Firstly use the Panasonic remote – turn on using the top left red button

This Panasonic remote is used for volume control

Press the AV button at the top of the control & ensure it is on HDMI1

Humax remote – turn on and ensure the PVR button is selected

The black Humax box will show the words BOOT

Do nothing for 30 seconds

A programme will then appear on the TV screen

Use the Humax remote – the P button near the bottom of the remote to scroll up and down channels