

Instructions for installing bath heating lamps and safe usage

The bathroom heating lamp is an indispensable heating device in winter, especially families with young children and the elderly. Using a bath heating lamp helps you not feel cold when bathing and preventing strokes caused by sudden colds. Here are instructions for installing bath heating lamps and how to use them safely.

The bathroom heating lamp is no longer strange to our lives when the weather is cold, especially families with young children and the elderly. Heating bath lights not only help warm the body when bathing but infrared light from heating lamps also work to relieve aches and fatigue. If you have bought a bathroom heating lamp and don't know how to install it, let Quantrimang guide you to install it yourself without needing a mechanic with a few simple steps.



Instructions for installing home heating lamps at home

Each set of bathroom heating lamps when purchased, will often have the attached accessories such as screw mounts, screw screws and each type will have specific installation methods such as: mounting the school, mounting the ceiling on the ceiling. Below is a general basic guide on how to mount on a wall.

1. **Step 1:** Choose the bathroom heating lamp suitable for the room area
2. **Step 2:** Choose the appropriate location to install, so choose a location near the stand to take a bath
3. **Step 3:** Measure the height from the bathroom surface to the light fitting position so that the distance is greater than 1m8.
4. **Step 4:** Mark the location to drill the hole and then use the drill to expand and screw the lamp.
5. **Step 5:** Find the power source to plug the power cord or connect the wire directly to the switch in the bathroom.

How to use a safety bath heating lamp

After installation is complete, to use energy-saving and safe heating lamps, you should follow these instructions:

1. Turn on the power switch on the lamp body to the '**on**' position. Now the light bulb will immediately light up and warm up the air in your bathroom. Note that if the temperature is not too cold, you can use only 1 bulb (for a switch with 1 ball, 2 ball, 3 ball switch on) to ensure power saving.
2. Wait 2 minutes for the air in the bathroom to be warmed up, or you should turn on before bathing so you don't have to wait.
3. Only use the heating lamp for less than 45 minutes, this is the optimal time for heating lamp treatment. If you want to use it again, turn it off for about 30 seconds then turn it on again.
4. After you've finished showering, remember to press the power button to turn off the heating lamp and unplug the wall.

These bath heating lamps are absolutely not blinding and harmful to the eyes, so it is safe for users and for young children.



Where to buy a heating lamp?

If you are looking for a reputable address in the market to buy bathroom heating lamps, fan heaters, oil heaters, genuine hot packs, good prices, you can consult one of the following two addresses:

Buy bathroom heating lamps in Hanoi

1. No. 56 Duy Tan, Dich Vong Hau Ward, Cau Giay District - Tel: 024.3785.5633

Buy bathroom heating lamps in HCMC

1. 716-718 Dien Bien Phu, Ward 10, District 10 - Tel: 028.3830.8569

Or order online [here](#) .

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