

Autorange Multimeter Guide: Testing Your Earthing System

Your autorange multimeter comes with three leads: one black, one red, plus a longer green lead. We only use the **BLACK** and **GREEN** leads for testing.

1. PREPARE THE BLACK LEAD

Remove the plastic cover & cap from the black lead ends (both ends).

(The cap may be tight, so pull firmly)



4. CONNECT THE EARTHING ADAPTER.

Plug the other end of the green lead into the **same green** Earthing Adaptor which your product is connected to

Connecting to a different adaptor can give false readings. The power point can be off or on (both are fine for earthing).



6. TESTING. While holding the leads' metal end, and **UNEARTHED** (NOT touching your earthing product), note your voltage reading

Now touch the earthing product using body weight, and the voltage reading should go down by 90% or more (e.g. a drop from 2.000 to 0.200 is a 90% drop).

You are now **EARTHED**.

This confirms your earthing system is working well, and the earth's valuable free electrons are flowing into your body.

2. INSERT LEADS

Put the Black lead into the right VΩHz socket.

The green lead goes in the middle 'COM' socket.

Vice-versa is also OK

3. TURN ON

Turn the dial to the 1st setting next to OFF.

marked \checkmark .

AC will display on the screen - left corner



5. TOUCH THE BLACK LEAD END

Hold the metal end of the black lead **against your skin**

(The metal must touch your skin for a good reading. Eg, between your fingers)



Fun Things to Try

While unearthed, move your hand near an electrical device, powerpoint or light switch, and see your AC Body voltage reading go up. This is the AC electrical EMF field inducing millivolts into your body. Earth yourself while your hand is near that same electrical device, the millivolts decrease.

If you have a Better Earthing underlay, compare your millivolts when sitting to lying down. When you lie down your voltage should decrease more as more of your body is connected to the earth.