

# Pro Sauna Operating & Safety Instructions.

Please ensure that you read the below carefully & that it is fully understood.

Before you lease from Pro Sauna.

On delivery of your unit, you will be asked to sign this document.

## 1. Setting up the unit

The unit should be standing on a level surface. Make sure it is standing in a straight and level position as well. It is possible to adjust the sauna level using 4 trailer legs-prop stands. Before you start using the sauna make sure you walk in and see it's not moving and that you can be sitting/laying inside comfortably. You need to open the ventilation windows fully which is based on the right side of the back of the barrel. This is very important as the ventilation hole provides a fresh air supply, which ensures that the air is continuously filled with fresh, rich oxygen. Ventilation can be opened by sliding the handle from left to right. Sauna steps must be placed on a level surface next to the entrance of the sauna.

## 2. Heating up the sauna

### a) Firewood:

- Pro Sauna has an external feed stove that needs to be fired fast and hot, it will take 45-60 minutes for the rocks inside the chamber to heat up. There are many benefits of having an external feed stove; you can add old cardboard, any type of wood, branches and oak, and compressed firewood while keeping the inside nice and clean.

### b) Firing up the stove:

- The sauna stove is "fired" by bringing it to maximum temperature rapidly. The heat is transferred to the rocks and the steel plate on the stove inside the sauna chamber.
- Empty the ash drawer if it's close to being full. Clean out the grate so that the airflow can pass through it. Start with several sheets of dry paper, wad them up tightly and place them directly on the grate. Next place the smallest sticks about the thickness of your fingers on the paper. Continue stacking up the wood while leaving space for the fire to breathe with the sticks getting larger as you go. Get as much wood as you can inside the stove still leaving room for the fire to circulate. Use your own or provided fireproof gloves at all times and light it. Close the stove door latch while leaving the air holes open; in about 15-20 minutes add more wood to the stove if needed.
- Make sure that the sauna chamber entrance door is closed. You should be able to walk away at this point and come back in 45-60 minutes to a hot sauna. Always keep the external feed door closed at all times & use gloves when handling firewood. You need to be continuing to add firewood to the Pro Sauna as needed, while in use.

### c) Sauna Temperature:

- There is a sauna thermometer installed inside the sauna. Please always keep an eye on it and check it every time someone enters your sauna. Recommended sauna temperature is between 90 to 100 degrees in Celsius. If you are using the sauna for the first-time lower temperatures are recommended 80-90 C. Sauna temperature can be lifted by adding more firewood and can be lowered by leaving the sauna door open for a minute or two.
- Sauna temperature will decrease gradually so keep an eye on the thermometer and keep adding more firewood if needed until you finish with your sauna session. When finished with the sauna please open the main entrance door and stove door fully.

### 3. Sauna lights

Our saunas have white LED lights outside/inside the entrance door and led lights under both of the seats. Lights turn on automatically when you approach the unit as they have motion sensors. Any of the electrical parts should only be used with the original plugs and sockets fitted or supplied by Pro Sauna.

### 4. Cleaning of the unit

You must always return the sauna to us in a clean condition unless it was arranged any differently prior to the start of the lease. You must not use any strong chemicals to clean the sauna as it will cause damage to the wood and other parts. We only use and recommend a special cleaning fluid that can be purchased ahead as well.

### 5. Sauna Safety

These safety rules apply to all of the sauna users during the leased period! Someone must supervise all users and keep checking the sauna temperature regularly. You can only use the sauna if you are healthy and feeling well.

#### Do NOT use the sauna if you:

1. Are you under influence of drugs or have been taking any medicaments?
2. Are under influence of alcohol.
3. Have a heart condition, high blood pressure, multiple sclerosis, hemophilia, hyperthyroidism, and systemic lupus erythematosus or adrenal suppression.
4. Feel unwell, dizzy or faint you should leave the sauna immediately.
5. Pregnant, nursing or experiencing menstrual flow should not use the sauna.
6. When you have gastrointestinal flu, are vomiting, or have diarrhea.
7. Those with artificial joints, metal pins and silicone implants should also avoid them.

*CHILDREN UNDER 16 YEARS OLD MUST BE SUPERVISED BY ADULTS AT ALL TIMES AND ONLY ENTER THE SAUNA ACCOMPANIED BY AN ADULT. SAUNA SESSIONS SHOULD TAKE AROUND 5 TO 15 MINUTES AND AT LEAST 20 MINUTES OF RESTING TIME IS ADVISED AFTER EACH SESSION. THERE IS A SAND TIMER INSTALLED IN OUR SAUNA TO KEEP AN EYE ON YOUR BATHING TIME. AVOID CONTACT WITH ANY HOT SURFACES WITHOUT GLOVES. TOUCHING THE HEATER/STOVE SURFACE AND PIPE OUTSIDE THE UNIT COULD RESULT IN SERIOUS BURNS. THE STEAM COULD CAUSE SCALD SO BE VERY CAREFUL AND ONLY POUR SMALL AMOUNTS OF WATER OVER THE ROCKS AT A TIME. ONLY USE THE BUCKET AND LADLE PROVIDED FOR POURING WATER WITH THE STOVE GLOVE. THERE IS ALSO A SLIP-AND-TRIP HAZARD SO WE RECOMMEND WEARING SLIPPERS AND TAKING EXTRA CARE WHEN ENTERING/LEAVING THE SAUNA. PLEASE MIND YOUR HEAD AS WELL ENTERING AND EXITING. THANK YOU FOR YOUR BUSINESS.*

***I am signing this form to confirm that I agree/ understand all the above terms and conditions from Pro Sauna***

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_