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## RUQIJI 01-dark Gray

# Ruqiji 19" x 24" Weighted Neck & Shoulder Heating Pad Instruction Manual

Model: 01-dark Gray
Brand: RUQIJI

### Introduction

The Ruqiji 19"x24" weighted neck and shoulder heating pad is designed to provide therapeutic coverage for sore muscles in your back, legs, and shoulders. Its generous size makes it suitable for wrapping around large areas to alleviate arthritic pain, muscle aches, and stiff joints. The integrated 2.5lb distributed glass beads enhance contact with the body, improving heat retention and pain relief effectiveness. Regular use for 20 minutes daily, or as recommended by a healthcare professional, can help increase blood flow and reduce pain and muscle spasms.

### Safety Information

**Important Safety Precautions:**

- Avoid placing the heating pad underneath your body or sitting on it.
- Do not sharply fold the pad while in use.
- Always unplug the pad when not in use and allow it to cool before storing.
- Keep the pad out of reach of children and pets.
- Do not use the heating pad if it shows signs of damage or wear.
- Always follow the manufacturer's instructions for safe use.

### Product Specifications

| Feature | Detail |
|---|---|
| Material | Ultra Soft Microfiber Material |
| Size | 19"x24" |
| Item Weight | 2.5 lb (distributed glass beads) |
| Power Supply | AC 120V, 60Hz, 130W |
| Temperature Settings | 12 (104℉ ~ 144℉) |
| Auto-Off Timer | 4 Options (0.5H, 1H, 1.5H, 2H) |
| Cord Length | 3M Extra Long Cord |

| | |
|---|---|
| Certification | UL Certified |

## Setup

1. Unpack the heating pad and controller from its packaging.
2. Ensure the electrical component is securely connected to the heating pad.
3. Place the heating pad on the desired body area, ensuring it lies flat and is not folded or bunched up.
4. Plug the power cord into a standard AC 120V, 60Hz electrical outlet.

## Operating Instructions

The Ruqiji heating pad features an LED large screen controller for easy operation.




Figure 1: LED Controller for Temperature and Timer Settings

1. **Power On/Off:** Use the main power button on the controller to turn the heating pad on or off.
2. **Temperature Settings:** The pad offers 12 temperature settings, ranging from 104℉ to 144℉. Use the 'Temperature+' and 'Temperature-' buttons to adjust the heat level to your preference. The LED screen will display the current setting.
3. **Timer Settings:** Select from 4 auto-off countdown timers: 0.5 hours, 1 hour, 1.5 hours, or 2 hours. Press the 'Time Changed Button' to cycle through the options. The LED screen will show the remaining time in the countdown.
4. **Recommended Usage:** For pain relief and muscle spasm reduction, use the heating pad for approximately 20 minutes daily, or as advised by your doctor.

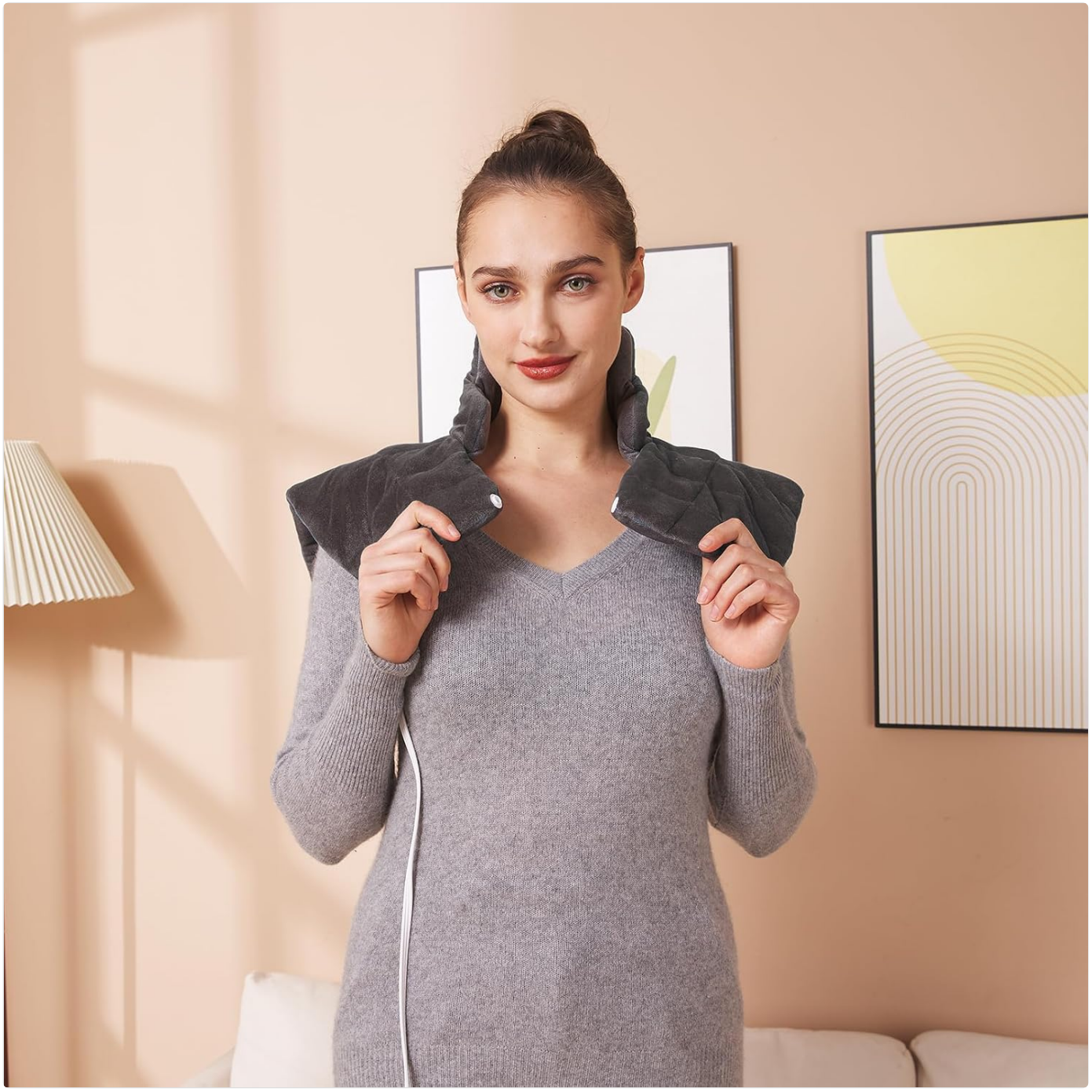


Figure 2: Proper placement of the heating pad on the neck and shoulders.



Figure 3: Using the heating pad for targeted shoulder relief.



Figure 4: The heating pad can also be used on the abdomen for menstrual pain.



Figure 5: Versatile use for lower back and leg pain relief.

## Maintenance

The Ruqiji heating pad is designed for easy care and cleaning.

1. **Detaching the Controller:** Before cleaning, ensure the heating pad is unplugged from the wall outlet. Carefully detach the controller from the heating pad.
2. **Machine Washable:** The microfiber material of the heating pad is machine washable. Wash on a gentle cycle with cold water.
3. **Drying:** Tumble dry on low heat or air dry. Do not iron or dry clean.
4. **Reassembly:** Once completely dry, reattach the controller securely before use.

## Troubleshooting & FAQs

### Frequently Asked Questions:

- **What temperature does this product reach?**

The maximum temperature is approximately 144 °F (62 °C) when set to “12”. Temperature varies by heat setting; you may need to use a lower heat setting depending on the specific application and your personal preference.

- **How to set the automatic shutdown?**
  All Ruqiji heating pads are designed with an automatic shut-off feature, and you do not need to take any action to set it. This ensures safety during use.

## General Troubleshooting:

- **Pad not heating:** Ensure the power cord is securely plugged into both the pad and the wall outlet. Check if the power outlet is functional. If the pad still does not heat, the internal overheat protection may have activated, or there might be an issue with the unit.
- **Controller display not working:** Verify the power connection. If the display remains off, contact customer support.

## Warranty and Support

The Ruqiji heating pad is UL certified and has built-in overheat protection to ensure maximum safety. For any quality problems or support inquiries, please feel free to contact our service support team. Specific warranty details may be provided with your purchase documentation.


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