



Electroplay guidelines for beginners

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Introduction

This document is aimed to provide a guide for people interested in the subject of electroplay; it is not a substitute for technical training on the subject but will ensure that you start your journey with an understanding of what is safe for beginners.

Some advanced users may not agree with all of this information, but it is designed to be a safe play guide. I would recommend anyone with an interest in learning more on the subject seeks out appropriate advanced reading materials and takes the time to research the subject as with an understanding of Biology, Physics and Safety most things are possible, they just need to be extremely careful with planning and considerable thought.

Definition:

Electroplay- the use of electrical devices in play for pain or pleasure. This might include TENS, eStim, Stereostim, EMS, High frequency, galvanic generators, violet rays and violet wands.

Primer

Electroplay and eStim technology have become a lot more commonplace throughout the BDSM scene in the last few years. It used to be the case that the crackle and strange light from the corner of the room attracted strange looks of fear and wonderment. This increase in popularity and access to the required equipment must not be mistaken for a downgrading of the potential dangers of this type of play. Electricity is not a forgiving playmate, and its Mastery requires an understanding of Biology (human physiology) and Physics (basic electrical knowledge and electronics).

I personally enjoy this play style because it gives me the ability to play in a way that is not normally possible and combines organic and technology to produce sensations.

Health and Safety

Never play with anyone without checking at least the basic health and safety, if they don't ask you at least these following questions they do not value safety in what they are doing and should NOT be trusted as a player:

- Heart problems
- Implanted medical devices (pacemakers, pumps, and plates)
- Nervous conditions (such as strokes and epilepsy)

Never play with electricity if either party has been taking drugs, there is a risk that they will put extra pressure on your heart and may lead to unexpected reactions to the electrical stimuli.



Never do electroplay in an environment that you are not in 100% control of, a passing nudge or brush can cause the electricity to flow in a path that you did not expect and thus cause problems. When playing in clubs I usually enlist a blocker to ensure that people don't get too close to the scene. Caution should also be taken around metal furniture, which will obviously conduct, this can be painful if it touches your legs or arms and is potentially lethal if the metal is in contact with the back of the body while play occurs on the front. If the subject becomes grounded or earthed the sensation will quickly change to one that is in no way pleasant and most likely fatal.

Much is discussed on the subject of playing above the waist and in particular stimulating nipples. I have decided to answer this specifically in the devices section of this paper.

Avoid playing in areas such as the head and neck where nerves run close to the surface of the skin and will be at increased risk of adverse effects. Never apply electrostimulation to broken or grazed skin as it conducts in a completely different way to intact skin and if a rash develops stop the play immediately.

Never mix electricity and any form of liquid. If something is spilt on your equipment immediately stop its use and store safely until it can be safety tested.

Devices

Violet Wands

Violet wands were originally invented as medical devices following on from the trend for faradic therapies in the late 1800's. They were supplied with a variety of different shaped glass attachments and strange devices for specific applications. There is little evidence that they worked for this application or more recently the use of violet ray (similar devices) in the beauty industry.

The common principle is that as devices they take mains voltage and alter it to produce a high voltage output between 20,000 and 50,000 Volts while removing a direct connection to the mains supply and thus the current. This is achieved by means of a series of coils in the unit in a similar way to a mains transformer.

In good working order these devices are safe to use as long as the following precautions are taken:

- The health and safety advice section above are followed.
- Always test the output level as operator prior to application to any victim.
- Only the glass attachments should be used, these provide an ultimate “spark gap” and thus no risk of direct connection to mains voltage in the event of equipment failure.
- Care is taken in handling the glass attachments, glass is in fact an extremely viscous liquid and will deteriorate with time, and as such only specialized modern attachments should be used internally.



- Applying the wand to piercings will create an intense sensation as the spark arcs straight to the metal, this MUST NOT be done on fresh piercings as the resultant skin damage will impede healing.
- Never use the Ozone generating attachments, as these are highly toxic and will cause breathing problems.

Using wands on nipples is safe as long as care is taken to observe the rules above and that there is no risk of contact with the upper body of the person to ANYTHING conductive at the time of play. It is especially worth noting that concrete will conduct high voltage electricity at these levels.

Never attempt to repair a wand yourself unless you have specialist knowledge of electrical engineering and access to the appropriate testing equipment. There are several people known for their ability to safely refurbish wands; they can be contacted through the yahoo newsgroup listed at the end of this document.

Although violet wands can be used to produce a temporary or after repeat application a permanent branding it is recommended that you use a secondary contact and “dental pick” rather than the fulguration or wart burning electrode as it is more accurate and controllable. As with all skin damage even if it appears barely visible with your natural skin tone the tissue may not tan or react in the same way as non-damaged skin. You certainly don't want to be the person who when kinky consented to having the word “slut” branded on his chest only to find out years later when he was no longer engaging in kinky activities that the word “slut” would appear on his chest after a few minutes of being in the sun, it certainly hard to explain to non kinky family and friends on the beach.

TENS and Muscle Stimulators

Transcutaneous Electrical Nerve Stimulation (TENS) is a low voltage current carrying form of electroplay. Although much lower voltage than the violet wand the current that is present makes this a less forgiving form of electroplay. Initial use should be limited to:

- Commercial medical TENS or commercial electro stimulation systems.
- Sticky pad electrodes or purpose made electrodes.
- Always use conductive lubricants to avoid hot spots.
- Follow manufacturers guidelines.
- Do not use piercings as electrodes as they may cause localised burning to surrounding tissues.
- Do not use electrodes above the waist unless the system and electrodes are specifically designed for this application i.e. are bipolar.
- Always use battery powered or mains isolated equipment.
- Electrodes should be paired in similar contact area sizes to avoid imbalanced sensations.
- The positive terminal will always be more intense.
- Always reset the power to lowest setting before removing or moving any electrodes.



Although “build your own” kits do exist, and many people are tempted to create makeshift electrodes these are not recommended unless you have advanced understanding of physics.

Muscle stimulators and slimming belts can be adapted for electroplay but are generally not as well built as commercial products and their previous home use does not infer that they are safe for play.

Other devices

There are a number of other electrical toys and pevertable items that emit stimulation from a mild fizz to a sharp shock. These include but are by no means limited to:

- Fly swatters
- Shock toys
- Chinese medical devices

The same care should be taken not to have any potential path through the chest region when playing with such items and avoid new piercings as contact points for the reasons mentioned above.

Dangerous Toys list

The following toys cannot be considered as items safe for new users to experiment with; they carry specific hazards that require a greater safety understanding than this document is aimed at supplying:

- Cattle prods
- Electric shock dog collars
- Mains powered muscle stimulators
- Hand cranked or dynamo driven devices
- Electric fences

The majority of pleasurable and intense sensations can be created without the use of these items, and they are certainly not recommended for a clubbing environment.

Further reading and references.

Books:

Juice: Electricity for Pleasure and Pain by Uncle Abdul – a good resource but not 100% accurate

Newsgroups:

<https://groups.yahoo.com/neo/groups/violetray/> (Non play non adult group)

https://groups.yahoo.com/neo/groups/Electro_UK



Disclaimer

Although every care has been taken to ensure that this information is accurate there are still hazards associated with potential equipment failure or misuse. The author of this document accepts no responsibility for any personal injury or damage caused during electroplay. We are all safe sane and consenting adults and in deciding to engage in electroplay you must do so knowing that it is a hazardous form of edge play.

For more information follow the links below



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