

Ωmega

# SOLAR BATHROOM SCALE

INSTRUCTIONS  
FOR USE

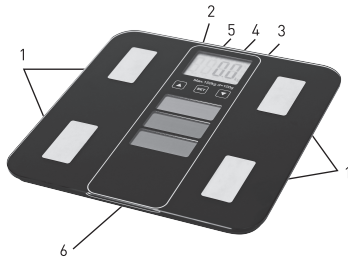
OBSS



## DEAR CUSTOMER

Thank you for choosing one of our products. Our name stands for high-quality, thoroughly tested products for the applications in the areas of heat, weight, blood pressure, body temperature, pulse, gentle therapy, massage and air. Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

## 1. DEVICE DESCRIPTION



1. Electrodes
2. Display
3. DOWN key
4. SET key
5. UP key
6. Solar cell area

## 2. NOTES

- The scales mustn't be used by persons with medical implants (e.g. heart pacemakers). Otherwise their function could be impaired.
- Keep children away from packing materials (danger of suffocation).
- Do not use during pregnancy. Inaccurate measurements may be caused by the amniotic fluid.
- Caution! Do not stand on the scale with wet feet and do not step on the scale when its surface is wet – danger of slipping!

## GENERAL NOTES

- Scale only operates if there is light!
- The unit is for personal use only and is not intended for medical or commercial applications.
- Please note that technically related measuring tolerances are possible, as the scale is not calibrated for professional medical applications.
- Ages 10-100 years and height settings from 100-220 cm (3-03"-7-03") can be preset.
- Load capacity: max. 150 kg (330 lb, 24 st). Graduation in steps of 100 g (0.2 lb/ 1/4 st) or steps of 0.1%.
- On delivery the scale is set to the units "cm" and "kg". A switch located on the back of the scale enables you to change to "inch", "pound" and "stones" (lb, St).
- Place the scale on a firm level floor; a firm floor covering is required for correct measurement.
- The scale should be cleaned occasionally with a damp cloth. Do not use abrasive detergents and never immerse the scale in water.
- Protect the scale against hard knocks, moisture, dust, chemicals, major temperature fluctuations and heat sources which are too close (stove, heating radiators).
- Repairs may only be carried out by Beurer customer service or authorized dealers. Before submitting any complaint, first check the batteries and replace them if necessary.

## 3. INFORMATION ON THE DIAGNOSTIC SCALE

The measuring principle of the diagnostic scale. This scale operates according to the B.I.A. principle (bioelectric impedance analysis). This enables physical relationships to be measured within seconds by means of an undetectable, completely harmless electric current. The body fat percentage and other physical relationships in the body can be determined by measuring the electrical resistance (impedance), and the inclusion in a calculation of constants and individual parameters (age, height, gender, degree of activity). Please be aware that values obtained from the diagnostic scale represent only an approximation of actual analytical medical data.

## GENERAL TIPS

- If possible, always weigh yourself at the same time of day (preferably in the morning), after using the toilet, on an empty stomach and unclothed, in order to achieve comparable results.
- Important for the measurement: body fat can only be measured when barefoot and with the soles of the feet slightly moist. Completely dry soles can result in unsatisfactory measurements due to inadequate conductivity.
- Wait approx. 15 minutes after getting up in the morning to allow the water in the body to distribute.
- Wait a few hours after unaccustomed strenuous activity.
- Stand still during the measurement.

## LIMITATIONS

When measuring body fat and other values, deviating and implausible results may occur in:

- children under approx. 10 years, competitive athletes and body builders, pregnant women,
- persons with fever, undergoing dialysis treatment or with symptoms of edema or osteoporosis,
- persons taking cardiovascular medication, persons taking vascular dilating or vascular constricting medication,
- persons with considerable anatomic deviations of the legs in relation to total body size (length of the legs considerably shortened or lengthened).

## 4. OPERATION



The scale is solarpowered. It requires sufficient light to operate. If the lighting conditions are sufficient, a flashing sun symbol or "0.0" appears in the display. If the lighting conditions are too dark, no measurement can be taken. Place the scale somewhere with more light.

### 4.1. Weight measurement

Place the scale on a firm level floor (no carpet); a firm floor covering is required for correct measurement. Step on the scale. It immediately begins to measure. Stand still with your weight distributed equally on both legs. If the display appears continuously, the measurement has finished. If you step off the weighing area, the scale switches off after a few seconds.

### 4.2. Setting user data

To measure your body fat percentage and other physical data, you must enter your personal user parameters. The scale has 10 memory positions in which you and other members of your family can save and recall personal settings. Switch on the scale (tap the weighing area). Wait until the display shows "0.0". Then press SET. The first memory position will appear flashing on the display. Now you can enter the following settings:

memory position	1 to 10
body size	100 to 220cm (3'-03" to 7'-03")
age	10 to 100 years
sex	male  / female 

You can enter the relevant settings with short or long pressure on the up button ▲ or down button ▼ Confirm the settings in each case by pressing SET. The values SET are displayed again one after another until "0.0" is shown in the display. The scale is then ready to use or automatically switches off after a few seconds.

### 4.3. taking measurements

After all parameters have been entered you can now measure your weight, body fat and the other data. Press the SET button and select the memory space where you would like to save your basic personal data by pressing the UP ▲ and DOWN ▼ button the appropriate number of times. These are displayed in sequence until "0.0" and the selected gender appear. Step onto the scale barefoot and make sure you're standing on both electrodes. First your body weight is determined and displayed. Remain on the scale and avoid moving, it is performing your body fat analysis. This may take a few seconds.

**IMPORTANT** They may be no contact between feet, legs, calves and thighs. Otherwise the measurement will not be performed correctly.

**THE FOLLOWING DATA ARE AUTOMATICALLY-DISPLAYED CONSECUTIVELY**

1. Weight in kg
2. Body fat in % (FAT)
3. Body water in % (BW)
4. muscle percentage
5. bone mass
6. calories

Now all measure values are displayed consecutively and the scale switches off.

**5. EVALUATION OF RESULTS**

Body fat percentage. The following body fat percentages are for guidance (contact your physician for further information).

age	man				woman			
	very good	good	average	poor	very good	good	average	poor
10-14	<11%	11-16%	16,1-21%	>21,1%	<16%	16-21%	21,1-26%	>26,1%
15-19	<12%	12-17%	17,1-22%	>22,1%	<17%	17-22%	22,1-27%	>27,1%
20-29	<13%	13-18%	18,1-23%	>23,1%	<18%	18-23%	23,1-28%	>28,1%
30-39	<14%	14-19%	19,1-24%	>24,1%	<19%	19-24%	24,1-29%	>29,1%
40-49	<15%	15-20%	20,1-25%	>25,1%	<20%	20-25%	25,1-30%	>30,1%
50-59	<16%	16-21%	21,1-26%	>26,1%	<21%	21-26%	26,1-31%	>31,1%
60-69	<17%	17-22%	22,1-27%	>27,1%	<22%	22-27%	27,1-32%	>32,1%
70-100	<18%	18-23%	23,1-28%	>28,1%	<23%	23-28%	28,1-33%	>33,1%

A lower value is often found in athletes. Depending on the type of sports, training intensity and physical constitution, values may result which are below the recommended values stated. It should, however, be noted that there could be a danger to health in the case of extremely low values.

**BODY WATER** The body water percentage is normally within the following ranges.

Man			
age	poor	good	very good
10-100	<50%	50-65%	>65

Woman			
age	poor	good	very good
10-100	<45%	45-60%	>60

Body fat contains relatively little water. Therefore persons with a high body fat percentage have body water percentages below the recommended values. With endurance athletes, however, the recommended values could be exceeded due to low fat percentages and high muscle percentage. Body water measurement with this scale is not suitable for drawing medical conclusions, for example concerning age-related water retention. If necessary ask your physician. Basically, a high body water percentage should be the aim.

Results in relation to time. Note that it is only the long-term trend which counts. Short period fluctuations in weight over a few days are mostly the result of a loss of fluid. The interpretation of the results will depend on changes in your: overall weight and body fat, body water and muscle percentages, as well as on the period during which these changes take place. Rapid changes within days must be distinguished from medium term changes (over weeks) and long term changes (months). A basic rule is that short term changes in weight almost exclusively represent changes in water content, whereas medium and long term changes may also involve the fat and muscle percentages.

- If your weight reduces over the short term, but your body fat percentage increases or remains the same, you have merely lost water – e.g. after a training session, sauna session or a diet restricted only to rapid weight loss.
- If your weight increases over the medium term and the body fat percentage falls or stays the same, then you could have built up valuable muscle mass. If your weight and body fat percentage fall simultaneously then your diet is working – you are losing fat mass. Ideally you should support your diet with physical activity, fitness or power training.

**6. INCORRECT MEASUREMENT**

If the scale detects an error during weighing FATerr or Err appears in the display.  
 If you step onto the scale before " 0.0" appears in the display, the scale will not operate properly.

Possible causes of error: • The maximum load-bearing capacity of 150 kg (330 lbs) was exceeded.	Remedy: • Only weigh the maximum permissible weight.
• The electrical resistance between the electrodes and the soles of your feet is too high (e.g. with heavily callused skin).	• Repeat weighing barefoot. Slightly moisten the soles of your feet if necessary. Remove the calluses on the soles of your feet if necessary.
• Your body fat lies outside the measurable range (less than 5 % or greater than 80 %).	• Repeat weighing barefoot. • Slightly moisten the soles of your feet if necessary.
• No response.	• Cover solar cells and apply pressure to the plat -form for approx. 5 seconds. Repeat weighing with sufficient light.

**WATER RATIO CHART (%)**

age	female			male		
	low	healthy	high	low	healthy	high
10~14	~56	57~67	68~	~57	58~72	73~
45~29	~46	47~57	58~	~52	53~67	68~
30~59	~41	42~52	53~	~46	47~61	62~
60~80	~36	37~47	48~	~41	42~56	57~

**BONE RATIO CHART (kg)**

BONE KG			
female	<39kg	40~60kg	>60kg
	1.7	2.1	2.4
male	<54kg	55~75kg	>75kg
	2.4	2.8	3.1

**MUSCLE RATIO CHART (%)**

MUSCLE PERCENTAGE (%)				
female	low	healthy	slightly high	high
	below 28%	28-30%	31-32%	above 33%
male	low	healthy	slightly high	high
	below 30%	31-34%	35-38%	above 39%

**CALORIE kcal**

<b>GENDER AGE BASIC METABOLISM</b>		
<b>Age</b>	<b>Female (kcal/day)</b>	<b>Male (kcal/day)</b>
1~2	700	700
3~5	860	900
6~8	1000	1090
9~11	1180	1290
12 ~ 14	1240	1480
15~17	1300	1610
18~ 29	1210	1550
30~49	1170	1500
50~69	1110	1350
70 ~	1010	1220