

**ELECTRONIC
PERSONAL SCALES
INSTRUCTIONS FOR USE**

YOUR NEW ELECTRONIC PERSONAL SCALES HAVE BEEN DESIGNED TO ACCURATELY INDICATE YOUR WEIGHT GAIN OR LOSS OVER A PERIOD OF TIME AND SHOULD GIVE YOU MANY YEARS OF SERVICE UNDER NORMAL USE

SPECIFICATIONS

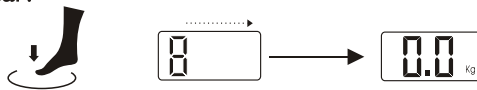
- Equipped with a High Precision "Strain-Gauge" Sensor.
- Capacity 150kg (330lb/24st).
- Division 100g/0.2lb/ $\frac{1}{4}$ lb .
- LCD Display
- Foot-tap Switch.
- Automatic Zero Resetting.
- Automatic Switch off.
- Over Load Indicator.
- Low Battery Indicator.



POWER SUPPLY

- Lithium Battery is included (CR2032). Please remove the insulation sheet from the battery contacts before using. Replace the batteries when the "Low Battery Indicator" shows.

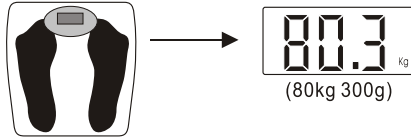
OPERATING INSTRUCTIONS

- **STEP 1.** Put the scales on a hard flat surface (avoiding carpets or any soft surfaces).
- **STEP 2.** Switch on the scales by with a slight tap on the glass platform near LCD display. Then wait a few seconds, the following will appear:



NOTE: The scales will not work properly if you step on the scales before it shows  or . If this happens please start from the beginning of step 2.

- **STEP 3.** Gently step on the scales. Put your feet evenly on the scales without moving and wait whilst the scales compute weight. Your correct weight will then be displayed in the following way:



AUTOMATIC SWITCH OFF

When you step off the scales, it will automatically switch off.
(If no weighing is carried out while the zero is being displayed, the scales will automatically switch themselves off after approximately 6 seconds).

OVERLOAD INDICATOR

When the scales are overloaded (over 150kg/330lb/24st), the following will appear on the screen:



BATTERY CHANGE INDICATOR

When the battery need replacing, the following will appear on the screen:



Please open the back board of the scales, then take the batteries carefully out of the battery compartment . Please push the metal sheet outwards by your finger nails or a sharp instrument. The battery will pop out. Do not bend the contacts back while you do this, or they may break. Dispose of the old batteries in a safe place. Do not place on fire.

CARE AND ATTENTION

- Place your scales on a hard, flat surface will ensure the greatest accuracy and repeatability.
- Always weigh yourself on the same scales placed on the same floor surface. Uneven floors may affect the readings.
- Always weigh yourself without clothing or footwear, and before meals. The first thing in the morning is the best time.
- Your scales round up or down to the nearest 100g/0.2lb / $\frac{1}{4}$ lb . if you weigh yourself twice and get two different readings, your weight lies between the two readings.
- Clean your scale with a damp cloth but do not allow water to get inside the scales. Do not use any chemical cleaning agents.
- Do not allow your scales to become saturated with water as this can damage the electronics.
- Do not store the scales in an upright position when not in use as this will drain the battery.
- Remove the batteries if the scales are not going to be used for a long period of time.
- Treat your scales with care-it is a precision instrument, do not drop or jump up or down on them.

