

DIGITAL BATHROOM SCALE INSTRUCTION MANUAL

Please read this instruction manual to ensure the best care for your scale.

Your new electronic personal scale has been designed to accurately indicate your weight gain or loss over a period of time and should give many years of service under normal use.

SPECIFICATIONS

- Equipped with high precision strain gauge sensor system
- Capacity 400lbs/180kgs/28st
- Division 0.2lb/100g
- Automatically step on switch
- Automatic zero reset/auto off
- Low battery/overload indicator

POWER SUPPLY

- 2 x CR2032 lithium battery.
- If the battery is pre-installed, there may be a plastic tag under the battery. Please remove this battery insulator before start
- When the LCD indicate "LO", open the battery door and replace the battery with a new one.



OPERATION

- The display value on your scale maybe affected by electromagnetic disturbances from other electronic equipment that operate near your scale, such as radios, microwaves, cell phones etc. If this occurs, move the device that is causing the disturbance and turn the scale off and restart.
- Put the scale on a hard and flat surface (avoid carpet or soft surface).
- Step on the scale and stand still, you don't need to tap to activate the scale, it will automatically turn on.

- The weight will be locked into the display for several seconds after it starts flashing.
- Step off the scale, when the "0.0" appear you can measure again.

If the scale is moved to new location, it may cause some error for the first time. Please wait for about 8 seconds, it will automatically turn off. Press "MODE" button on the backside of the scale to change the unit from 3 choices of different measurement units. (lb/kg/st)

OVERLOAD INDICATOR

When the scale is over load, "ERR" will appear on the screen.

USE AND CARE

- Placing your scale on a hard and flat surface will ensure the greatest accuracy.
- Always weigh yourself on the same scale placed on the same floor surface. Uneven floors may affect readings.
- Weigh yourself without clothing and footwear; before meals and always at the same time of the day. Morning is the best time.
- Your scale rounds up or down to the nearest 0.2 lb, if you weight yourself twice and get two different readings; your weight lies between the two.
- Clean your scale with a damp cloth but do not allow water to enter the scale. Do not use chemical cleaning agents.
- Do not allow your scale to become saturated with water as this can damage the electronics.
- Do not store the scale in an upright position when the scale is not in use as this will drain the batteries.
- Remove the batteries if the scale is not being used for a long time. This will save battery life and prevent battery leaks. Treat your scale with care. It is a precision instrument. Do not drop it or jump on it.
- Not for legal trade use.

CALIBRATION STEPS

All scales need to be calibrated every few months so that they can keep on reading accurately. To begin calibrate, make sure the scale is on a flat firm surface.

1. Press MODE button on the back of the scale
2. It will shows the ISN (a number) then press MODE button again until the digits displayed on the scale turn into "CAL" and then "0". Now the scale is in calibration mode.
4. Place an objects of known precise weight, at least 30 pounds in the central part of the scale.
5. When the display turn into CAL, it means the calibration is finished. Wait for auto off.

The digital scales will reset automatically after calibration is finished. You can now use the digital scale accurately in your next weigh-in.

Want to know more?
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instruction manual Digital Bathroom Scale

