

TWIN Ergonomic Heating Footrest

Models 3184AT & 3185AT — Product Datasheet

Heated, height- and angle-adjustable ergonomic footrests with padded leg-rest bar



Model 3184AT — flat platform with soft heated pad



Model 3185AT — curved cradle-style heated pad

Table of Contents

Right-click the table of contents and choose “Update Field” to refresh page numbers.

1. Product Overview	2
2. Key Features.....	2
3. Technical Specifications	3
3.1 Dimensions & Electrical Data.....	3
3.2 Mechanisms	4
3.3 Construction & Materials.....	4
4. Operation Instructions.....	4
4.1 Power connection	4
4.2 Heating control.....	5

4.3 Height and angle adjustment	5
5. Safety, Care & Maintenance	5
6. Ergonomic Benefits	6

1. Product Overview

The TWINCO 3184AT and 3185AT are premium ergonomic heating footrests designed for modern offices, home workstations and any seated environment where comfort and warmth matter. Both models combine a supportive foot platform with an integrated low-voltage heating pad and a padded upper leg-rest bar, delivering warmth, support and healthy movement throughout the working day.

The two models share the same heavy-duty steel frame, heating system and adjustment mechanisms, and differ in the shape of the foot surface:

- **3184AT** — flat, generously sized foot platform (420 × 290 mm) covered with a soft heated pad; ideal for users who prefer a stable, level surface with free foot positioning.
- **3185AT** — curved, cradle-style heated pad that gently supports the soles and arches; ideal for users who prefer a contoured, rocking-friendly surface.

Both models offer three height settings, a free-floating tilting platform with a unique rotation-resistance system, three heating levels with automatic shut-off, and a universal USB / Type-C powered design. The products are CE certified.

2. Key Features

- **Stable heat:** wired heating design with 13 W output delivers consistent, reliable warmth.
- **Fast heating:** quick-heating technology minimizes waiting time; three temperature settings let users customize warmth to their preference.
- **Three heating levels with auto-off:** 100 % / 70 % / 50 % power levels with 60 / 90 / 120-minute automatic shut-off for worry-free use.
- **Height adjustable:** three easy height settings adapt to different users, chairs and desks.
- **Angle adjustable:** the platform tilts freely under foot pressure; the unique rotation-resistance system provides perfectly balanced resistance while swiveling.
- **Padded leg-rest bar:** the upholstered upper bar supports the calves for relaxed leg elevation and stretching.
- **Premium comfort materials:** soft polyester fabric covering over 30D high-density foam; the pad easily conforms to feet of any size.
- **Strong and stable:** heavy-duty powder-coated steel construction with four non-slip rubber feet that prevent sliding.
- **Universal power supply:** USB and Type-C cable included; works with computer USB ports, power banks and 5 V wall adapters.

- CE certified.

3. Technical Specifications

3.1 Dimensions & Electrical Data

Item	3184AT	3185AT
Foot surface	Flat platform with heated soft pad	Curved cradle with heated soft pad
Overall dimensions (W × D × H)	495 × 360 × 450 mm	490 × 360 × 450 mm
Foot platform / pad size (W × D)	420 × 290 mm	420 × 290 mm (curved)
Height settings (3 positions)	90 / 120 / 150 mm	95 / 125 / 155 mm
Angle adjustment	Free tilt, foot-pressure controlled	Free tilt, foot-pressure controlled
Input power	5 V / 2.6 A	5 V / 2.6 A
Rated heating power	13 W	13 W
Heating levels	3 levels: 100 % / 70 % / 50 %	3 levels: 100 % / 70 % / 50 %
Auto shut-off	60 / 90 / 120 min (by level)	60 / 90 / 120 min (by level)
Connection	Type-C port on pad; USB + Type-C cable included	Type-C port on pad; USB + Type-C cable included
Frame	Powder-coated steel	Powder-coated steel
Feet	4 non-slip rubber feet	4 non-slip rubber feet
Certification	CE	CE

Table 1 — Technical data for models 3184AT and 3185AT

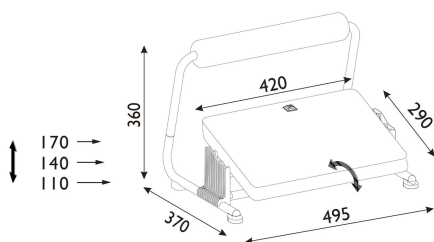


Figure 3.1 — 3184AT measurement drawing (dimensions in mm)

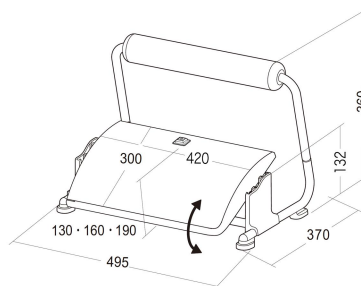


Figure 3.2 — 3185AT measurement drawing (dimensions in mm)

3.2 Mechanisms

- **Height adjustment mechanism:** a three-position stepped side bracket allows the platform to be set to three heights quickly and without tools.
- **Tilting / rotation mechanism:** the platform pivots freely around a horizontal axis. The unique rotation-resistance system delivers smooth, perfectly balanced resistance when the platform is swiveled by the feet, so the angle can be adjusted simply by pressing with the feet.
- **Support frame:** a rigid tubular steel frame carries the padded leg-rest bar and stabilizes the whole unit; four non-slip rubber feet keep the footrest firmly in place on hard floors and carpets.
- **Heating element & control:** a wired 13 W heating sheet is integrated into the pad and operated by a single illuminated push-button on the pad surface, powered through a Type-C port.

3.3 Construction & Materials

Component	Material / Construction
Frame & leg-rest bar	Heavy-duty steel tube, powder-coated finish (black)
Foot platform base (3184AT)	Rigid support panel, powder-coated steel structure
Cushioning	30D high-density foam; premium foam conforms easily to the shape of any size feet
Cover	Soft polyester fabric — soft, comfortable and durable
Leg-rest bar pad	Foam-padded roller with durable black upholstery
Heating unit	Integrated wired heating sheet, 13 W, with control button and indicator light
Feet	4 × non-slip rubber feet
Cable	Universal USB to Type-C cable (included)

Table 2 — Construction and materials

4. Operation Instructions

4.1 Power connection

- Please use the supplied original cable. Connect the Type-C plug to the heating pad and the USB plug to the power supply.
- Rated power is 5 V / 2.6 A. Use a quality 5 V / 2 A or 5 V / 3 A power adapter or power source — e.g. a computer USB port, power bank or wall adapter with 5 V / 2 A or 5 V / 3 A output. A power adapter with output over 5 V / 3 A is prohibited.

4.2 Heating control

- Turn on: long-press the power button for 2 seconds until the indicator light turns on. The product starts at the highest level with the indicator shining red constantly.
- Heating level setting: briefly press the power button to cycle through the 3 heating levels, identified by the indicator color.
- Turn off: long-press the power button for 2 seconds until the indicator light turns off.
- Auto shut-off: the heating pad switches off automatically to prevent overheating — after 60 minutes on the highest level, 90 minutes on medium and 120 minutes on the lowest level.

Indicator color	Heating level	Auto shut-off
Red	Highest — 100 % power	60 min
Blue	Medium — 70 % power	90 min
Green	Lowest — 50 % power	120 min

Table 3 — Heating levels and automatic shut-off

4.3 Height and angle adjustment

- Height: lift the platform and re-seat it in one of the three stepped positions on the side brackets (see assembly instruction). No tools are required.
- Angle: simply press the platform with your feet to tilt it forwards or backwards. The rotation-resistance system holds the selected angle with comfortable, balanced resistance.
- Leg rest: place your calves on the padded upper bar to elevate and relax your legs.

5. Safety, Care & Maintenance

- Do not use on an infant, an animal, or by a person insensitive to heat; not for use by children without adult supervision.
- Do not use if any visible damage is apparent (cracks, tears or exposed wires and heating sheet). Do not use a damaged cord.
- Instantly turn off the heating pad and unplug it when overheating or a charred smell occurs in use.
- Do not bunch, sit or stand on the pad; avoid sharp folds. Never pull the pad by the supply cord, and do not use the cord as a handle.
- Do not use pins or other metallic means to fasten the pad in place. Do not heap or cover anything on the pad when in use.
- Unplug when not in use. Never leave the appliance unattended, especially if children are present.

- **Cleaning:** unplug and disconnect before cleaning. Wipe the surface with a slightly damp cloth with mild detergent; do not use a dripping wet rag, harsh chemicals or abrasive cleaners. Do not submerge the heating pad in water — it is not waterproof.
- **Dry thoroughly** before reconnecting. Avoid folding or crimping when storing; loop the cord loosely. Store in a dry, safe, clean and cool place.

6. Ergonomic Benefits

- **Healthier sitting posture:** supporting the feet at the correct height keeps knees and hips at a comfortable angle, reduces pressure on the lower back and thighs, and helps users sit upright at any desk.
- **Soothing warmth:** the heated pad can relieve pain and discomfort and provides ample, consistent warmth to the feet — especially welcome in air-conditioned offices and cold seasons.
- **Active sitting & circulation:** the free-tilting platform with balanced rotation resistance encourages gentle foot and ankle movement, stimulating blood circulation in the legs during long periods of sitting.
- **Individual adaptability:** three height settings, a stepless tilt angle and three heat levels adapt the footrest to different body heights, chairs and personal comfort preferences.
- **Pressure-free comfort:** the high-density foam pad conforms to the shape of the feet, distributing pressure evenly; the 3185AT curved pad additionally cradles the arches, while the 3184AT flat platform allows free foot positioning.
- **Leg relaxation:** the padded upper bar lets users elevate their calves, easing muscle tension and fatigue in the lower legs.