

	Lastolite Lumen8 F200	Lastolite Lumen8 F400
Stored Energy	200 w/s	400 w/s
Guide Number (m/100iso)	42	60
Recycling Time (100%)	0.3 ~ 0.9 sec	0.4 ~ 1.6 sec
Flash Duration	1/700 ~ 1/1700 sec	1/700 ~ 1/1700 sec
Flash Power	Full ~ 1/32nd	Full ~ 1/32nd
Power Control (stepped rotary dial)	1/10th F'Stops	1/10th F'Stops
Body Construction	Metal casing with plastic control panel	Metal casing with plastic control panel
Unit Colour	All Black	All Black
User Replaceable Flash Tube	No	No
Modelling Lamp	100w	100w
Modelling Lamp Modes	Full, Prop, Off	Full, Prop, Off
Auto Dump	Yes	Yes
Colour Temperature	5300 ~ 5600k	5300 ~ 5600k
Slave Cell	Yes (10 metres)	Yes (10 metres)
Triggering Methods	Sync, Test, Slave	Sync, Test, Slave
Main Operating Controls	Rocker Switch	Rocker Switch
Sync Voltage	4v DC	4v DC
Voltage Stabilisation	+/- 1%	+/- 1%
Fan Cooled	No (not required)	No (not required)
Thermal Cut Off	Yes (x2)	Yes (x2)
Ready Light	Yes	Yes
Audible Recharge Confirmation	Yes	Yes
Operating Voltage	170 ~ 240v 50 ~ 60Hz	170 ~ 240v 50 ~ 60Hz
Umbrella Fitting	8mm	8mm
Fuse rating	6 amp	6 amp
Spare Fuse Supplied	Yes	Yes
EM Noise Suppression	Yes	Yes
Length x Width x Height (mm)	410 x 182 x 210mm	410 x 182 x 210mm
Weight	2.3kg	2.5kg
Mounting System	'S' Type compatible	'S' Type compatible



Lastolite **lumen8**

User Manual



With all panel switches in the down position (off), connect the mains by pushing the mains lead plug firmly into the panel **Mains Socket**. Use only the supplied approved lead, do not use a mains lead of lower power. A moulded lead matched to your mains outlet socket will be supplied. Alternative leads are available from your unit supplier. Connect the unit only to the voltage and power as indicated on the panel and the unit's ratings label.



If the **Power** switch does not light when switched on, check that the mains power is connected properly and switched on. Alternatively, there could be a blown fuse within the fuse socket. Refer to the fuse changing instructions if required.



If the **Ready** indicator does not light after a maximum of a few seconds after unit switch-on, turn the unit off immediately - there is likely to be a fault; refer to the fault diagnosis chart.

The ready light indicates when the unit can be flashed. Do not try to fire the unit before this indicator is lit. When firing the unit at short intervals, refer to the maximum advisable flash rate; firing the unit too quickly can cause the flash tube to misfire or the unit to overheat.



The **Test** Button can be used to check the unit's firing or to check the firing of other units via their slave cells. The unit can be flashed using the button even if there is a sync. connection cable fitted.

Switching on and firing the unit a few times at least every month will keep the unit in good condition.



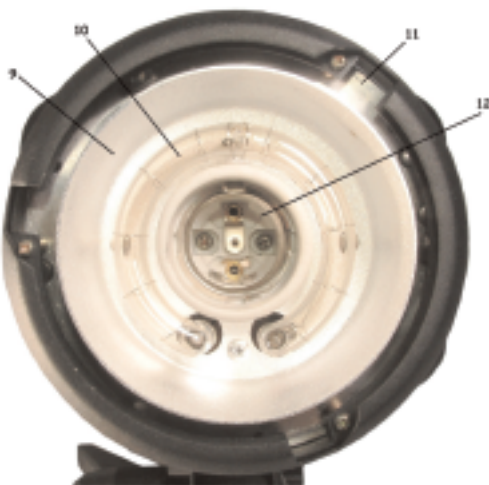
The **Sync** Socket takes a standard 6.35mm (1/4in) mono jack plug. The low sync. voltage allows direct connection to most cameras. The sync. lead supplied connects to the camera's PC socket. If your camera has a hot-shoe connection instead of a PC socket, a hot-shoe adapter, available from most photo retailers, will allow the sync. lead to connect to the camera.

Some remote trigger systems can be plugged into the unit's sync. socket, though sync. circuit damage could result if an unsuitable connection is made; check with the unit's supplier if in doubt.



Protector Cap

- 1** Standard Reflector
- 2** Reflector Release Button
- 3** Slave Cell
- 4** Lighting Stand Clamp
- 5** Clamp Screw
- 6** Umbrella Clamp Screw
- 7** Umbrella Clamp
- 8** Reflector/Umbrella Slot



- 9** Inner Reflector
- 10** Flash Tube
- 11** Reflector Bayonet Slot
- 12** Safety Lamp Holder



With all panel switches in the down position (off), connect the mains by pushing the mains lead plug firmly into the panel mains socket. Push the **Power** switch up to the on position; the **Ready** indicator will light showing that the unit is ready to flash.

Press the flash **Test** button (see page 10) to fire the flash (if the power switch does not illuminate when switched on, the unit's fuse may be blown - see fuse replacement instructions).



If modelling light is required, switch up the **Model** switch to turn the lamp on (if a lamp has not been fitted, switch off the unit and fit a suitable lamp - see lamp fitting instructions).

When the unit is flashed, the lamp will extinguish briefly to indicate that the unit has flashed - this function is useful when multiple flash units are used. With this function, the photographer can easily check from the camera position that all units have flashed.



When the **Full** switch is switched up, the modelling lamp function changes - the lamp will stay on when the unit is fired and the lamp will also always be at full power, irrespective of the position of the power control knob.



If it is required to fire the unit automatically from another flash, switch the **Remote** switch up to the on position. With this function turned on, multiple units will flash at the same time; sync. connecting cables are therefore not required between units. For optimum operation of the Slave Cells, refer to Slave Cell operating instructions.



If sound indication of firing is required, switch the **Beeper** switch on. A brief, repeated sound is made after the unit has fired while the unit is recharging. The sound stops at the point of Ready indication. In this way it is possible to hear the time at which one or more units are ready to flash again.



It is recommended that the F200/F400 be used with medium-weight lighting stands with standard 16mm male spigots. The stands must be stable when fitted with the unit and reflectors, umbrellas or soft-boxes and when they are extended to full height. If the stand and unit fall over, severe damage to the flash-unit is likely.



To release the Lighting Stand Clamp, turn the Tilt handle anticlockwise. Swing the clamp to a new position then tighten. The Tilt handle can be placed in any position by lifting it up against its spring, turning then releasing.

Place the unit on the stand; loosen the Clamp Screw if required. Retighten the screw so that it fits the unit securely to the stand's spigot.

The unit can now be tilted into any position. It is recommended that the unit's handle be held with one hand while adjusting the tilt with the other.

OPERATING PRECAUTIONS/SAFETY

The F200/400 units are designed for indoor use only and for connection to domestic 220-240VAC single phase only. The unit must be operated with an adequate ground/earth, as normally found in three connection mains plugs. For safety, a continuous ground connection to the camera is provided by the low voltage sync. circuit and sync. cable.

Do not operate in damp conditions or with wet hands. High voltage is present inside, even when disconnected from the mains. Do not open the unit; there are no user-serviceable parts inside. Use only the recommended mains cable (supplied) and only the recommended modelling lamps.

Do not fire the flash faster than 8 times per minute for long periods of over one hour. If you do the thermal cutout may activate and a cooling period will be required before you can continue. Do not place inflammable material near the modelling lamp or flash-tube. Do not enclose the unit so that the free-flow of air is compromised.

The F200/400 fuse protects the unit from further damage after a component malfunction. In many cases, the cause of a fuse blowing may simply be a modelling lamp failure. Some lamps temporarily short-circuit when they fail causing the unit's fuse to blow; there may then be no other malfunction in the unit. Once the fuse and lamp has been replaced, the unit can be ready to use once again.

If the fuse has blown, both the illuminated Power on/off switch and the Ready indicator will not light when power is applied to the unit.

Note: It is important to replace the fuse only with one of the same rating. For both units, the fuse type is as follows: **6Amp (or 6.3Amp), 20mm, 220-250V, Antisurge, Ceramic.**

The fuse designation is sometimes written as: 6.3A(T) or 6.3AL

For convenience, all flash units are provided with a spare fuse built into the fuse-holder. The following procedure must be taken to replace the fuse:



The fuse-holder is accessed by first removing the mains plug from the unit. The fuse-holder can then be gently levered out to reveal the main fuse (A) and the spare fuse (B).

Unhook the main fuse and discard. Push out the spare fuse from the holder and place it into the original position of the main fuse.

Replace the fuse-holder into the mains socket and plug the mains plug back again. If the fuse-holder has been incorrectly replaced, the mains plug will not fit.

When the power is switched on, the Power switch will illuminate and the unit will come to Ready. If this does not happen, there may be another fault, possibly internal to the unit. The unit then may require repairing by a qualified technician.

**DO NOT OPEN THE UNIT UNDER ANY CIRCUMSTANCES
OR ATTEMPT A REPAIR YOURSELF**



- 13 Mains Power Socket
- 14 Fuseholder & Fuses
- 15 Power On/Off
- 16 Modelling Lamp On
- 17 Modelling Lamp Full
- 18 Slave Cell On

- 19 Beeper/Sounder On
- 20 Flash Test Button
- 21 Ready-to-Fire Indicator
- 22 Flash/Modelling Power
- 23 Sync. Lead Socket



The **Power Control** is used to select the flash power output of the unit; it also controls the modelling lamp dimming when the **Full** switch is in the off position.

Minimum power, **1/32**, is selected with the control fully anticlockwise. In this position the flash power is at the lowest level and the lamp is at its dimmest.



If the **Power Control** is turned to the **1/16** position, the flash output will have increased by approximately 1stop of light. The modelling lamp will have increased in approximate proportion (actual lamp level increase will be determined by a number of factors, among them the type of lamp used and the mains operating voltage).



Turning the **Power Control** clockwise to the **1/8** position will increase the flash by another one stop (approximately double the light). Mid-way positions can be used for increases in light of less than one stop; the control has small click indents to aid fractional power selection.

The lamp dimming can be used to indicate relative flash power between units when using multiple units (**Full** switch in the off position).



Turning the **Power Control** clockwise to the **1/4** position will again increase the power by one stop. Power can be decreased at any time by turning the control anticlockwise. When power is decreased, the unit will auto power-dump by flashing. In this way, the unit will automatically get rid of excess power.



1/2 and **1 (Full) Power** can be selected in a similar way. At full power the flash and modelling output are at maximum. Note that small changes in flash colour temperature and flash duration occur when the power control is changed.



If a Protector Cap is fitted, it must be removed before the unit is switched on. Remove the cap by turning it anti-clockwise until the cap bayonets can be lifted out of the reflector bayonet slots (the Reflector Release Button may have to be slid back).

NEVER OPERATE THE LAMP OR THE FLASH WHILE THE PROTECTOR CAP IS FITTED.

Damage to the unit could occur if the cap melts due to the heat from the flash-tube or lamp.

Replace the Protector Cap when the unit is not in use.

Reflectors and other accessories (such as Soft Boxes) can be fitted to the unit by way of the three Reflector Bayonet Slots. When fitting any accessories, do not allow anything to touch the flash-tube. The glass flash-tube can be damaged or broken if it comes into contact with any accessory.

It is preferable to fit the modelling lamp after fitting the accessory, if it is possible.

Line up the reflector bayonets over the slots, as shown. If an umbrella reflector is also going to be used, orientate the reflector so that the oblong reflector slot is at the bottom of the unit.

Engage the reflector bayonets and turn the reflector until it stops. For security of fitting, slide back the Reflector Release Button and turn the reflector further.



At this point, the oblong reflector slot should be in line with the unit's umbrella clamp; if an umbrella is going to be used, the umbrella shaft should pass through the reflector and into the slot of the umbrella clamp. Note: When inserting the umbrella shaft, do not allow it to touch the flash-tube; damage to the tube may occur. Always clamp the shaft into place using the Umbrella Clamp Screw (do not over-tighten this screw; distortion damage to the shaft may occur).

To release the reflector, first remove the modelling lamp, if fitted. Turn the reflector anti-clockwise and, at the same time, slide back the Reflector Release Button.



The F200/400 units are fitted with high temperature ES safety lamp sockets which are designed to reduce the possibility of injury due to electrical shock.

The following precautions are still required when fitting a lamp:

1. The lamp rating must be a maximum of 275Watt 220-250V
2. Standard 150W and 275W Photoflood ES lamps are recommended.
3. Do not use single envelope, open QH lamps under any circumstances.
4. Turn the unit off before fitting a lamp.
5. Turn the unit off and allow the lamp to cool before replacing it.
6. Keep fingers away from the socket or the lamp thread when fitting the lamp.
7. Avoid touching the flash-tube with the lamp. Note that the flash-tube is not user-replaceable; flash-tube replacement must be carried out by qualified engineers only.
8. It may be necessary to replace the unit's fuse if a lamp has broken; refer to fuse replacement instructions.
9. Most lamps are fragile and can easily break. Take care when fitting a lamp.
10. The ES screw socket may require the lamp to be fully screwed down in order to make contact. If a new lamp fails to light, check that it is fully screwed down.
11. Take care not to damage the lamp when fitting reflectors and accessories.
12. Lamp filaments are fragile, particularly when hot. Avoid moving or jarring the unit when the lamp is on.
13. Anything placed in front of the lamp must be fire-resistant. Soft-box material must be suitable for the purpose.
14. The lamp envelope and the surrounding metal will become hot during use.
15. Avoid fitting accessories that restrict the flow of air around the lamp and flash-tube.
16. The unit is fitted with a comprehensive system of thermal safety cut-outs. These cut-outs will shut the flash circuit down in the event of overheating. The overheat condition will be indicated by the Ready light being extinguished even when the Power switch is illuminated. The lamp will still be on if the lamp Full switch is on. If the overheat condition is indicated, switch the unit off and leave it for 30 minutes. If the overheat condition persists, refer the unit to a qualified engineer to be repaired.