

# Panasonic

## Operating Instructions

Instrucciones de Uso  
Mode d'emploi

---

### Household Foot Massager

Masajeador de pie doméstico  
Masseur de pieds à domicile

---

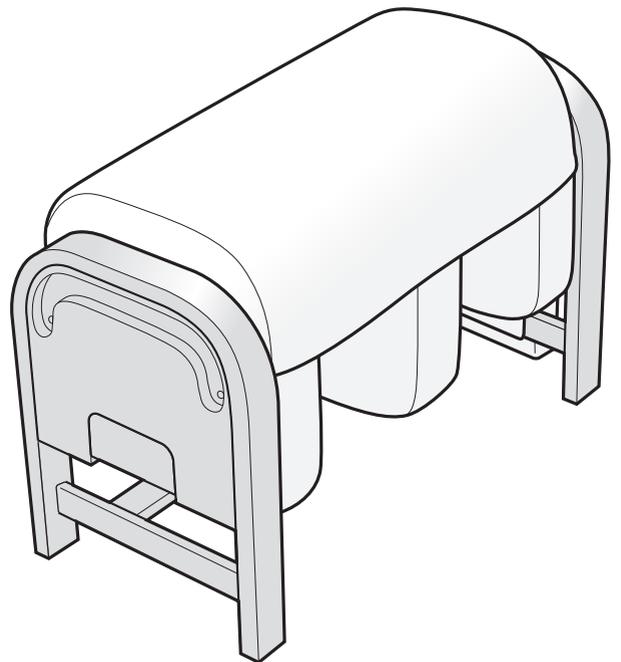
Model No./Nº de Modelo/Nº de modèle **EP30102**

---

---

---

<b>English</b>	1
<b>Español</b>	S1
<b>Français</b>	F1



Before operating this unit, please read these instructions completely.

Antes de utilizar esta unidad, lea completamente estas instrucciones y guárdelas para referencia futura.

Avant d'utiliser cet appareil, nous vous recommandons de lire l'ensemble de ces instructions et de les ranger dans un endroit accessible pour une consultation ultérieure.

# IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed when using an electrical unit, including the following.

Please ensure that you read all instructions before using the Household Foot Massager.

## **DANGER** – To reduce the risk of electric shock:

1. Always unplug the unit immediately after use.
2. Always unplug the unit before cleaning.

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

1. Always insert the power plug all the way into the outlet to reduce the risk of short-circuit and fire.
2. The unit should never be left unattended when plugged in. Always unplug the unit when not in use.
3. Close and continuous supervision is necessary when the unit is used by people who are limited in their ability to move or communicate.
4. Only use the unit for the purpose described in these instructions.
5. Do not stand on the unit.
6. Do not use any accessories other than those recommended by the manufacturer.
7. This unit should not be used by children. Keep children away from the unit.
8. Do not use the unit if the power cord or power plug is damaged. If the cord or plug is damaged, it must be replaced by an authorized service center or qualified repair technician.  
If the unit is not working properly, if it has been dropped or damaged, or if it has been immersed in water, return it to the nearest authorized service center.
9. Keep power cords away from heated surfaces. Do not carry the unit by the power cord. Do not allow pins, rubbish or moisture to come into contact with the plug.
10. Do not use the unit on top of heating appliances, such as electric carpets, etc. Do not operate the unit under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
11. Do not use the unit in bathrooms or other damp or humid places as this may cause electric shock or cause the unit to malfunction. Do not spill water, etc. onto the controller.
12. Do not use the unit outdoors.
13. Do not use the unit in places where aerosol spray products are in use or where oxygen is being used.
14. When unplugging the unit, turn off all controls before removing the plug from power outlet. Do not use the unit with a transformer as this may lead to malfunction or electric shock.
15. To avoid electric shock or injury, do not attempt to open or disassemble any part of the unit as it contains no user-serviceable parts.
16. Do not pull the angle lock lever either when seated on the unit or when legs are placed in the leg wells.
17. Ensure the massage section is securely locked into position after adjusting the angle and before sitting or placing legs in the leg wells.
18. Do not allow metal pins, dust, or water to come into contact with the power plug.
19. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
20. Never drop or insert any object into any openings.
21. Do not use the unit if the cloth cover is torn or if the internal mechanism is exposed.

## **SAVE THESE INSTRUCTIONS**

# SAFETY PRECAUTIONS

## WARNING: To avoid the risk of injury:

1. The following persons should consult with a physician before using this product if undergoing treatment from the physician:
  - (1) Those using an implanted electronic device, such as a pacemaker, which is susceptible to electromagnetic interference
  - (2) Those with malignant tumors
  - (3) Those with heart problems
  - (4) Those who are pregnant or who have recently given birth
  - (5) Those with sensory loss caused by advanced peripheral circulatory disorders, such as due to diabetes
  - (6) Those with osteoporosis, sprains, or acute pain due to torn muscles
  - (7) Those intending to use the massager on a treated or ailing part
  - (8) Those having a body temperature (fever) of 100°F (38°C) or higher (Example: when feeling weak or having severe symptoms of acute inflammation, such as malaise, chills, or fluctuating blood pressure)
  - (9) Those requiring rest or in physically poor shape
  - (10) Those with serious leg circulatory problems
  - (11) Besides the above, those feeling physical discomfort
2. Use is contraindicated in the following persons.  
Persons whose physician has forbidden their receiving massage. (Example: those with thrombosis [clotting], severe aneurysm, acute varicosis, dermatitis or skin infection [including inflammation of subcutaneous tissue], etc.)
3. Do not use the unit against bare skin. While thin clothing may increase effectiveness, exposing the skin directly to the massager may irritate the skin.  
Do not use the unit for any purpose other than for foot and calf massages. Do not attach hard objects such as jewelry to the legs during use.
4. While using the massager, if you start feeling sick or if the massage seems painful, stop using it immediately.  
While using the massager, if the pressure seems too strong, the movement of the massager can be stopped at any time by pressing the OFF/ON button.
5. Do not go to sleep while using the unit. Do not use the unit after drinking alcohol.
6. Do not allow children to use or play on the unit.
7. Do not unplug the unit or turn it off during operation. Unplug the unit immediately if there is a power outage.
8. When moving the unit, lift it with both hands using the hand grips. Do not drag it.
9. Use only on a level surface. Carefully position the unit.
10. Use the unit only for the intended purpose as a footrest for massage of the legs and feet, or as a stool for sitting. (Do not stand on the unit or use it as a stepstool.)
11. Do not forcefully remove legs from the wells during use.
12. Do not use with the unit turned on its side.
13. Do not allow use by two or more people at the same time.
14. Do not insert hands or fingers between the massage section and the frame.
15. Do not use the unit for any purpose other than for foot and calf massages.

## OPERATING PRECAUTIONS

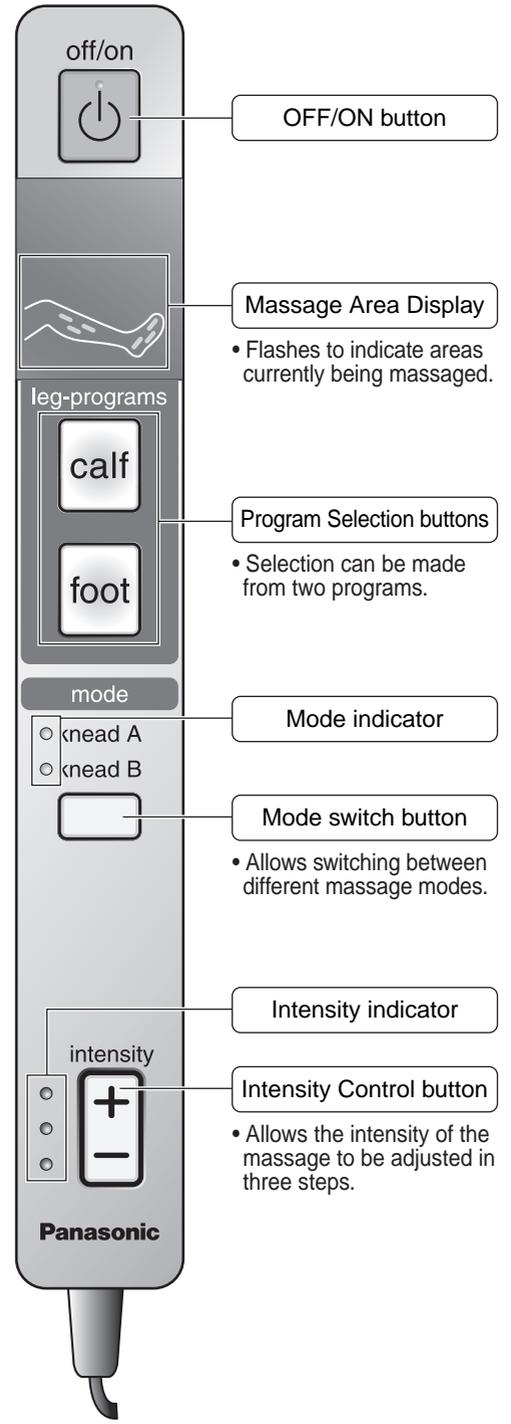
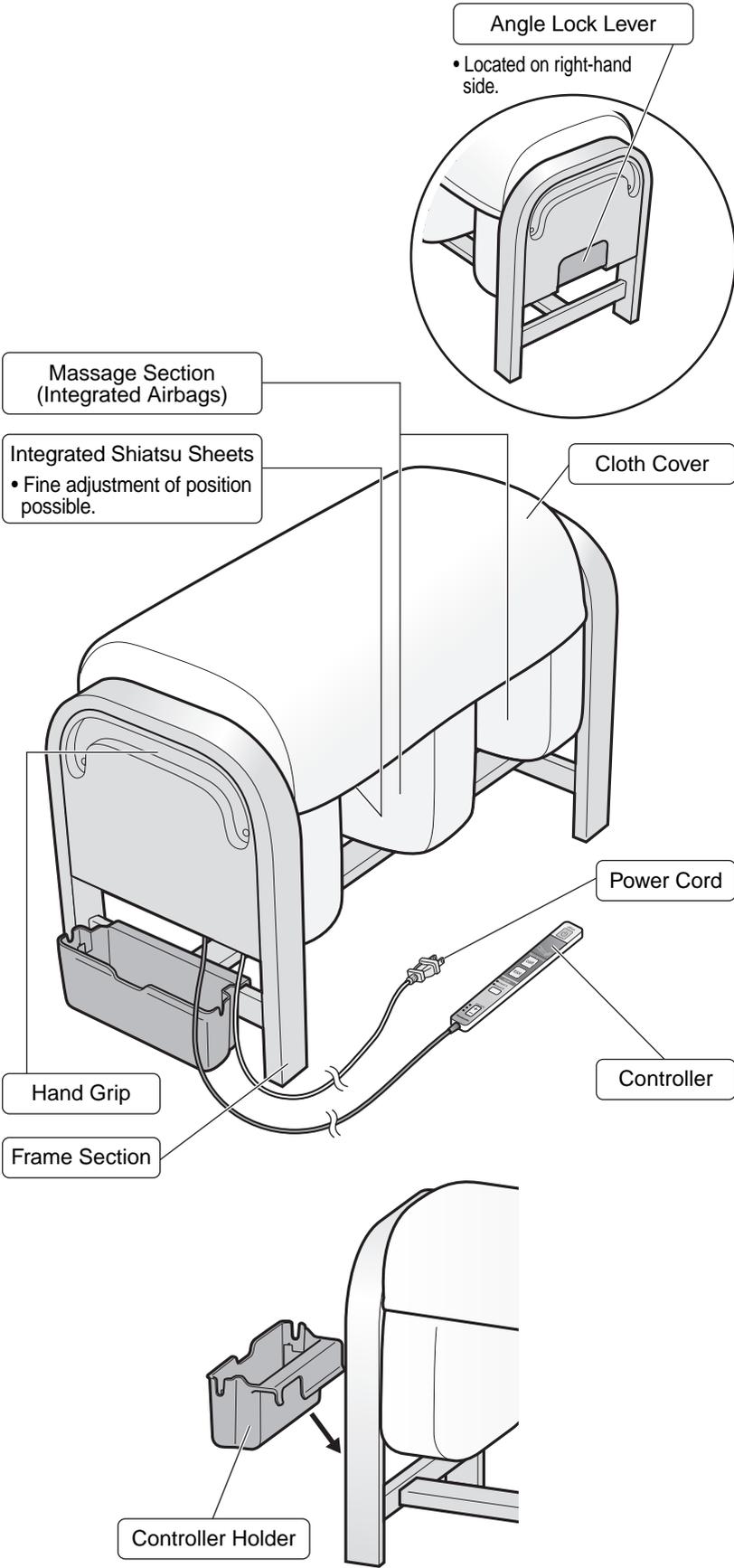
**WARNING: To avoid damaging the foot massager, follow these precautions:**

1. Do not sit on or drop the controller. Do not pull the controller cord or the power cord.
2. Do not treat the foot massager roughly, turn the foot massager on its side, turn the foot massager over or stand on it.
3. If the foot massager functions abnormally, immediately turn off the power and have the massager checked by an authorized service center.
4. Never modify the unit. Also do not attempt to dismantle or repair the unit.
5. Do not repeatedly operate any switch at short intervals. Such action may cause the switch to malfunction.
6. Some noise may be heard coming from the foot massager while in use. This is due to the structure of the foot massager and is normal.
7. Do not use when body or clothing are wet.
8. The unit must not be used in "wet rooms" (sauna, swimming pool) or outdoors.

# PART NAMES AND FUNCTIONS

## FOOT MASSAGER UNIT

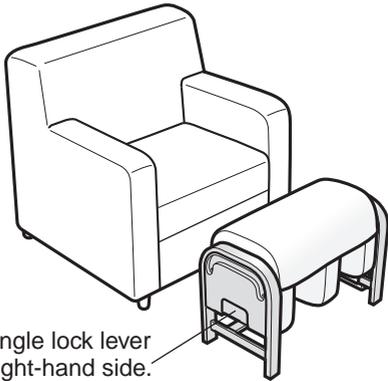
## CONTROLLER



# BEFORE USING THE UNIT

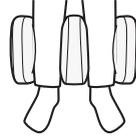
## SETTING UP THE UNIT

### Position the Unit.



Placed with angle lock lever on right-hand side.

- Position the unit so that the angle lock lever is on the right-hand side of the user.

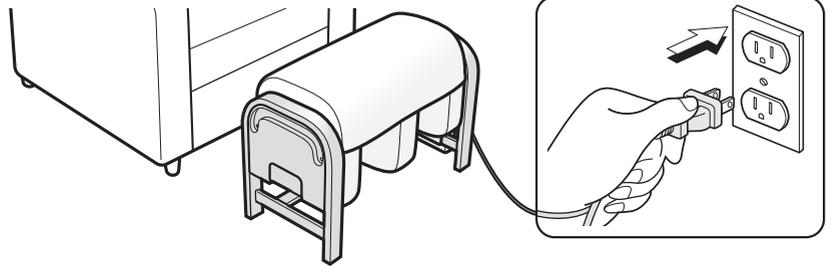


The massage section is contoured to fit the shape of the calves and feet.

- Use on a level surface.
- Place a mat under the unit to avoid marking of floor surfaces. Please use a mat large enough to accommodate the unit [minimum size: 26 in. x 13 in. (66 cm x 33 cm)].

### Connect the Power Plug to an Outlet.

- Use in a safe and stable environment.



### Adjust to an Appropriate Angle for Use.

#### How to Adjust the Angle

**Pull the angle lock lever outward, and adjust to an angle suited to use.**

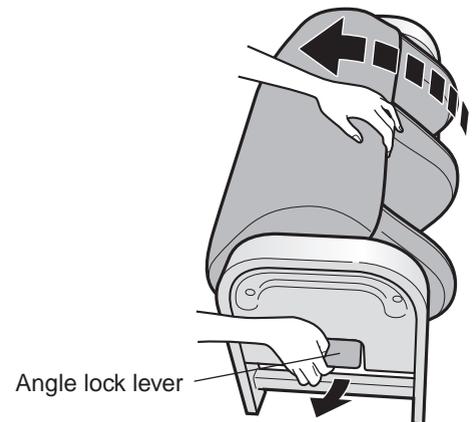
The angle is adjustable in eight steps.

When one of these steps is reached, you will hear a “click” indicating that it is locked into position.

\* After making adjustments, check to make sure that the massage section is firmly locked into place.

\* Take care not to pinch hands or fingers, etc. when making adjustments.

\* Check to make sure the power cord and controller cord have not become caught in or wrapped around the unit.



### Usage Examples

To use as a massager

To massage the soles of the feet



To massage the calves



To use as a footrest



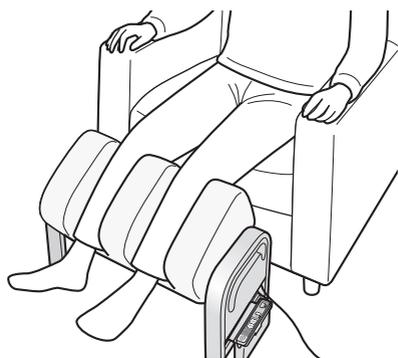
# USING THE UNIT

## MASSAGING LEGS AND FEET

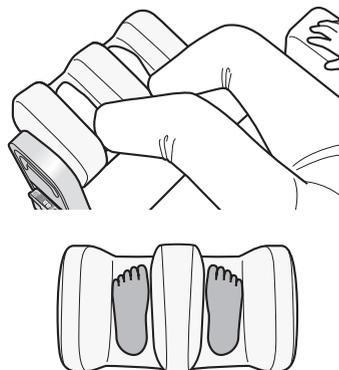
### 1 Place legs or feet in the wells of the footrest.

- The footrest is positioned so that the angle lock lever is on the user's right-hand side.
- Gently place legs or feet into the wells so as not to tip the unit over.

When massaging the calves



When massaging the feet



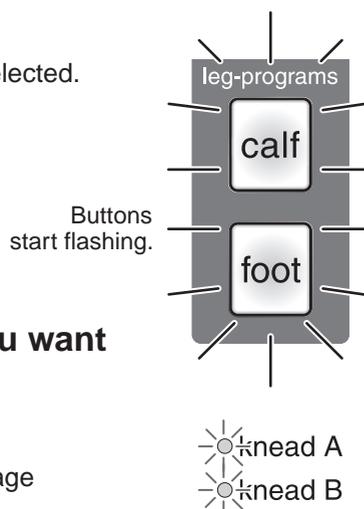
- Feet are placed in the center of the massage section.

### 2 Press to turn on the power.

- The massage will not start until a program has been selected.

### 3 Select or according to the part you want to massage.

- An automatic program will start.
- See Page 7 for a description of the programs.
- The massage will start in Combined mode. Both massage indicator lamps will light up.
- It is also possible to change the massage mode. (See Page 7)

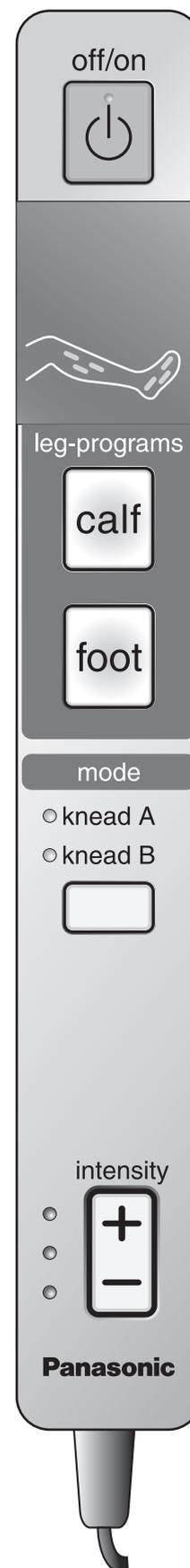


### 4 The unit will automatically stop when the massage has finished.

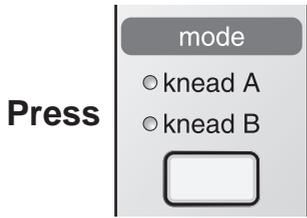
- Operation will stop when the set program has finished. (Approx. 15 minutes)

### To stop operation during a massage, press .

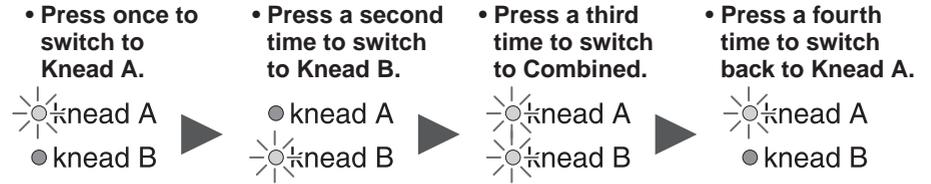
- All operation of the unit will stop.



## Changing the Massage Mode



- The massage mode used can be switched via the controller.



- The mode can also be changed midway through a massage. When the mode is changed, the new selected massage will start after all the air has been released.

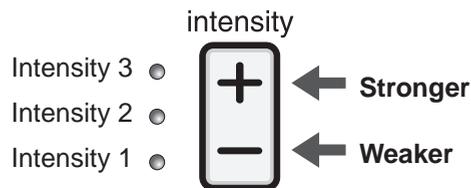
### Massage Mode Descriptions

- Knead A**
- A slow and thorough massage is given using an upward squeezing action on the selected part of the body.
  - Recommended for people who are prone to swelling.
- Knead B**
- Muscles are pleasantly loosened with rhythmical pressure.
  - Recommend for tired leg muscles from exercising, etc.
- Combined**
- Fatigue is pleasantly relieved and blood circulation in the legs is promoted by a variety of massage actions of varying rhythms, in addition to that of modes Knead A and B above.

## Adjusting the Intensity

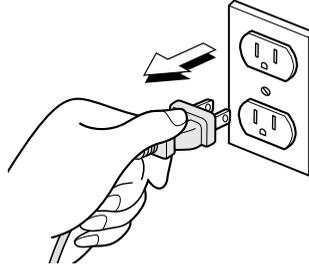


- The intensity of the massage can be adjusted in three steps.
- One lamp lights up with each step adjusted.



## AFTER COMPLETING THE MASSAGE

### Disconnect the Power Plug.



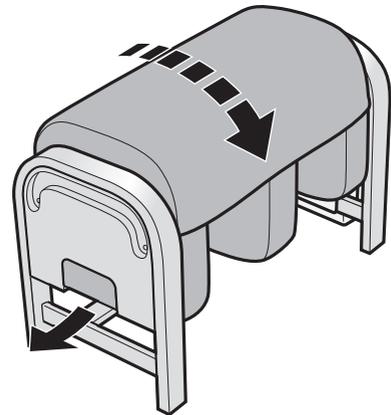
- When not in use for extended periods of time, please disconnect the power plug from the outlet as a measure to save energy.  
(Noise may be heard when operationally idle, as approx. 5 W of electricity are used even when not in operation.)

### CAUTION

- **Unplug the power plug from the outlet when the unit is not in use.**  
Failure to observe this precaution may result in electrical fire due to deterioration of insulation caused by dust and moisture.
- **Always hold the power plug, not the power cord, when unplugging from an outlet.**  
Failure to observe this precaution may result in electric shock or short-circuit.

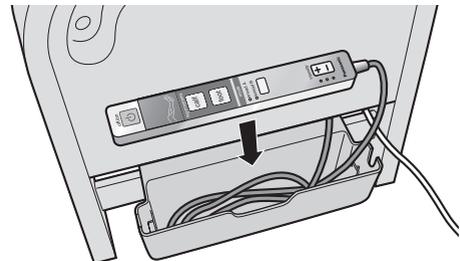
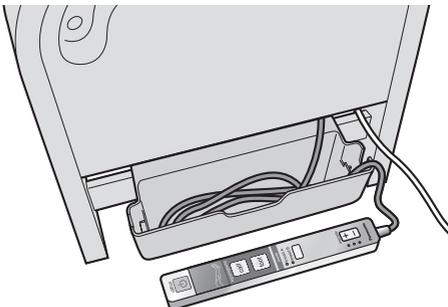
### Return the Massage Section to Its Original Position.

- Pull the angle lock lever outward and return the massage section.  
(See Page 5)



### Return the Controller to the Holder.

- Both the controller and the controller cord can be stored in the holder on the underside of the unit.
- Return the controller to the controller holder.



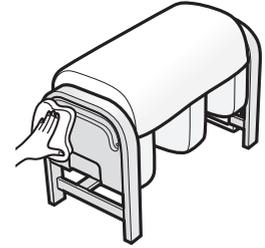
## CLEANING AND MAINTENANCE

### CAUTION

- When performing cleaning and maintenance, always disconnect the power cord from the outlet. Never touch the power plug with wet hands.
- Failure to observe these precautions may result in electric shock or burns.

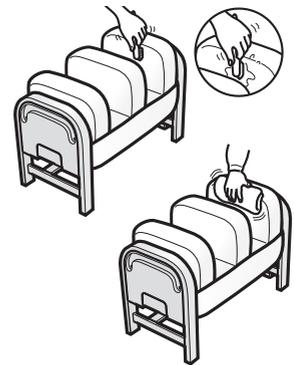
### Frame Section and Plastic Parts

- (1) Wipe these areas with a cloth that has been soaked in a mild detergent and then thoroughly wrung out.
  - (2) Next wipe with a cloth that has been moistened with just water and thoroughly wrung out.
    - \* Make sure you thoroughly wring out the cloth first when cleaning the controller.
  - (3) Allow the unit to dry naturally.
- Please do NOT use thinners, benzene or alcohol.



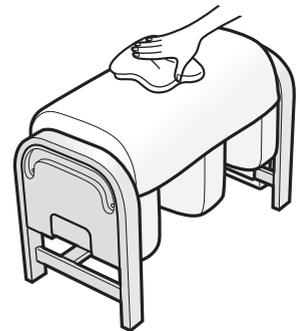
### Areas Covered with Fabric

- (1) Wipe these areas with a cloth that has been soaked in a mild detergent and then thoroughly wrung out.
  - (2) Use a mild detergent and brush on areas where the fabric has become particularly soiled. Be careful not to brush the fabric too much as you may damage it.
  - (3) Next wipe the fabric with a cloth that has been moistened with just water and thoroughly wrung out.
  - (4) Allow the fabric to dry naturally.
- Please do NOT use thinners, benzene or alcohol.



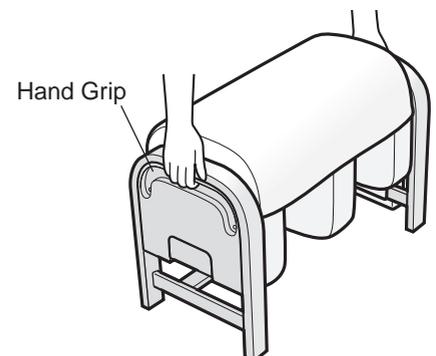
### Areas Covered with Synthetic Leather

- Wipe these areas with a soft, dry cloth. (Do NOT use cloths containing any kind of chemical, etc.)
- If the synthetic leather becomes particularly dirty, promptly soak a soft cloth in water or a 3-5% solution of mild detergent, wring it out thoroughly and tap the surface with it. Next, rinse the cloth in water, wring it out thoroughly and then wipe any remaining detergent from the surface, wipe the surfaces with a soft dry cloth and allow them to dry naturally. (Do NOT use a hair dryer to try to dry the surfaces more quickly.)
- Wipe off stubborn stains with a commercially available melamine foam sponge soaked in a neutral detergent.
- Wearing of denim, colored, patterned or other clothing with a tendency to fade should be avoided during use, as it could lead to discoloration of the synthetic leather.
- Do not allow these areas to come in contact with plastic for extended periods of time as this may lead to discoloration.
- Please do NOT use thinners, benzene or alcohol.



## STORING THE UNIT

- When moving the unit, carry it using both hands. Hand grips are provided on the upper part of the unit.
- Do NOT store in the following places.
  - Places accessible to children
  - Places with exposure to water
  - Places with exposure to high heat, humidity, direct sunlight, or air containing dust and salt, etc.
  - Places with exposure to vibration, shock or tilting
  - Places where chemicals are stored or corrosive gases are produced



## ■ TROUBLESHOOTING

### Noises during operation

The following sounds during operation are caused by the construction of the unit and are normal.

- Sound of inflating air
- Sound of deflating air
- Sound of a pump working
- Clattering sound from massage section
- Clacking sound from the massage section when adjusting the angle

Symptom	Cause and Remedy
Emits "beep" sound and then stops.	The unit has automatically stopped because 15 minutes have passed since the massage started. Please take a 10-minute break after completing a 15-minute massage.
Does not operate.	Is the power plug connected? Firmly insert the power plug. (See page 5)
	Is there a break in the power cord?
Foot Massager is damaged.	Immediately stop use.

If there is still a problem after checking the Foot Massager, immediately stop use. To prevent accidents in this case, be sure to ask your dealer to inspect/repair the unit.

## ■ SPECIFICATIONS

<b>Product Name:</b>	Foot Massager
<b>Power Supply:</b>	AC 120 V 60 Hz
<b>Power Consumption:</b>	25 W
<b>Automatic Shut-Off:</b>	Approx. 15 min.
<b>Dimensions (H x W x D):</b>	Approx. 17 <sup>3</sup> / <sub>8</sub> in. x 25 <sup>1</sup> / <sub>4</sub> in. x 12 <sup>1</sup> / <sub>4</sub> in. (440 mm x 640 mm x 310 mm)
<b>Weight of Unit:</b>	Approx. 33 <sup>1</sup> / <sub>8</sub> lb (15 kg)

**Panasonic Consumer  
Electronics Company**

One Panasonic Way 1H-1  
Secaucus, New Jersey 07094  
1-800-338-0552 for questions and comments.  
[www.panasonic.com/massage](http://www.panasonic.com/massage)

**Panasonic Canada Inc.**

5770 Ambler Drive  
Mississauga, ON L4W 2T3  
905-624-5010  
[www.panasonic.ca](http://www.panasonic.ca)