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› [GOQOTOMO-HF-P Heating Pad Instruction Manual](#)

GOQOTOMO uiej-4o23-4

GOQOTOMO-HF-P Heating Pad Instruction Manual

Model: uiej-4o23-4

Brand: GOQOTOMO

1. INTRODUCTION

The GOQOTOMO-HF-P Heating Pad is designed to provide soothing heat therapy for various body areas, including the back, waist, abdomen, shoulders, and neck. It offers both moist and dry heat options, along with multiple heat settings and an automatic shut-off feature for user convenience and safety.



Image: The GOQOTOMO-HF-P Heating Pad, showcasing its soft fabric and attached controller.

2. SAFETY INFORMATION

Please read and understand all safety instructions before using this heating pad. Failure to follow these instructions may result in electric shock, fire, or serious injury.

- **ETL Certified:** This product has passed all safety tests by a US authoritative testing organization.
- **Avoid Prolonged Use:** Do not use the heating pad for more than 2 hours at a time to prevent potential burn hazards.
- **Keep Out of Reach of Children:** Ensure the heating pad is stored and used safely away from children.
- **Do Not Use While Sleeping:** Never use the heating pad while sleeping or under blankets to avoid fire risks and overheating.
- **Inspect Before Use:** Always check the heating pad for any signs of wear, damage, or exposed wires before each use. Discontinue use if any damage is found.
- **Do Not Fold or Crush:** Avoid sharply folding or crushing the heating pad during use or storage, as this can damage the internal heating elements.
- **Do Not Puncture:** Do not use pins or other metallic objects to secure the heating pad, as this can damage the insulation and lead to electric shock.

3. SETUP

Follow these steps to prepare your heating pad for use:

1. Ensure the heating pad and its controller are clean and dry.
2. Connect the power cord securely to the heating pad.
3. Plug the power cord into a standard electrical outlet.



Image: Close-up view of the ultra-soft plush fabric, highlighting the comfortable texture of the heating pad.

4. OPERATING INSTRUCTIONS

The GOQOTOMO-HF-P Heating Pad offers customizable heat settings and an automatic shut-off for safe and effective therapy.

Powering On and Heat Settings

1. Once plugged in, use the controller to turn the heating pad ON.
2. Select your desired heat setting from the available options:
 - **Low:** Approximately 107°F (41.7°C)
 - **Medium:** Approximately 149°F (65°C)
 - **High:** Approximately 167°F (75°C)

3. The heating pad will begin to warm up quickly, providing relief in seconds.

Moist and Dry Heat Therapy

- **Dry Heat:** Use the pad as is for direct dry heat application.
- **Moist Heat:** Lightly dampen the fabric of the heating pad with water using a spray bottle. Ensure the controller and electrical connections remain dry. Apply the damp pad to the affected area.

Automatic Shut-Off

- The heating pad features a 2-hour automatic shut-off to prevent overheating and ensure safety.
- After 2 hours of continuous use, the pad will automatically turn off. You can restart it if further therapy is needed, ensuring to follow safety guidelines.



Image: The heating pad's controller, detailing the three heat settings (High, Medium, Low) and the 2-hour auto-off timer.

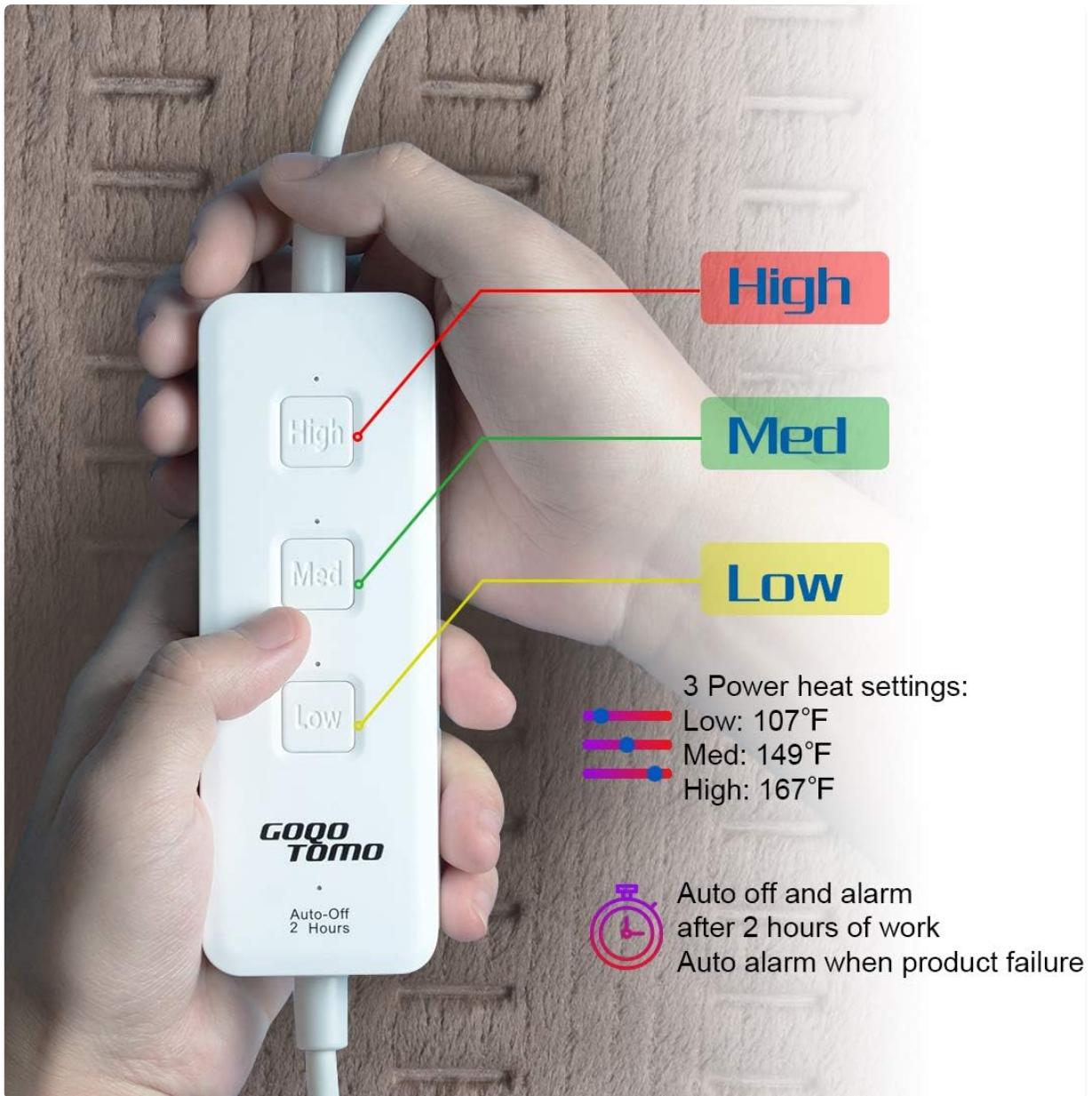


Image: A user demonstrating the moist heat therapy option by lightly spraying the heating pad before application.



Image: A person comfortably using the heating pad on their shoulder, illustrating its flexible design for targeted relief.

5. MAINTENANCE

Proper care ensures the longevity and hygiene of your heating pad.

- **Cleaning:** The super-soft velour material of the heating pad is machine-washable.
- **Before Washing:** Always disconnect the controller from the heating pad before washing.
- **Washing Instructions:** Machine wash in cold water (30°C/86°F) on a delicate cycle. Do not use bleach.
- **Drying:** Lay flat to air dry. Do not tumble dry, iron, or dry clean.
- **Frequency:** Do not machine wash more than once per year to maintain product integrity.
- **Reconnection:** Ensure the pad and pad connector are completely dry before plugging in the controller.

Safe And Ease To Use



Image: The heating pad with visual icons indicating washing instructions: Do Not Iron, Do Not Bleach, Wash in Cold Water (30°C/86°F), Do Not Dry Clean, Do Not Tumble Dry.

6. TROUBLESHOOTING

If you encounter any issues with your GOQOTOMO-HF-P Heating Pad, please refer to the following common solutions:

- **Pad Not Heating:** Ensure the power cord is securely plugged into both the pad and the wall outlet. Check if the controller is switched ON and a heat setting is selected.
- **Automatic Shut-Off Too Soon:** The pad has a built-in 2-hour auto shut-off feature. If it turns off before this time, ensure it is not folded or covered in a way that could cause excessive heat buildup, triggering safety mechanisms.
- **Uneven Heating:** Ensure the pad is laid flat and not bunched up during use, which can lead to uneven heat distribution.
- **Controller Malfunction:** If the controller lights are not working or buttons are unresponsive, try unplugging and re-plugging the unit. If the issue persists, discontinue use.
- **Overheating Sensation:** If the pad feels too hot, immediately reduce the heat setting or turn off the device. Always use the pad over clothing or with a thin barrier if direct skin contact is too intense.

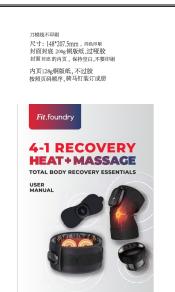
7. SPECIFICATIONS

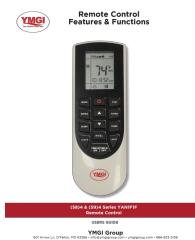
Brand	GOQOTOMO
Model Number	uiej-4o23-4
Material	Velvet
Special Feature	Automatic Shut Off
Item Weight	0.76 Kilograms (1.68 Pounds)
Package Dimensions	12.2 x 6.69 x 3.15 inches

8. WARRANTY AND SUPPORT

Information regarding product warranty and customer support is not provided within this instruction manual. Please refer to the product packaging or the manufacturer's official website for details on warranty coverage, returns, and customer service contact information.

Related Documents - uiej-4o23-4

 The image shows the front cover of the Naimoli Tech Dolce Benessere Heating Pad User Manual. It features the brand name 'NAIMOLI TECH' at the top, followed by 'DOLCE BENESSERE HEATING PAD - HEIZKISSEN' in smaller text. Below this is a photograph of a woman sitting on the floor, using the heating pad on her lower back. At the bottom, there is a dark blue bar with the text 'USER MANUAL' and 'BEDIENTUNGSAUFLISTUNG' in white.	<p>Naimoli Tech Dolce Benessere Heating Pad User Manual</p> <p>User manual for the Naimoli Tech Dolce Benessere heating pad, detailing its features, safe operation, charging, washing, and troubleshooting. Utilizes innovative CARBON RELAX technology for targeted heat therapy and personal comfort.</p>
 The image shows the front cover of the Fit Foundry 4-1 Recovery Heat & Massage Total Body Recovery Essentials User Manual. It features the brand name 'Fit Foundry' at the top, followed by '4-1 RECOVERY HEAT + MASSAGE TOTAL BODY RECOVERY ESSENTIALS' in larger text. Below this is a photograph of the four different products: a back wrap, a joint wrap, a relief pad, and a cupping device. At the bottom, there is a dark blue bar with the text 'USER MANUAL' in white.	<p>Fit Foundry 4-1 Recovery Heat & Massage Total Body Recovery Essentials User Manual</p> <p>Comprehensive user manual for Fit Foundry's 4-1 Recovery Heat & Massage Total Body Recovery Essentials, including the Back Relief Wrap (FITHBK-B), Joint Relief Wrap (FITHJN-B), Wearable Relief Pad (FITHPD-B), and Cupping Relief Device (FITHCUP-B). Learn about product features, operational guidelines, safety precautions, charging, cleaning, and maintenance.</p>
 The image shows the front cover of the HiDow XPDS 4 24 User Manual. It features the brand name 'HiDow' at the top, followed by 'XPDS 4 24' in larger text. Below this is a grid of various icons and text boxes, likely representing different features and usage instructions. At the bottom, there is a dark blue bar with the text 'USER MANUAL' in white.	<p>HiDow XPDS 4 24 User Manual: Pain Relief and Muscle Stimulation Guide</p> <p>Comprehensive user manual for the HiDow XPDS 4/24 portable TENS/EMS unit. This guide details how to use the device for muscle relaxation, pain relief, and stress reduction using advanced bio-electrical technology. It covers features, operation, safety guidelines, and troubleshooting.</p>

	<p>YMGI Remote Control Features and Functions: User Guide for YAN1F1F Series</p> <p>Comprehensive guide to the YMGI YAN1F1F series remote control, detailing features, buttons, display icons, and operation modes for YMGI air conditioners. Learn how to use cooling, heating, fan, dry, and auto modes, plus advanced functions like timers and sleep mode.</p>
	<p>Raychem QuickNet 160: Low Profile Floor Heating Mat System</p> <p>Explore the Raychem QuickNet 160, a self-adhering, low-profile floor heating mat system designed for efficient installation under ceramic tiles and natural stone. This system offers quick heat-up times, high comfort, and compatibility with the smart SENZ WIFI thermostat, making it ideal for renovations and new builds.</p>
	<p>Med-Fit Wireless 4 Channel TENS Machine User Manual & Instructions</p> <p>Comprehensive user manual and instructions for the Med-Fit Wireless 4 Channel TENS Machine. Learn how to use this portable device for temporary muscle pain relief. Includes safety guidelines and technical specifications.</p>