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> BOB AND BRAD Weighted Heating Pad for Neck and Shoulders (Model SW-GH1021F) - Instruction Manual

BOB AND BRAD SW-GH1021F

BOB AND BRAD Weighted Heating Pad for Neck and Shoulders

Model: SW-GH1021F

1. INTRODUCTION

This manual provides instructions for the safe and effective use of your BOB AND BRAD Weighted Heating Pad for Neck and Shoulders, Model SW-GH1021F. This electric heating pad is designed to deliver targeted heat therapy to the neck and shoulder areas, utilizing far-infrared technology and weighted ceramic beads for deep tissue penetration. It features adjustable heat settings, an auto-shutoff timer, and is made from a soft, skin-friendly flannel material.



Image 1: The weighted heating pad positioned on the neck and shoulders of a user.

2. IMPORTANT SAFETY INFORMATION

Read all instructions and warnings before using this product. Failure to follow these instructions may result in electric shock, fire, or injury.

- Always unplug the heating pad before removing it from the neck and shoulders.
- Do not use the heating pad while sleeping or taking a nap.
- Keep the heating pad away from water and other liquids.
- Do not use the heating pad if you have a pacemaker or other medical device that could be affected by

electromagnetic interference.

- Consult a doctor before use if you are pregnant, have a heart condition, or any other medical condition.
- Keep the heating pad out of reach of children and pets.
- Use over clothing; do not apply directly to bare skin for extended periods.
- Do not bunch, sit on, or crush the pad.
- This product is designed for U.S. 120V electrical outlets only.
- The heating pad is ETL Certified and engineered with intelligent PTC & NTC sensors for real-time overheating protection.

3. PRODUCT COMPONENTS AND FEATURES

The BOB AND BRAD Weighted Heating Pad for Neck and Shoulders includes the following features:

- **Weighted Design:** Approximately 2.2 lbs (1 kg) with ceramic beads to ensure the pad stays in place and contours to the body.
- **Far-Infrared Technology:** Natural ceramic beads emit 8-15µm Far-Infrared (FIR) waves for deep thermal penetration into muscle layers.
- **Adjustable Fit:** Features 3 adjustable buckles to secure the pad, accommodating neck sizes from 11" to 17.7".
- **Material:** Soft, skin-friendly flannel.
- **Controller:** User-friendly LCD screen with temperature and timer controls.
- **Heat Levels:** 6 precise temperature settings (100°F to 150°F).
- **Timer Settings:** 3 auto-shutoff timers (30, 60, 90 minutes).
- **Safety:** ETL Certified with intelligent PTC & NTC sensors for overheating protection.
- **Power Cord:** 8.3ft extra long cord.

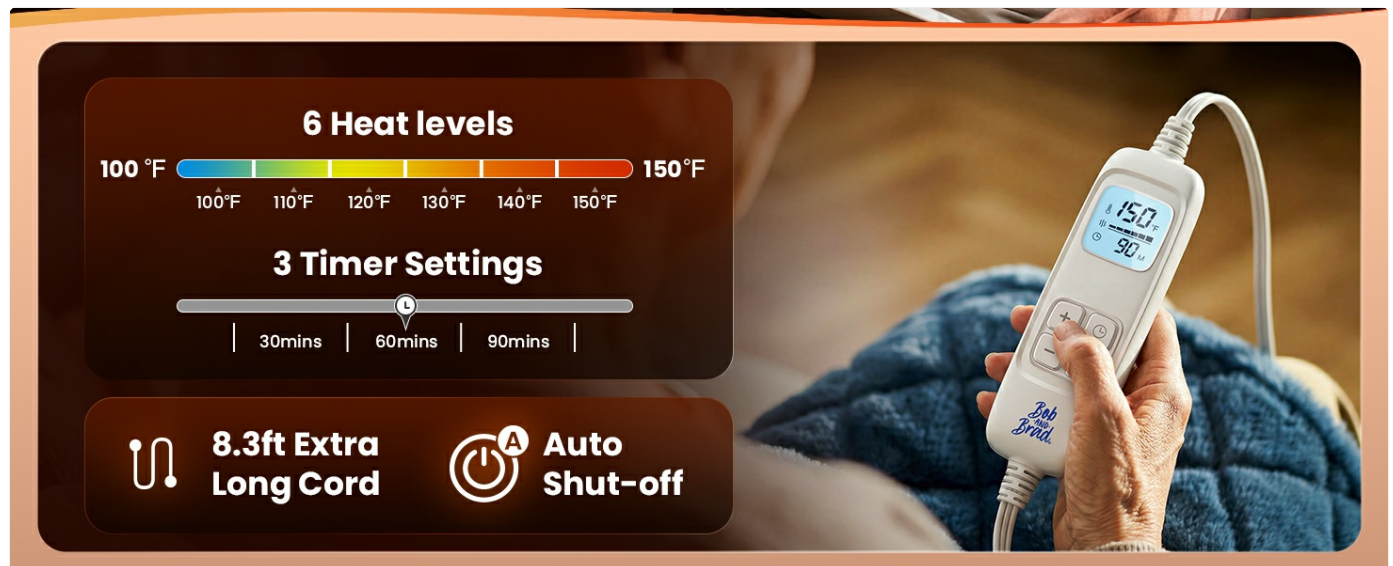


Image 2: Illustration of far-infrared technology for deep muscle penetration.

Heat That Actually Reaches Your Muscles



Deep Pressure Relaxation



Uniform Heat Distribution



Overheating Protection

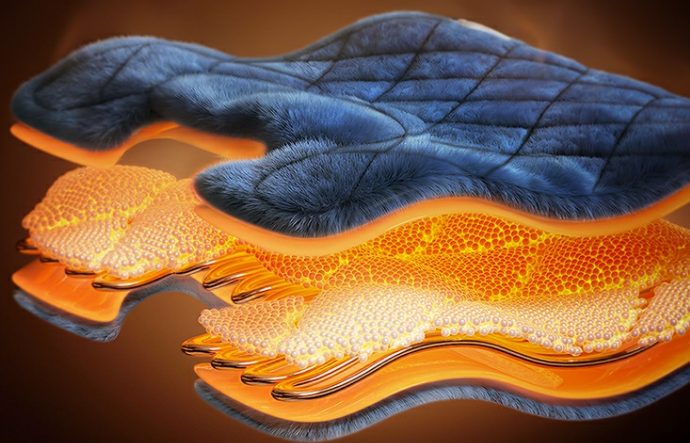


Image 3: The weighted design of the heating pad conforming to the neck and shoulders.

4. SETUP AND APPLICATION

1. **Position the Pad:** Drape the heating pad over your neck and shoulders, ensuring it covers the desired area.
2. **Secure the Fit:** Use the adjustable buckles to secure the pad in place. Adjust for a comfortable, snug fit around your neck and shoulders.
3. **Connect Power:** Plug the heating pad into a U.S. 120V electrical outlet.

Your browser does not support the video tag.

Video 1: Demonstration of how to apply and secure the BOB AND BRAD Weighted Heating Pad for Neck and Shoulders.

5. OPERATING INSTRUCTIONS

1. **Power On:** Press the power button on the controller to turn on the heating pad. The LCD screen will illuminate.
2. **Adjust Temperature:** Use the '+' and '-' buttons to select your desired heat level from 100°F to 150°F.
3. **Set Timer:** Press the timer button to cycle through the auto-shutoff options: 30, 60, or 90 minutes. The pad will automatically turn off after the selected time.
4. **Energy-Saving Mode:** The LCD screen features an energy-saving auto-sleep mode. Two clicks are required to wake the screen and prevent accidental setting changes.
5. **Power Off:** Press the power button again to turn off the heating pad. Always unplug the unit from the wall outlet after use.

Engineered for Targeted Warmth and Secure Comfort



Ergonomic
Weighted Design



Adjustable &
Secure Lock



Ultra-Soft
Flannel Fabric



Image 4: Close-up of the digital controller showing temperature and timer settings.

6. MOIST HEAT THERAPY

For enhanced thermal effect and deeper muscle tension relief, moist heat therapy can be applied:

- Lightly mist the flannel surface of the heating pad with a small amount of clean water.
- **Important:** Ensure the power connector and electrical plug remain completely dry to prevent electrical hazards.
- Proceed with normal operation as described in Section 5.

7. CARE AND MAINTENANCE

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

1. **Unplug and Cool:** Always unplug the heating pad from the power outlet and allow it to cool completely before cleaning.
2. **Disconnect Controller:** Disconnect the controller from the heating pad.
3. **Washing:** The fabric portion of the heating pad is machine-washable. Wash in cold water on a gentle cycle.
4. **Drying:** Air dry only. Do not tumble dry, iron, or dry clean.
5. **Storage:** Store the heating pad in a cool, dry place when not in use.

Easy-Care, Machine Washable

Disconnect the controller
before washing



Image 5: The heating pad is machine washable after disconnecting the controller.

8. TROUBLESHOOTING

If you encounter issues with your heating pad, please review the following common solutions:

- **No Heat/Power:**
 - Ensure the power cord is securely plugged into both the heating pad and the wall outlet.
 - Verify the wall outlet is functional by plugging in another appliance.
 - Check if the auto-shutoff timer has expired. Press the power button twice to reactivate if in energy-saving mode.
- **Inconsistent Heat:**
 - Ensure the pad is not bunched or folded during use, as this can affect heat distribution.
 - Adjust the temperature setting on the controller to a higher level if needed.
- **Pad Not Staying in Place:**
 - Adjust the 3 buckles to achieve a more secure fit around your neck and shoulders.

If problems persist, contact customer support for assistance.

9. SPECIFICATIONS

Product Dimensions	22 x 20 x 1.1 inches
Item Weight	2.2 Pounds (1 Kilogram)
Brand Name	BOB AND BRAD
Model Name	Heating Pad
Model Number	SW-GH1021F
UPC	850077348631
Number of Items	1
Unit Count	1 Count
Material Type	Skin-friendly material, Soft Flannel
Color	Blue
Voltage	120 Volts (AC)
Wattage	85 watts
Number of Heat Settings	6 (100°F to 150°F)
Auto Shut-Off Timers	3 (30/60/90 min)
Certifications	ETL Certified

10. WARRANTY AND SUPPORT

Your BOB AND BRAD Weighted Heating Pad is backed by a comprehensive 2-year service commitment and a 1-year

replacement window. For any questions, concerns, or warranty claims, please contact BOB AND BRAD customer support.

Contact information can typically be found on the product packaging or the official BOB AND BRAD website.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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