

GROUNDING STANDING FLOOR MAT

- 1** Unroll your **Grounded Standing Floor Mat** and place directly on the floor. You should stand on the side with the connection tab facing up.
- 2** Snap the **Earthing Cord** onto the connection tab.
- 3** Insert the end of your **Earthing Cord** into the 3rd port of a grounded wall outlet. Please see below for instructions on testing your outlet to make sure it is grounded.
- 4** The **Grounded Standing Floor Mat** can be used on any flat surface. The Earth's energy is transferred best when your bare skin is in contact with the Mat.

To clean, simply wipe down the Mat using water or a mild soap. The Mat is not machine washable.



TEST YOUR OUTLET

In order to use your Grounded Standing Floor Mat, you must connect it to the “ground port” of a grounded 3 prong outlet. Before plugging in the Mat, you must check that the outlet is grounded by plugging in the included Outlet Checker.

TWO AMBER LIGHTS illuminated is GOOD and means that you have a proper ground. You are ready to connect your Mat.

Other light combinations mean your outlet is NOT properly grounded. Try testing another outlet.