

**AMERREC****"DIGITAL" SERIES SAUNA HEATER  
INSTALLATION AND OPERATING INSTRUCTIONS****DC60 CONTROL INSTALLATION & OPERATION**

The Amerrec DC60 control uses low voltage to switch your sauna heater on and off, to adjust the room temperature, and to adjust the length of your sauna bath. Either one or two controls may be connected to the heater. When power is connected to the heater, the room temperature setting is automatically preset to 175°F and the bath time is set to 45 minutes. These settings are adjustable (as described below) from 150° to 194° and from 5 to 60 minutes and any changes are remembered by the heater for your next bath. Should the heaters power be lost then restored, the settings will return to their 175°/45 minute default values.

**INSTALLATION ROUGH IN** The low voltage control must be mounted outside the sauna room. Drill a 2" hole in the wall at the desired switch location. String the Amerrec supplied 25 foot cable through ½" holes in the wall studs or ceiling joists from the switch location to the heater. A 1-gang rough-in box may be used with a rough-in adapter plate supplied by Amerrec: simply plaster or tile to the edge of the 2" adapter hole. Note: Use the factory supplied cable only! Do not staple through or otherwise damage the cable!

With the decorative cover removed from the DC60 switch assembly, locate the control cable and plug it into the jack on the back of the control housing. Screw the two 3" control housing mounting screws ¼" into the mounting bracket. Insert the mounting bracket into the wall cavity by first pushing with the control housing then with a hard flat surface on the face of the control housing mounting screws which extend out through the control face. Once the mounting bracket has been inserted into the finished wall, center the control and tighten the mounting screws to draw the control housing securely against the finished wall. *Do not over tighten the mounting screws.* Install the decorative cover plate by sliding the top of the cover plate over the tab on the top of the control housing and pushing on the bottom of the cover plate to complete the snap fit. Route the heater end of the control cable through the small electrical access hole at the bottom of the heater and connect it to either J1 or J2 on the heater circuit board. If two controls are to be installed, plug the second cable into the remaining connector. It does not matter which of the two connectors is connected to a control. *Do not attempt to plug in more than one control to a single connector!*

**OPERATION** With the power circuit to the heater turned on, press the control ON/OFF button once. The room temperature will be displayed on the control. The heater will turn on and begin heating the room. Once the selected bath temperature is reached, the heater will turn off and on again as needed to maintain the desired temperature. At the end of the selected bath time, the heater will turn itself off and the control display will turn off again.

**WARNING**

*Do not locate benches over heater. Minimum clearance of ceiling above heater 44".*

*Minimum clearance from heater to wooden surfaces (benches, side walls, heater fence etc.) 2 inches.  
Mounting brackets supplied.  
Provides proper clearance from wall behind heater.*

*Use only copper wire of the size and type indicated in the Heater Specification Chart and the temperature rating indicated on the heater junction box.*

*All heaters and controls must be grounded per NEC to prevent electrical shock in case of unit failure.*

*Electrical outlets or receptacle must not be installed in a sauna room.*

*A guardrail or fence is required around the heater to prevent burns from accidental contact.*



### SECTION 7: OPERATION, Continued

**SETTING THE TIME AND TEMPERATURE** To change the time setting, press the control ON/OFF button to turn on the heater. Press and hold the TIME button on the control: the control will display the bath time setting. Continue to hold the TIME button pressed and the display will show the time setting changing in 5 minute increments. Continuing to hold the TIME button will cause the time to increase to a maximum of 60 minutes, then decrease to 5 minutes, then increase again. Release the TIME button when the desired time setting is reached.

To change the temperature setting, press the control ON/OFF button to turn on the heater. Press and hold the TEMP button on the control: the control will display the sauna room temperature setting. Continue to hold the TEMP button pressed and the display will show the temperature setting changing in 1 degree increments. Continuing to hold the TEMP button will cause the temperature to increase to a maximum of 194°, then decrease to 150°, then increase again. Release the TEMP button when the desired temperature setting is reached.

### SECTION 8: HIGH LIMIT CONTROL (RESET BUTTON)

The sauna heater has a built-in high limit control, which automatically turns off the heater if the temperature inside in the sauna room rises to an abnormally high level.

To restart the heater, let the heater cool, then push the reset button on the bottom of the heater, see Diagram 1. If the high limit continually shuts off the heater, contact a service representative at 1-800-331-0349.

### SECTION 9: HOW TO TAKE A SAUNA

- When taking a sauna, allow time to relax completely.
- Remove clothing and jewelry...if required, wear a towel loosely.
- After 10 minutes or when perspiration begins, leave sauna and relax in dressing area...follow with a cool shower.
- Cooling time should equal time spent in sauna. Enter sauna room again and stay 5 or 10 minutes.
- Repeat the cycle 2 or 3 times; end with a brisk shower...rinse in cool water.
- Dress when completely dry and perspiration has stopped.
- Some sauna bathers enjoy the soothing effect of steam by splashing water on the heated sauna rocks. Use only one dipper full (approx. ½ cup) at a time and keep clear of the steam as it rises off the rocks.
- Do not smoke, exercise or drink alcoholic beverages in the sauna room.
- Do not pour chlorinated pool or spa water on the heater or corrosion damage may result.



Shower



Sauna (10 - 15 min.)



Shower or swim



Rest (10 - 15 min.)



Relax with juice or water

You liked it?  
Do it once again and  
you will feel great.