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› [BOB AND BRAD Weighted Heating Pad with Far Infrared Therapy \(Model H311224W\) - Instruction Manual](#)

BOB AND BRAD H311224W

BOB AND BRAD Weighted Heating Pad with Far Infrared Therapy

Model: H311224W

INTRODUCTION

The BOB AND BRAD Weighted Heating Pad with Far Infrared Therapy is designed to provide targeted heat relief for various body areas. This manual provides essential information for safe and effective use of your heating pad.

SAFETY INFORMATION

CAUTION: For external use only. Do not sit on the pad. Do not use on broken or irritated skin. Do not apply heat directly to the face or other sensitive areas. Do not sleep with the heating pad on. Always keep a safe distance from water sources. This product is not a substitute for medical treatment. If symptoms persist, consult a healthcare professional.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

PRODUCT FEATURES

- **Deep-Penetrating Far Infrared Therapy:** Features full-coverage ceramic beads that emit invisible 8-15 μ m far-infrared waves when heated, providing lasting relief by dissolving muscle stiffness and workout soreness.
- **Fast Warmth & Precise Temperatures:** 85W power and weighted ceramic beads deliver warmth in 20 seconds. PTC/NTC smart temperature control ensures safety and energy efficiency. Six customizable temperature settings (109.4°F–145.4°F / 43°C–63°C) are available.
- **Weighted & Hands-Free Relief:** This 12"x24" weighted heating pad (2.4 lbs) stays securely in place for versatile use on back, large muscle areas, shoulders, arms, legs, and neck. An adjustable strap ensures full-contact warmth. ETL-certified with 30/60/90 min auto-shutoff for safety.
- **Machine-Washable Ultra-Soft Flannel:** Made from luxurious velvety dual-layer fabric (breathable outer plush flannel with an ultra-soft inner layer). Maintains fluffy texture through repeated machine washes.



Image: Comparison of Far Infrared Heating (penetrates deeper) vs. Surface Only Heating.

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Video: Animation demonstrating far infrared and negative ion emission from the heating pad.



Image: Close-up of the fully weighted pad with ceramic beads for even heat distribution.

SETUP AND OPERATING INSTRUCTIONS

1. **Plug in the heating pad:** Ensure the power cord is securely connected to the pad and a compatible US power outlet.
2. **Select Heat and Timer Settings:** Use the easy-to-operate LCD controller to choose your desired heat level (109.4°F–145.4°F / 43°C–63°C) and timer setting (30/60/90 minutes). The pad heats up in approximately 20 seconds.
3. **Position the Heating Pad:** Place the heating pad on the desired area of the body. Its weighted design and adjustable strap help keep it in place.
4. **Moist Heat Therapy (Optional):** For soothing steam therapy, lightly spray water mist on the surface of the heating pad before application.

5. **Unplug After Use:** Always unplug the heating pad after finishing use.



Image: User-friendly LCD controller for adjusting heat and timer settings.

Your browser does not support the video tag.

Video: Official product video demonstrating the BOB AND BRAD Weighted Heating Pad with Far Infrared Therapy in use.

MAINTENANCE

- **Cleaning:** The heating pad is machine-washable. Simply unplug the power cord from the pad before laundering.
- **Drying:** Follow care instructions on the product label for drying to maintain fabric quality.
- **Storage:** Store in a cool, dry place. Avoid folding or sitting on the pad to maintain longevity.

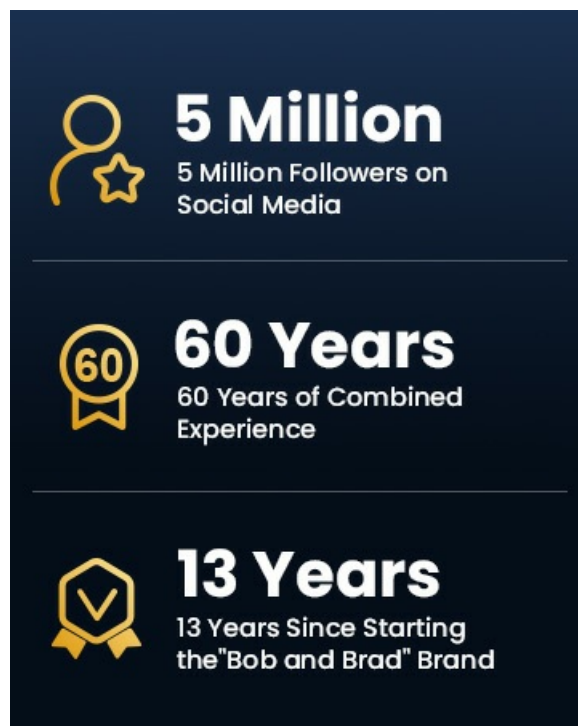


Image: Instructions for machine washing the heating pad after detaching the controller.

TROUBLESHOOTING

If your heating pad is not working as expected, please follow these steps:

1. **Power On:** Long press the On/Off button for about 2 seconds to turn on the pad.
2. **Check Connection:** Push the controller connector completely into the pad connector to ensure proper connection. Otherwise, an E1 error code will show up.
3. **Auto-Shutoff:** The pad automatically shuts off when the timer reaches its set duration.
4. **Original Controller:** Only use the controller that comes with the product.
5. **Usage Guidelines:** Avoid folding or sitting on the pad. Do not lay on the pad for extended periods.

For further assistance, please contact customer support.



Image: Visual guide for common troubleshooting scenarios and usage precautions.

SPECIFICATIONS

- **Product Dimensions:** 24 x 12 x 1.1 inches
- **Item Weight:** 2.4 Pounds
- **Model Number:** H311224W
- **Brand:** BOB AND BRAD
- **Material:** Comfortable Flannel
- **Special Features:** Adjustable Belt, Far Infrared Heating, Fast Heating, Fully Weighted
- **Certifications:** ETL Certified
- **Eligibility:** FSA/HSA Eligible

WARRANTY AND SUPPORT

The BOB AND BRAD Weighted Heating Pad is backed by a 2-year warranty. For any issues or support needs, please contact our 24/7 responsive customer support team.

Effective Pain Relief from Neck to Feet

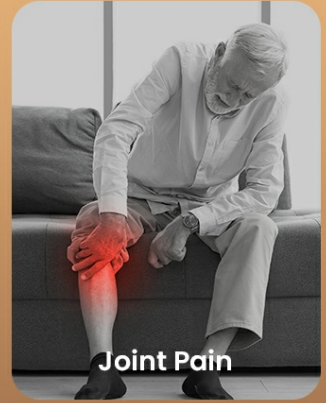
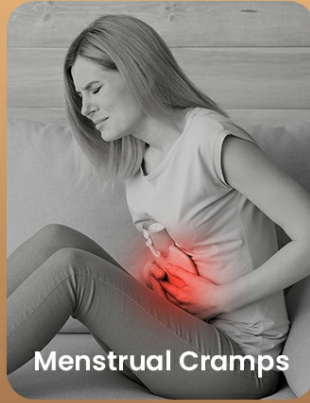
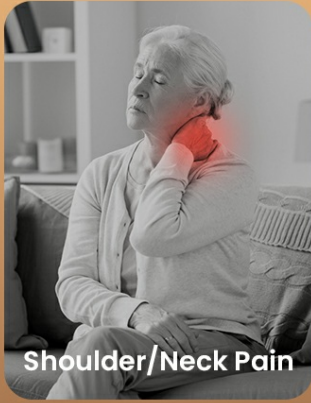


Image: Details on the 2-year warranty and customer support commitment.