

Continuity Tester Operational Instructions

1. Insert prong end of the splitter into grounded outlet or ground rod cord.
2. Plug Earthing cord from your Earthing product (such as sheet, throw, or mat) into one of the two splitter receptacle ends.
3. Insert prong end of tester cord into the other splitter receptacle.
4. To test if you are grounded, while touching the Earthing product (conductive side) with bare skin, touch the silver button on back of Continuity Tester. A green light would show that the body is grounded. Make sure that both the tester and the Earthing product are plugged in as described in steps 1 to 3.
5. To test the Earthing product directly, place the round metal plate of Continuity Tester flat on your Earthing product (conductive side). Press firmly, particularly on the sheet and throw, to obtain a good contact. A green light means that sheet or mat is in working order.
6. If the green light did not come on in both step 4 or 5, check battery first. If green light comes on in step 4 but not step 5, it is probably the metal plate is not touching the conductive part of your product. Try move around and press harder, especially when testing the sheet or throw. The surface fabric sometimes prevents the button from contacting the conductive silver fibers. In unlikely case that no green light comes on, the Earthing product may have lost conductivity and should be replaced.
7. After testing, disconnect splitter from the ground connection. Disconnect cords from the splitter.
8. Re-insert Earthing cord of Earthing product into ground connection.
9. You don't have to test your sheet or mat often. Perhaps after cleaning/washing. The more you use the tester, the sooner the batteries in the tester will expire.