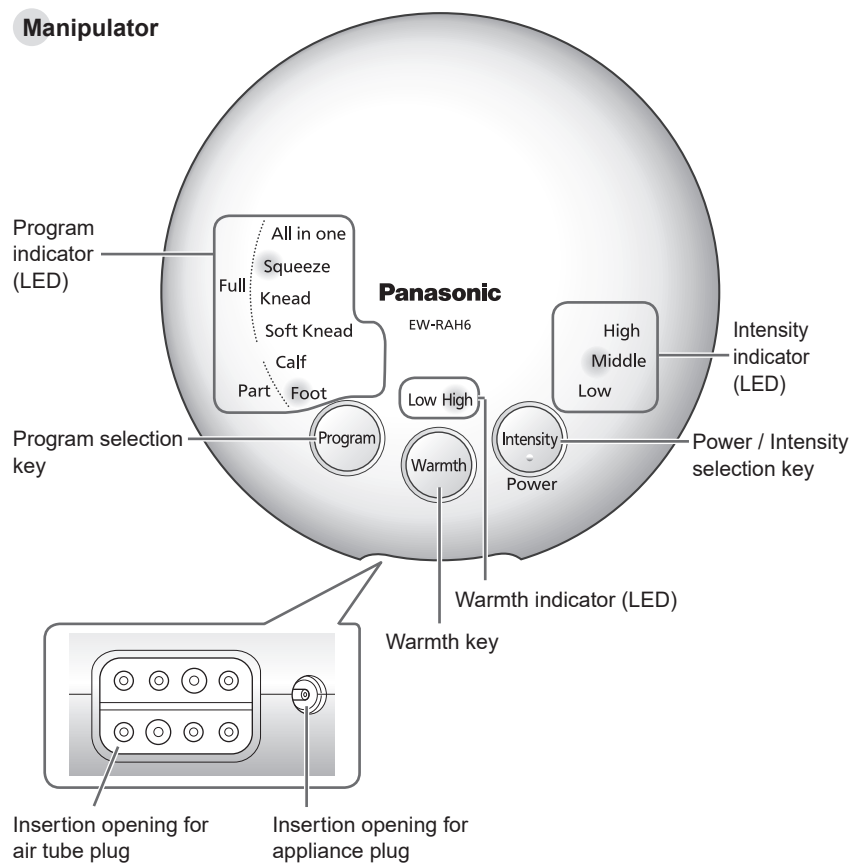


- **Unplug the AC adaptor immediately in case of a power failure.**
(Otherwise it may lead to accidents.)



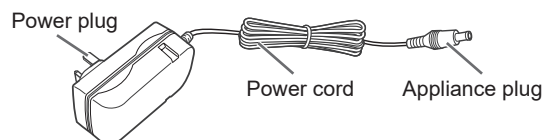
Name of each component

Manipulator



AC adaptor

(Model No.: EW-3A08)



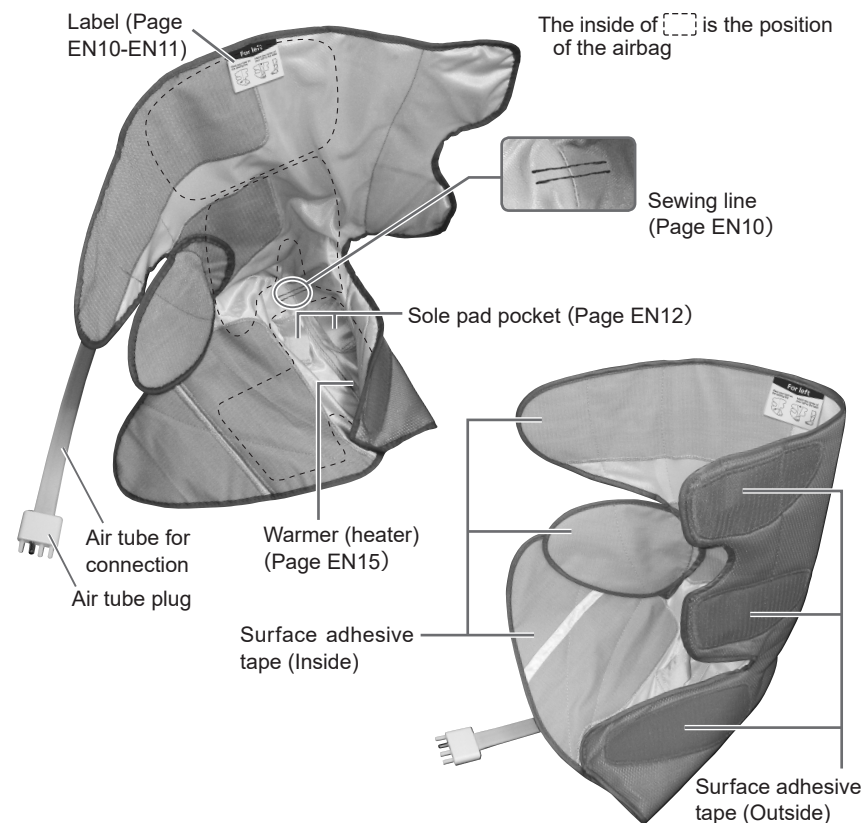
The following symbol indicates that a specific detachable AC adaptor is required for connecting the electrical appliance to the supply mains. The type reference of AC adaptor is marked near the symbol.



Attachment

The unit is composed of right and left attachments. (Bilateral symmetry)

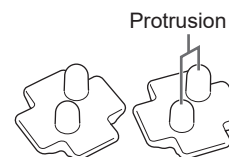
The photo shows the left attachment.



Accessories

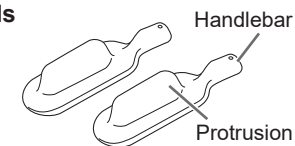
Sole pads

(2 pcs)



Shin pads

(2 pcs)



Name of each component

Preparations

Wrap

First of all, confirm the following contents

- Whether the cloth is damaged?
- Whether it operates normally after switching on? (Page EN14) (The confirmation is also necessary if it is not used for a certain period of time)
- In case of abnormalities, please refer to Page EN20-EN21.



• **The unit may leave marks after use. If you are concerned about marks...**

Put the unit on over socks and trousers.

The unit leaves marks on calves or feet after use and they may not disappear immediately. If you use the unit before going out, note this point.

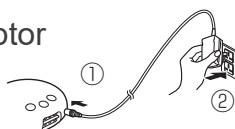
• **Be careful not to have the surface adhesive tape contact with your clothes or stockings when putting on the unit.**

• **If you want a stronger massage...**

We recommend that you use sole and shin pads (Page EN12-EN13)



1 Connect the AC adaptor

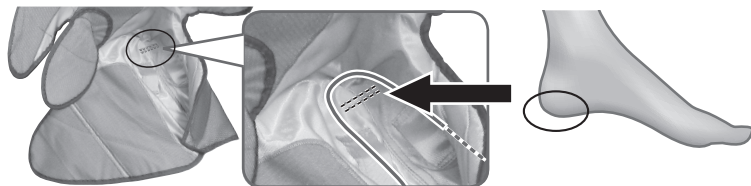


220 V – 240 V ~

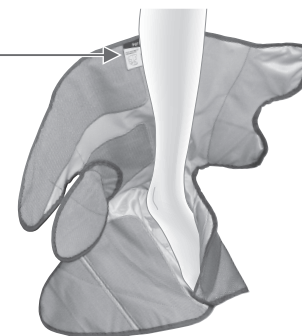
2 Check the right and left of the attachments with the label



3 Place your heel on the sewing line

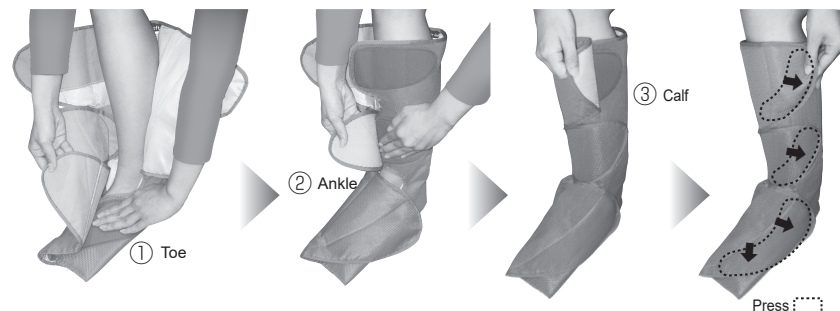


4 Match the center of your calf to the label



5 Wrap the attachments around your legs

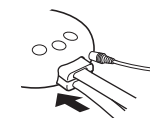
- 1) Hold the end of the surface adhesive tape and fix it in order of your **Toe** → **Ankle** → **Calf**
- 2) Press the end of the surface adhesive tape again firmly so that it does not loosen
- 3) Wrap the other attachment around your leg in the same way



- You can adjust the intensity of massage by how you wrap the attachments around your legs.
Wrap them loosely → soft massage
Wrap them tightly → strong massage
- If you put on the unit over thick trousers or leg warmers, the surface adhesive tape may be undone.

6 Insert the air tube plug into the manipulator

After the preparations are completed...



Massage (Page EN14)

Preparations

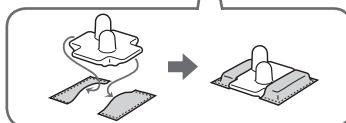
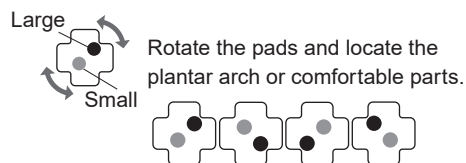
Use the sole pads / shin pads

If you want a stronger massage When you are tired after exercise or walking with high-heeled shoes...

Sole pads

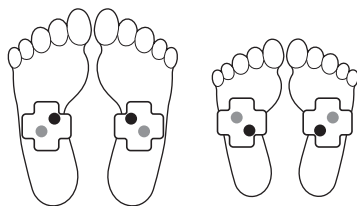
1 Preparation before setting
(Procedure 1 to 2 on Page EN10)

2 Set the sole pads to the pockets



Plantar arch

Adjust the large protrusion inside to suit your sole



Other (comfortable parts)

Locate a comfortable part and adjust the protrusion to it



3 Wrap the attachments around your legs
(Procedure 3 to 5 on Page EN10-EN11)

4 Insert the air tube plug into the manipulator
(Procedure 6 on Page EN11)



- When you use the sole pads, you may be less likely to feel warmth.
- The height of the protrusions are represented with large and small.



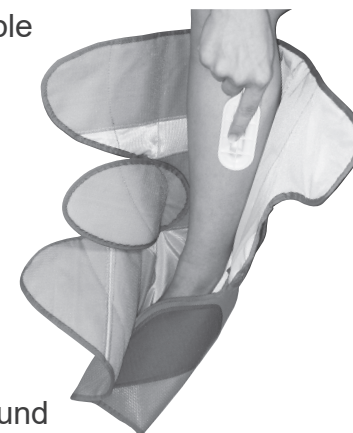
Shin pads

1 Preparation before setting
(Procedure 1 to 4 on Page EN10-EN11)

2 Locate the most comfortable position after pressing



- Press around the shin muscles with the shin pad and locate the most comfortable position.



3 Wrap the attachments around your legs (Procedure 5 on Page EN11)

4 Insert the shin pad straightly into the part you locate in procedure 2

- Insert the protrusion toward the muscles
- Be careful not to touch the bone
- Set the right and left shin pads in the same way



5 Insert the air tube plug into the manipulator
(Procedure 6 on Page EN11)

Preparations (Use the sole pads / shin pads)

Massage

•To change the program

•Adjust temperature around toes


•To change the intensity

Standard massaging time The service time shall be less than 10 minutes per day

- After using for a long time, it will produce excessive stimulation against the muscles or nerves and sometimes it will lead to the opposite effect.

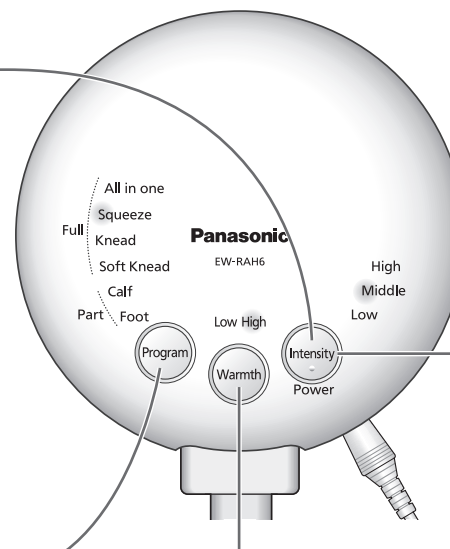
By pressing , it will switch on automatically

(The unit starts with "All in one", "Warmth: Low", "Intensity: Low")

- After all LED indicators are illuminated in turn, the LED indicator of "All in one", "Warmth: Low", "Intensity: Low" goes on.
- The warmer (heater) begins to warm after 5 minutes.
(The warmer (heater) cannot operate independently without massaging)
- The power will be cut off after about 10 minutes.
(The power will be cut off after about 10 minutes from the start, even when the program is switched over halfway)
- If you want to stop the massage halfway, press  repetitively until it turns to "Off"

WARNING

- For initial use, select "Intensity: Low" mode until you are accustomed to it.
(Otherwise it may lead to injuries or poor body conditions.)



To change the intensity

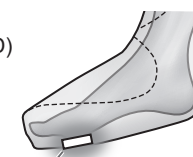
- By pressing the key, the Intensity indicator (LED) will switch in the following order
Low → Middle → High → Off

To change the program

- By pressing the key, the Program indicator (LED) will switch in the following order
All in one → Squeeze → Knead → Soft Knead → Calf → Foot

Adjust temperature around toes

- By pressing the key, the Warmth indicator (LED) will switch in the following order
Low → High → Off



Warmer (heater)

- The warmer (heater) warms the textile around toes only.

Program content

Full				Part	
All in one	Squeeze	Knead*	Soft Knead*	Calf	Foot
Specially selected massage with various techniques such as "Squeeze" and "Knead".	Compress the toes to calves like squeezing. Strong massage.	Knead the whole legs fully from the top to the bottom in turn.	Compress the whole of each leg softly and knead them slowly and comfortably.	Complex massage with "Squeeze" and "Knead" focusing on the calves.	Complex massage with "Squeeze" and "Knead" focusing on the toes and soles.

*Pressure function like knead

Massage (To change the program) (Adjust temperature around toes) (To change the intensity)

After use

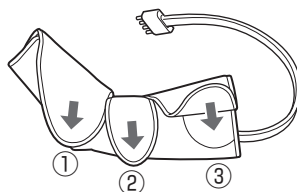
Be sure that the power supply is in the "Off" state.

Remove the attachments from your legs and unplug the AC adaptor / power plug / air tube plug

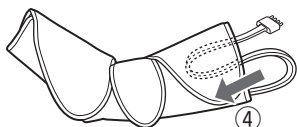
Operate according to the steps opposite to those on Page EN10-EN11

Storage

- 1 Fasten the surface adhesive tape

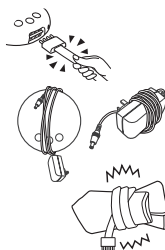


- 2 Bend the air tube for connection lightly and put it in the attachment



CAUTION

- When pulling out the air tube plug, do not pull the air tube for connection.
- For storage, do not wrap the power cord around the manipulator or the power plug.
- Do not fold the air tube for connection or wrap it on the attachment.
(Otherwise, the power cord or air tube for connection may be disconnected due to an overload of the power cord, causing fire or electric shock due to short circuit.)



Keeping

- Do not place it within the reach of children
- Do not place it at a location with high temperature, high humidity or direct sunlight
- Do not place any objects on the manipulator and attachment surface
(Otherwise the traces may remain on the surface or lead to cross-color or discoloration.)



Cleaning and maintenance

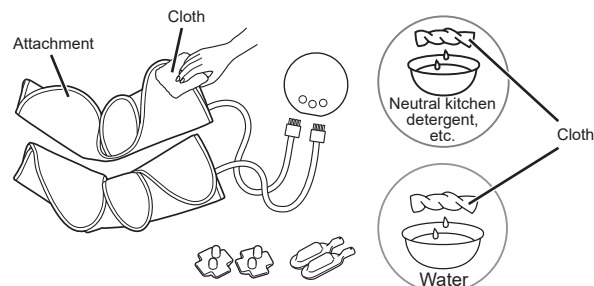
Be sure that the power supply is in the "Off" state.

Do not clean the unit by thinner, benzine or alcohol.
(Otherwise it may lead to malfunctioning, component damage or discoloration.)



- 1 Dip the cloth in water and wring out the water
(For serious dirt, dilute a neutral cleaning agent with warm water or a water solution of about 5%.)

- 2 Wipe the dirt



- Please avoid using excessive force
- Do not immerse manipulator or attachment in water or wash with water.
(Doing so may cause electric shock, burning or fire due to a short circuit.)



If the surface adhesive tape is stained with dirt or hair, clean it with a toothpick or other tools

- Do not put foreign objects into the insertion opening for air tube plug

Frequently asked questions

Under what circumstances can it not be used?

- Pregnant women and women who have just given birth
- Persons suffering from severe circulatory disorders in the legs

You cannot use the unit in the above cases. (Page EN4)

If you have a fever or symptom in your body, consult doctor before use.

Can I use it many times a day?

- It can be used once in a day. (The power will be cut off after about 10 minutes)
If the time for a single use is less than 10 minutes, the total time for multiple uses shall be less than 10 minutes per day.
After using it for a long time, it will produce excessive stimulation against the muscles and nerves and sometimes it will lead to the opposite effect.



WARNING

- **The service time shall be less than 10 minutes per day**
(Otherwise it may lead to a low-temperature burn, the opposite effect or injuries.)

Can it be used for parts other than calves and feet?

- It can only be used for around the calves and feet.
If it is used for other parts, it may lead to accidents or injuries.

What is the size around the foot and around the calf for the unit?

- Available foot size: approx. 20 cm ~ 28 cm
- Available calf girth: approx. 27 cm ~ 48 cm

The toes are too hot...

- Set the warmth to "Low". If it is still hot, put on thick socks.

The ankles and calves are not warm...

- The warmer (heater) warms the textile around toes only.

The massage intensity is too high...

The massage intensity is too low...

- The massage intensity can be adjusted by the wrapping method of the attachment.
Too high intensity → wrap the attachment loosely.
Too low intensity → wrap the attachment tightly.
- Try to use the sole and shin pads when the massage intensity for soles and shins is weak. (Page EN12-EN13)

I feel uncomfortable when the skin is in contact with the surface adhesive tape...

- Cover the skin with a thin handkerchief or other article.

The air in the attachment cannot be discharged completely...

- If there is a lot of air remaining in the attachment (airbag), it will take some time to discharge. Remove the air tube plug and wait a moment. The air can be discharged on its own.

It sends out the following noise. Is it abnormal?

- Crackling sound
(Tensioning sound of surface adhesive tape when the air enters into the attachment (airbag).)
- Kachi sound
(It is the sound sent out when the manipulator adjusts the air.)
- Humming sound
(Motor sound.)

It is the sound sent by the unit structure. This is normal.

Can it be used abroad?

The unit adopts the power supply of 220 V – 240 V ~.

In addition, when using a transformer or a conversion plug, a malfunction may occur.

Do not use them.

Before entrusted repair

Please confirm the following.

After confirmation, if the abnormality remains, first unplug the AC adaptor from the socket and then entrust to an authorized service center for inspection and repairs.

Symptoms	Items to be confirmed
The power cannot be switched on	<ul style="list-style-type: none"> Does the AC adaptor fall off? (Page EN10)
It stops halfway	<ul style="list-style-type: none"> Whether the Power / Intensity selection key is in the "Off" state? (Page EN14-EN15) Does the air tube plug fall off? (Page EN11)
The air cannot enter	<ul style="list-style-type: none"> Whether the air tube for connection is folded?
Toes do not feel warmth	<ul style="list-style-type: none"> The warmer (heater) warms in 5 minutes after turning on the unit. Is the Warmth indicator (LED) on? Pressing the Warmth key lights the Warmth indicator (LED). (Page EN15) Are your heels adjusted to the specified position? (Page EN10) Are you using the sole pads? (Page EN12) Are you putting the unit on thick socks?
I feel warmth differently on right and left	<ul style="list-style-type: none"> Does one air tube plug fall off? (Page EN11) Are your heels adjusted to the specified position? (Page EN10)

Symptoms	Items to be confirmed
The massage intensity is low	<ul style="list-style-type: none"> Is the attachment wrapped loosely? (Page EN11) Are you putting the unit on thick socks? Does the air tube plug fall off? (Page EN11) Is the air tube plug inserted completely? (Page EN11) Whether the air tube for connection is folded?
The massage intensity is high	<ul style="list-style-type: none"> Is the attachment wrapped tightly? (Page EN11)
Intensity indicator (LED), Program indicator (LED) or Warmth indicator (LED) does not go on	<ul style="list-style-type: none"> Does the AC adaptor fall off? (Page EN10) Press the Power / Intensity selection key, Program selection key and Warmth key and confirm. (Page EN14-EN15)
The air cannot be discharged completely	<ul style="list-style-type: none"> Remove the attachment and unplug the air tube plug. (Page EN16)

In case of abnormalities ...

Manipulator or AC adaptor is overheating	<p>These conditions are failures. To prevent an accident, stop using immediately and contact the dealer.</p>
It is damaged	
The attachment cloth is damaged	

Before entrusted repair

Specifications

Product name		Air Massager
Product model		EW-RAH6
Power supply		220 V – 240 V ~ 50 – 60 Hz
Power consumption		21 W (Rated power of the heat transfer product 5 W)
Air pressure		Low : approx. 35 kPa Middle : approx. 42 kPa High : approx. 50 kPa (It slightly varies depending on the program or part)
Duration		Approx. 10 minutes
Dimension (packing qty)	Manipulator (1 pc)	Approx. 145 mm (D) × 50 mm (H)
	Attachment (2 pcs)	Approx. 570 mm (W) × 300 mm (L) × 390 mm (H)
Weight		Approx. 1 600 g (manipulator + attachment)
Length of power cord		Approx. 1.8 m
Corresponding perimeter of attachment		Foot size: approx. 20 cm ~ 28 cm Calf girth: approx. 27 cm ~ 48 cm
Surface temperature of the inside textile of the attachment (in indoor temperature of 20 °C)		Low: approx. 37 °C High: approx. 40 °C
Manufacturer		Panasonic Manufacturing (Shanghai) Co., Ltd. No. 258 East Jiangnan Road, Songjiang Industrial Park, Shanghai
Country of origin		China

什麼是空氣按摩器？

空氣按摩器是使用氣囊進行按壓式按摩的家用按摩器。使用腳套包裹您的雙腿，然後開啟操作器。氣囊膨脹，並按摩您的雙腿。



程式	按摩動作原理圖	
當您的雙腿感覺沉重時	Squeeze	強力地 自下而上
當您要透過舒適按摩放鬆緊張的肌肉時	Knead*	有節奏地
當您在睡覺前或在步行等運動後感到疲勞想要放鬆時	Soft Knead*	輕柔地

●以上按摩動作原理圖為範例。
請閱讀 TC14-TC15 頁，了解詳情。

* 揉捏式按壓



目錄

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安全注意事項

請務必遵守

以下將說明使用規範，請務必遵守，以避免危害人體或發生財物損失。

■ 以下將依據各種嚴重程度，說明當用法錯誤時會發生的危害與損害程度。
請確保在使用前閱讀所有說明。

 **警告** 若不遵守可能導致人員死亡或重傷。

 **注意** 若不遵守可能導致人員受到輕傷、或發生財物上的損失。

警告

症狀



● 具有下列任何狀況的人，請勿使用本機。

- (1) 被醫師告知禁止按摩者（例如：血栓（塞栓）、重度動脈瘤、急性靜脈瘤、各種皮膚炎及皮膚感染症（包含皮下組織發炎）等）
- (2) 患有骨質疏鬆症、脊柱骨折、扭傷或因拉傷或撕裂肌肉而造成急性疼痛者
- (3) 安裝心律調節器或其他易受電子干擾的體內植入型醫療用器材者
- (4) 孕婦、或剛生產後的婦女
- (5) 腿部周圍患有嚴重的血液循環障礙者
（否則可能會導致事故、疾病或症狀惡化。）



● 請勿讓身體感應下降或心智能力低，或缺乏經驗和知識的人（包括兒童）使用，在沒有負責其安全的人員監督或指導的情況下請勿使用本機。應監督兒童，請勿讓他們在主機體上遊玩。
（否則可能會導致事故或受傷。）

● 具有下列任何狀況或正在接受治療的人，在使用本機之前，請務必諮詢醫生。

- (1) 惡性腫瘤患者
- (2) 心臟病患者
- (3) 熱覺喪失者
- (4) 糖尿病等高度末梢循環障礙之知覺障礙者
- (5) 按摩部位有傷口者
- (6) 體溫高達38℃以上（發燒）者（例：急性發炎症狀（倦怠感、畏寒、血壓波動等）強烈時期、體力衰弱時）
- (7) 需靜養者或身體狀態明顯不佳時
- (8) 除了上述事項之外，身體有感到異常者

■ 以下圖號，說明應遵守的事項。

（以下為圖號例）



禁止事項。



強制執行事項。

安全注意事項



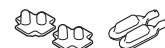
● 使用本機中，若出現身體異常、或使用後仍未出現效果時，請立即停用並就醫。

● 本機具有加熱的表面。熱感反應較不靈敏的人在使用本機時必須小心注意。
（否則可能會導致事故、受傷或身體產生異狀。）

於使用時



- 請勿將右側腳套用於左側，反之亦然。
（否則可能會導致身體不適。）
- 請勿將腳底墊或護腿墊用於指定以外的部位，或將其用於骨骼處。（否則可能會導致受傷。）
- 使用過程中請勿站立或行走。
- 請勿只對單腿使用本機。
- 除了對小腿及腳部周圍按摩之外，請勿用於其他用途。
- 請勿讓兒童使用本機，確保他們不會玩操作器或腳套。
（否則可能會導致事故或受傷。）



- 請勿在寢具或被爐內使用本機。（否則可能會導致燙傷或觸電。）
- 每天的使用時間應少於10分鐘。（否則可能會導致低溫燙傷*。）
- * 即便在較低溫度（40℃～60℃），若長時間接觸皮膚相同部位，即使未出現熱、痛等自覺症狀，也會造成低溫燙傷。
長者、皮膚嬌嫩或不敏感者在剛使用後，皮膚可能會發紅。如果一個小時後紅色未消失，請諮詢醫師。
- 使用前，確保纖維物未破損。停止使用、拔除電源轉換器並委託合資格的人員維修，即使是極小的破損情況。
（否則可能會導致受傷或觸電。）
- 首次使用時，選擇「Intensity: Low」模式，直至習慣為止。
（否則可能會導致受傷或身體不適。）

安全注意事項 (接續)

⚠ 警告

電源插頭、電源線等



●切勿破壞電源線及電源插頭。

請勿對機器進行以下行為：破壞、加工、接近熱能系統、過度彎曲、扭曲、拉伸、放置重物與捆束。

(否則可能會導致觸電、短路而燃燒或釀成火災。)

→ 維修電源線或電源插頭時，請聯絡最近的 Panasonic 服務中心。

●拔除電源轉換器時，請勿拉扯電源線。

(否則可能會導致觸電、短路而燃燒或釀成火災。)

●請勿用濕的手插入或拔除電源轉換器

或氣管塞。(否則可能會導致觸電。)



●遵守插座或配線器材的使用限度。

●使用 220 V - 240 V ~ (不能在海外使用，也不能連接變壓器使用。)

●將電源插頭確實插到底。

(否則可能會導致觸電或過熱而釀成火災。)

若發生異常與故障時



●若發生異常與故障時，請立即停用，並拔除插頭。

(否則可能會導致冒煙、燃燒、觸電。)

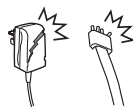
<異常、故障例>

●電源轉換器或氣管塞破損

●電源轉換器的插頭鬆動

●插入操作器時，氣管塞鬆動

→ 請勿自行維修。委託授權的服務中心立即檢查及維修。



還要注意以下幾點



●請勿用大頭針或針扎入腳套，或用刀割。

(否則可能會導致腳套上的加熱器受損而釀成火災、觸電或燙傷。)

●切勿修改或拆卸本機。(否則可能會導致燃燒、出現異常動作而受傷。)

⚠ 注意

症狀



●若因使用本機而出現出疹、發紅、發癢等症狀時，應停用本機並就醫。
(否則可能會導致事故或身體不適。)

電源



●在清潔和保養期間，從插座中拔除電源轉換器。

(否則可能會導致觸電或燙傷。)

●不使用時，從插座中拔除電源轉換器。

(否則可能因灰塵與濕氣而造成絕緣劣化而釀成漏電、火災。)

●本機只能在電源轉換器供電時使用。

使用前及使用時



●請勿在高濕度環境下(如浴室)使用。

(否則可能會導致觸電。)

●請勿將操作器或腳套浸在水中或用水沖洗。

(否則可能會導致觸電、短路而燃燒或釀成火災。)

●使用中切勿睡著。

●飲酒後切勿使用。(否則可能會導致事故或受傷。)

●不要讓大頭針、垃圾或水等進入電源轉換器的電源插頭，或設備插頭的間隙。

●使用按摩器時，請勿從插座拔除電源轉換器，或從操作器側拉出設備插頭。(否則可能會導致觸電、短路而燃燒或釀成火災。)

●拉出氣管塞時，請勿拉出連接氣管。

●存放時，請勿在操作器或電源插頭周圍纏繞電源線。

●請勿摺疊連接氣管，或纏繞腳套。(否則，電源線或連接氣管可能因電源線的負載過多而斷開連接，因短路而釀成火災或觸電。)

●切勿同時使用其他治療器。

(否則可能會導致事故或影響身體健康。)

●請勿使用隨附腳底墊及護腿墊之外的配件。

(否則可能會導致受傷。)

●請勿使用非指定(型號：EW-3A08)電源轉換器，或將隨附轉換器用於其他設備。(否則可能會導致觸電、短路而燃燒或釀成火災。)

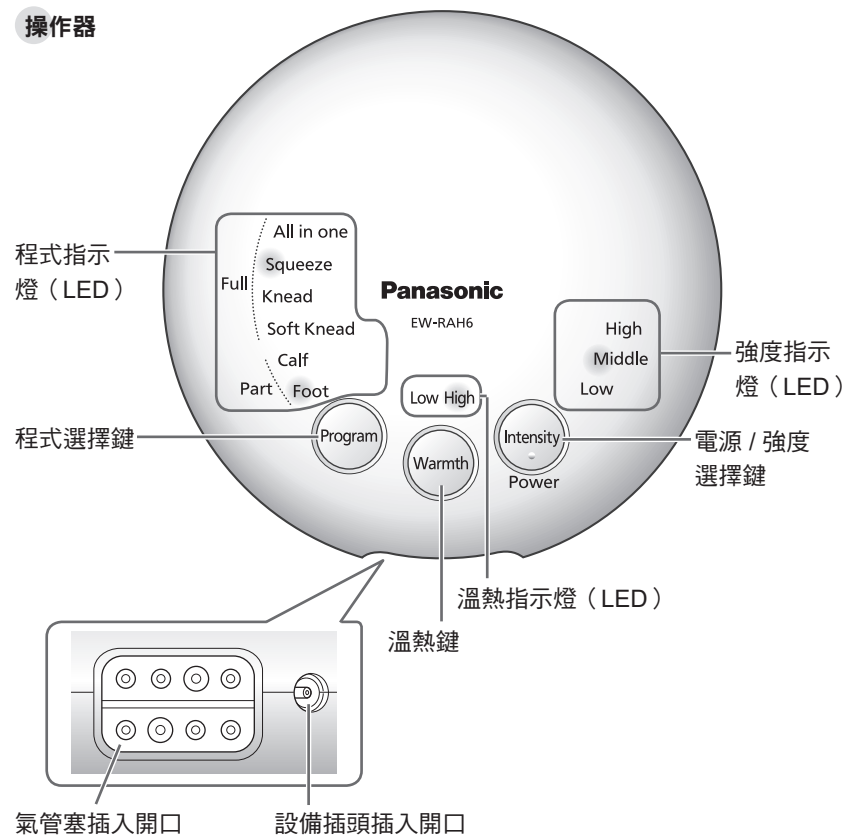


●電源出現故障時，立即拔除電源轉換器。

(否則可能會導致事故。)

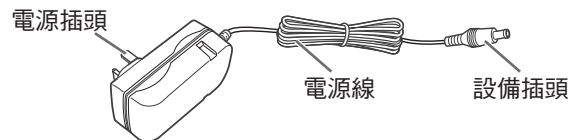
各組件名稱

操作器



電源轉換器

(型號：EW-3A08)

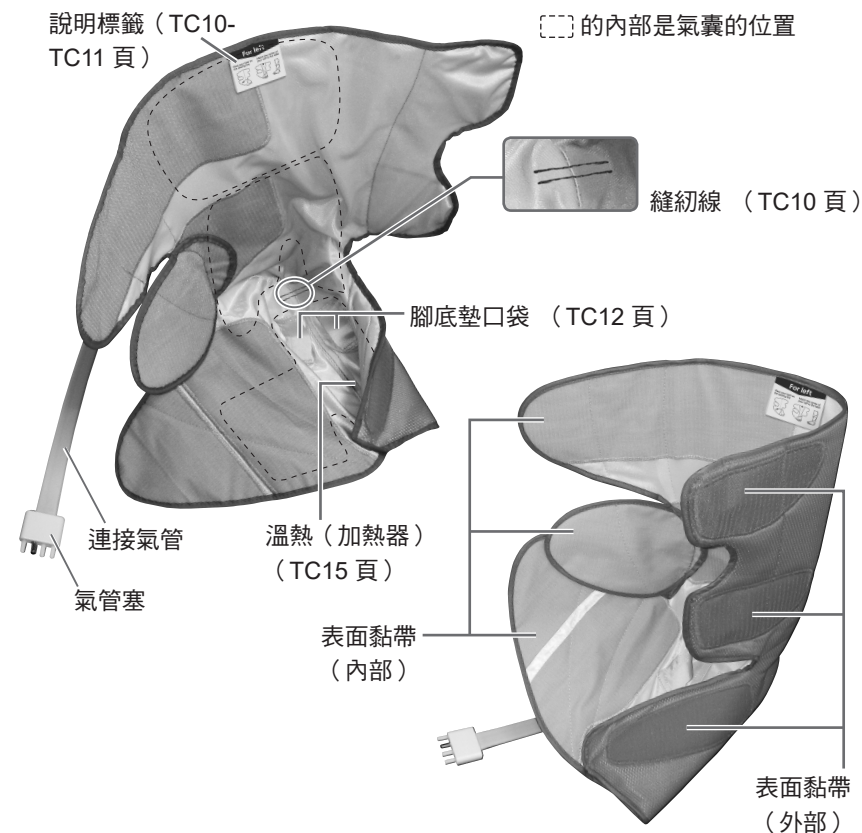


如下符號的含義是，在電氣產品與商用電源相連時需要特定的可拆除電源轉換器。電源轉換器的產品編號標註在符號旁邊。



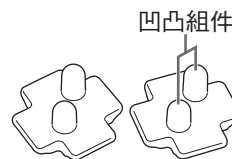
腳套

本機由左右兩側腳套組成。（兩側對稱）圖片顯示左側腳套。



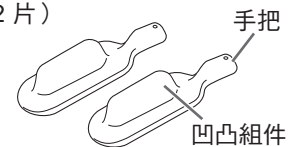
配件

腳底墊 (2 片)



凹凸組件

護腿墊 (2 片)



手把

凹凸組件

各組件名稱

準備

包裹

首先，確認下列內容

- 織物是否破損？
- 開啟後是否正常運作？（TC14 頁）（如果長時間未使用，也需要確認）
→如果出現異常，請參照 TC20-TC21 頁。

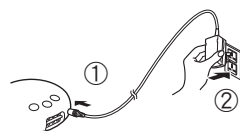


- 使用本機後，皮膚上可能留下印跡。如果您在意印跡…
將本機置於襪子及褲子上。
在使用本機後，小腿或腳部周圍會留下印跡，且不會立即消失。
如果您在外出前使用本機，請注意這一點。

- 請注意，使用本機時，不要讓表面黏帶接觸您的衣物或襪子。
- 如果您想要強力按摩…
建議您使用腳底墊及護腿墊
（TC12-TC13 頁）



1 連接電源轉換器

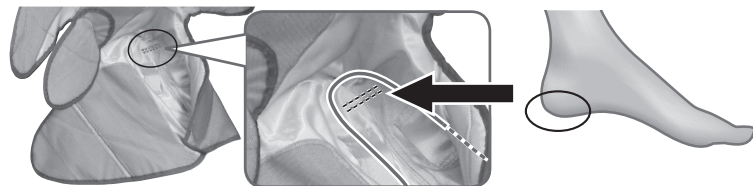


220 V – 240 V ~

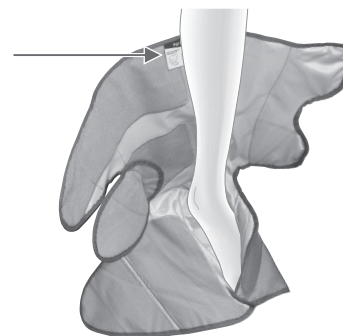
2 查看左右側腳套的說明標籤



3 將腳後跟置於縫紉線

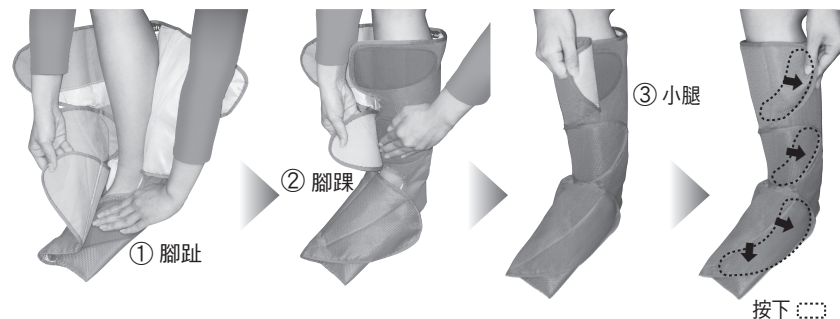


4 將小腿對齊說明標籤的中心



5 將腳套包裹於雙腿周圍

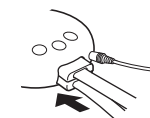
- 1) 握住表面黏帶末端，並按以下順序固定：腳趾 → 腳踝 → 小腿
- 2) 再次緊按表面黏帶末端，以免其鬆動
- 3) 以相同方式將另外腳套包裹於雙腿周圍



- 您可以透過將腳套包裹於雙腿周圍的方式，來調整按摩強度。
鬆弛包裹 → 輕鬆按摩，緊密包裹 → 強力按摩
- 如果您在較厚褲子或暖腿機套上使用本機，表面黏帶可能無法黏上。

6 將氣管塞插入操作器

準備工作完成後…
按摩（TC14 頁）



準備（包裹）

準備

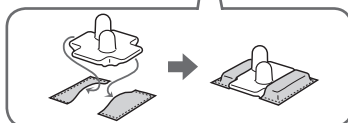
使用腳底墊或護腿墊

如果您想要強力按摩 當您在鍛鍊或穿高跟鞋行走後感到疲勞時...

腳底墊

1 放置前準備
(TC10 頁步驟 1 至 2)

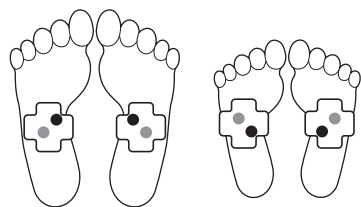
2 將腳底墊放於口袋



● 如果您的手觸碰到表面黏帶，可能會感到疼痛。

足弓

調整內部大凹凸組件以適應您的腳底



其他（舒適部位）

找到舒適部位，並相應調整凹凸組件



3 將腳套包裹於雙腿周圍
(TC10-TC11 頁步驟 3 至 5)

4 將氣管塞插入操作器
(TC11 頁步驟 6)



- 當您使用腳底墊時，不太可能有溫熱感。
- 凹凸組件的高度取決於其大小。

TC12



護腿墊

1 放置前準備
(TC10-TC11 頁步驟 1 至 4)

2 找到按壓後最舒適的位置



● 使用護腿墊按壓雙腿肌肉，並找到最舒適的位置。

3 將腳套包裹於雙腿周圍
(TC11 頁步驟 5)

4 將護腿墊直接插入步驟 2 中找到的部位

- 將凹凸組件朝向肌肉處插入
- 小心不要觸碰骨頭
- 以相同的方式放置左右側護腿墊

5 將氣管塞插入操作器
(TC11 頁步驟 6)



準備（使用腳底墊或護腿墊）

TC13

按摩

● 當程式變更時

● 調整腳趾周圍溫度

● 當強度變更時

標準按摩時間 每天的使用時間應少於 10 分鐘

- 長時間使用後，可能對肌肉或神經產生過度刺激，有時可能會引起相反的效應。



按下後，它會自動開啟

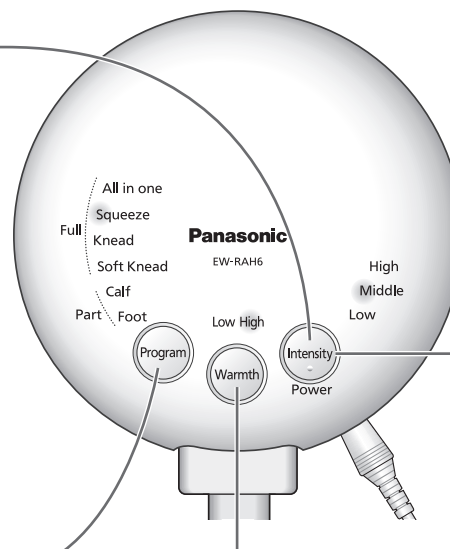
（本機首先啟用「All in one」、「Warmth: Low」、「Intensity: Low」）

- 所有的 LED 指示燈依次亮起後，「All in one」、「Warmth: Low」、「Intensity: Low」指示燈依次亮起。
- 5 分鐘後溫熱（加熱器）開始工作。（不按摩時，溫熱（加熱器）無法單獨工作）
- 約 10 分鐘後電源會切斷。
（開始按摩 10 分鐘後，電源會切斷，即使程式在切換當中）
- 如果您要在中途停止按摩，重複按下 直至其轉為「關閉」



警告

- 首次使用時，選擇「Intensity: Low」模式，直至習慣為止。
（否則可能會導致受傷或身體不適。）



當強度變更時

- 按下按鍵後，強度指示燈（LED）按以下順序切換
Low → Middle → High → 關閉

調整腳趾周圍溫度

- 按下按鍵後，溫熱指示燈（LED）按以下順序切換
Low → High → 關閉



溫熱（加熱器）

- 溫熱（加熱器）僅讓腳趾周圍織物變暖。

當程式變更時

- 按下按鍵後，程式指示燈（LED）按以下順序切換
All in one → Squeeze → Knead → Soft Knead → Calf → Foot

程式內容

Full				Part	
All in one	Squeeze	Knead*	Soft Knead*	Calf	Foot
特別選擇「Squeeze」及「Knead」等按摩手法。	擠壓式按摩腳趾到小腿。強力按摩。	由上而下依次揉捏整個雙腿。	輕柔按壓整個雙腿，緩慢、舒適地揉捏。	使用「Squeeze」及「Knead」的複合按摩，集中於小腿。	使用「Squeeze」及「Knead」的複合按摩，集中於腳趾到腳底。

* 揉捏式按壓

按摩（當程式變更時）（調整腳趾周圍溫度）（當強度變更時）

使用後

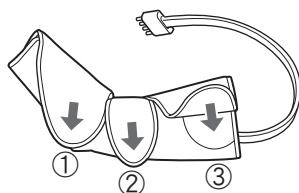
確保電源處於「關閉」狀態。

**從雙腿移除腳套，
並拔除電源轉換器 / 電源插頭 / 氣管塞。**

按照與 TC10-TC11 頁所述步驟相反的步驟操作。

存放

1 束緊表面黏帶

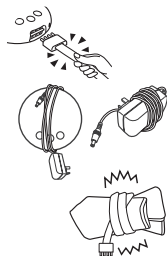


2 輕輕彎曲連接氣管，並放置於腳套內



⚠ 注意

- 拉出氣管塞時，請勿拉出連接氣管。
- 存放時，請勿在操作器或電源插頭周圍纏繞電源線。
- 請勿摺疊連接氣管，或纏繞腳套。
(否則，電源線或連接氣管可能因電源線的負載過多而斷開連接，因短路而釀成火災或觸電。)



保管

- 請放置於兒童無法觸碰的位置。
- 請勿放置於高溫、高濕或陽光直射位置。
- 請勿在操作器及腳套表面放置任何物體。
(否則表面會留下痕跡或導致染色或變色。)



清潔和保養

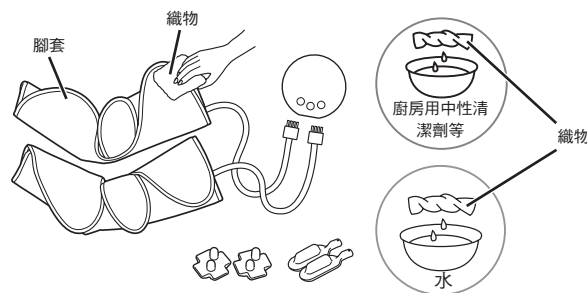
確保電源處於「關閉」狀態。

請勿使用稀釋劑、汽油或酒精清潔本機。
(否則可能會導致故障、組件損害或變色。)



1 將織物在水中浸濕，然後擰乾
(對於嚴重污垢，用溫水稀釋中性清潔劑，或約 5% 的水溶劑。)

2 擦去污垢



- 請避免過度用力
- 請勿將操作器或腳套浸在水中或用水沖洗。
(否則可能會導致觸電、短路而燃燒或釀成火災。)



如果表面黏帶有污垢或頭髮，請使用牙籤或其他工具清除

- 請勿將異物放入氣管塞插入開口

使用後

清潔和保養

常見問題解答

在什麼情況下不能使用？

- 孕婦、或剛生產後的婦女
 - 腿部周圍患有嚴重的血液循環障礙者
- 在以上情況時，您不得使用本機。（TC4 頁）
如果您發燒或身體不適，請諮詢醫生後再使用。

能否在一天內多次使用？

- 一天只能使用一次。（約 10 分鐘後電源會切斷）
- 如果單次使用不到 10 分鐘，一天多次使用的總時間則應不超過 10 分鐘。
長時間使用後，可能對肌肉及神經產生過度刺激，有時可能會引起相反的效應。



警告

- 每天的使用時間應少於 10 分鐘
（否則可能會導致低溫燙傷。）

本機能否用於除小腿及腳部之外的部位？

- 只能在小腿及腳部周圍使用。
- 如果用於其他部位，可能會導致事故或受傷。

使用本機的腳部及小腿圍的尺寸是多少？

- 適合的腳部尺寸：約 20 cm ~ 約 28 cm
- 適合的小腿圍：約 27 cm ~ 約 48 cm

腳趾太熱...

- 將溫熱設定為「Low」。如果仍然較熱，請穿上厚襪子。

腳踝及小腿不暖和...

- 溫熱（加熱器）僅讓腳趾周圍織物變暖。

按摩強度太高...

按摩強度太低...

- 透過腳套包裹方式可調整按摩強度。
強度太高 → 鬆弛包裹腳套。
強度太低 → 緊密包裹腳套。
- 當腳底及雙腿按摩強度較弱時，請嘗試使用腳底墊及護腿墊。
（TC12-TC13 頁）

當皮膚接觸表面黏帶時，感覺不舒服...

- 使用薄手帕或其他物品覆蓋皮膚。

腳套氣體無法完全釋放...

- 如果腳套（氣囊）有許多剩餘氣體，可能需要一些時間來釋放。移除氣管塞並等候一會。氣體會自行釋放。

發出下列噪音。是否異常？

- 爆裂聲
（氣體進入腳套（氣囊）時表面黏帶的張緊聲。）
- 咔嚓聲
（操作器調整氣體時發出的聲音。）
- 嗡嗡聲
（摩打聲。）

本機結構發出的聲音。這是正常的。

本機可在國外使用嗎？

本機電源使用 220 V – 240 V ~。

此外，使用變壓器或轉換插頭時，可能會發生故障。
請勿使用。

委託維修前

請確認下列各項。

確認後，如果異常仍然存在，首先從插座拔除電源轉換器，然後委託授權的服務中心進行檢查及維修。

狀況	確認項
電源無法開啟	<ul style="list-style-type: none"> ● 電源轉換器是否脫落？（TC10 頁）
中途停止	<ul style="list-style-type: none"> ● 電源 / 強度選擇鍵是否為「關閉」狀態？（TC14-TC15 頁）
氣體無法進入	<ul style="list-style-type: none"> ● 氣管塞是否脫落？（TC11 頁） ● 連接氣管是否摺疊？
腳趾感覺不到溫熱	<ul style="list-style-type: none"> ● 開啟本機後，溫熱（加熱器）需 5 分鐘後加熱。 ● 溫熱指示燈（LED）是否亮起？按溫熱鍵，使溫熱指示燈（LED）亮起。（TC15 頁） ● 腳後跟是否調整至指定位置？（TC10 頁） ● 您是否使用了腳底墊？（TC12 頁） ● 使用本機時，您是否穿著厚襪子？
左右側溫熱感覺不一樣	<ul style="list-style-type: none"> ● 其中一個氣管塞是否脫落？（TC11 頁） ● 腳後跟是否調整至指定位置？（TC10 頁）

狀況	確認項
按摩強度低	<ul style="list-style-type: none"> ● 腳套包裹較鬆？（TC11 頁） ● 使用本機時，您是否穿著厚襪子？ ● 氣管塞是否脫落？（TC11 頁） ● 氣管塞是否完全插入？（TC11 頁） ● 連接氣管是否摺疊？
按摩强度高	<ul style="list-style-type: none"> ● 腳套包裹較緊？（TC11 頁）
強度指示燈（LED）、程式指示燈（LED）或溫熱指示燈（LED）未亮起	<ul style="list-style-type: none"> ● 電源轉換器是否脫落？（TC10 頁） ● 按下電源 / 強度選擇鍵、程式選擇鍵及溫熱鍵並確認。（TC14-TC15 頁）
氣體無法完全釋放	<ul style="list-style-type: none"> ● 移除腳套並拔除氣管塞。（TC16 頁）
異常狀況...	
操作器或電源轉換器過熱	<p>這些狀況表示出現故障。 為防止事故發生，請立即停止使用並聯絡經銷商。</p>
損壞	
腳套織物破損	

委託維修前

規格

產品名稱		空氣按摩器
產品型號		EW-RAH6
電源		220 V – 240 V ~ 50 – 60 Hz
消費電力		21 W（傳熱產品額定功率 5 W）
氣壓		低：約 35 kPa 中：約 42 kPa 高：約 50 kPa （視乎程式或部位略有差異）
使用時長		約 10 分鐘
尺寸 （包裝數量）	操作器（1 個）	約 145 mm (D) × 約 50 mm (H)
	腳套（2 個）	約 570 mm (W) × 約 300 mm (L) × 約 390 mm (H)
重量		約 1 600 g（操作器 + 腳套）
電源線長度		約 1.8 m
相應的腳套周長		腳部尺寸：約 20 cm ~ 約 28 cm 小腿圍：約 27 cm ~ 約 48 cm
腳套內部織物的表面溫度 （室內溫度為 20 °C）		低：約 37 °C 高：約 40 °C
製造商		松下住宅電器（上海）有限公司 上海松江工業區江田東路 258 號
原產國		中國

Memo

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Memo

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