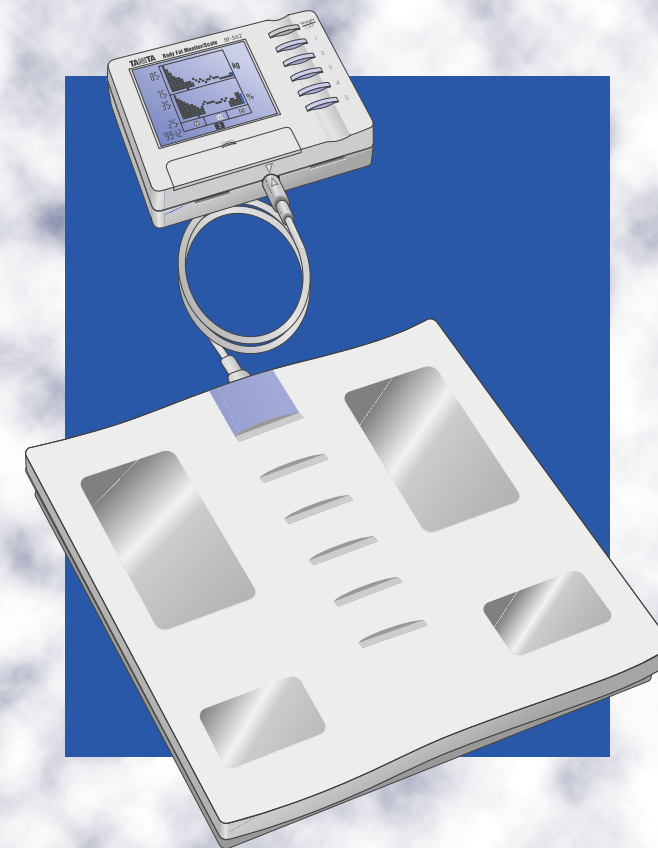# TANITA

For Home Use | **Body Fat Monitor/Scale**

# BF-562

## Instruction Manual

**Please note!**

Improper use of this product could cause serious injury or damage to the product or other property. Please read this manual carefully before use and keep aside for future reference.

GB

# Notes on safety

To ensure the safe use of the product, please familiarize yourself with the meaning of the symbols below.

⚠ **WARNING** Indicates the possibility of injury if the product is misused or the instructions are ignored.

⚠ **CAUTION** Indicates the possibility of injury or damage to equipment if instructions are ignored.

🚫 Do not use under any circumstances.

❗ Always observe the instructions carefully.

## ⚠ WARNING

**Do not use this product if you have a pacemaker or other implanted medical device.**

🚫

This product sends a weak electrical current through the body which could cause such devices to malfunction and result in serious injury.

**Strictly not for commercial or professional use (e.g. in hospitals)**

🚫

This product is not designed for commercial or professional use and does not comply with commercial regulations on installation, etc. Use of this product for such purposes could result in serious injury or damage.

**Do not place on a tiled, wet or slippery surface.**

🚫

Do not place the product on a wet or tiled surface, as this could cause you to slip and suffer serious injury.

■ **Do not interpret readings yourself or undertake an exercise regime without expert advice.**
  Always consult a doctor or other suitably qualified professional.

■ **Do not stand on the edges or jump on or off the product.**
  You could slip or fall and suffer serious injury.

■ **Disabled persons should not use the equipment unassisted.**
  Use a handrail or obtain the assistance of a nurse or carer. (*If using a handrail, the readings obtained will only provide a rough indication of the user's actual weight and body fat percentage.)

## ⚠ CAUTION

Pay attention to the following points:

■ Do not step on the display box.
  You could damage the product or injure yourself.

■ The carpet feet should only be used on carpeted surfaces.
  Use of the feet on other surfaces could make the product unstable and cause you to fall.

■ Do not put your fingers into holes and openings in the product.
  This could result in injury.

■ Do not let small children pick up or carry the product.
  They could drop it and injure themselves.

■ When installing the dry cell batteries, pay attention to their polarity direction ($\oplus$、$\ominus$).
  If the batteries are placed the wrong way around, the equipment may be damaged by a leaking battery.

■ Do not use while wet.
  Dry your feet and body thoroughly before use, if you have just had a bath or shower.

■ Communications equipment could cause the product to give incorrect readings.
  Do not use mobile phones, microwave medical equipment or other communications equipment near the product.

Display Box

Carpet feet
(Four on underside)

---

GB

Before use
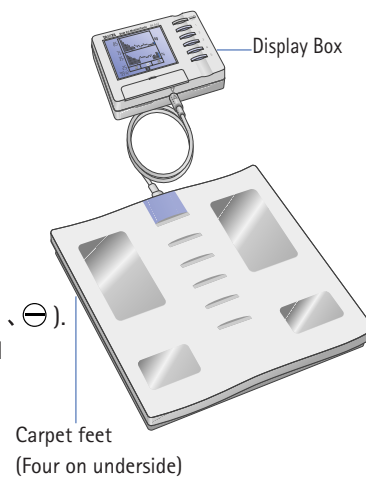
# Notes on correct use

## How to obtain accurate readings

**Ensure the soles of your feet are clean and step on the scale barefoot.**

❗

Socks and dirty feet will reduce accuracy.

**Wear as little as possible.**

❗

If you weigh yourself fully clothed, the weight of your clothes will be included.

**Do not use after vigorous exercise.**

❗

This could cause the product to give incorrect readings. Rest well before use.

**Do not use after overeating or when extremely dehydrated.**

❗

This could cause the product to give incorrect readings. To improve accuracy, use the product at the same time of day at least three hours after getting up and three hours after eating.

■ Ensure the soles of your feet are placed correctly on the electrodes, otherwise the body fat percentage may be underestimated or "-----" may be displayed.

■ The following people should use the product to monitor fluctuation in their body fat only.
  • Persons aged 6 or under or 70 or over.
  • Individuals who are pregnant, undergoing dialysis or with water retention.
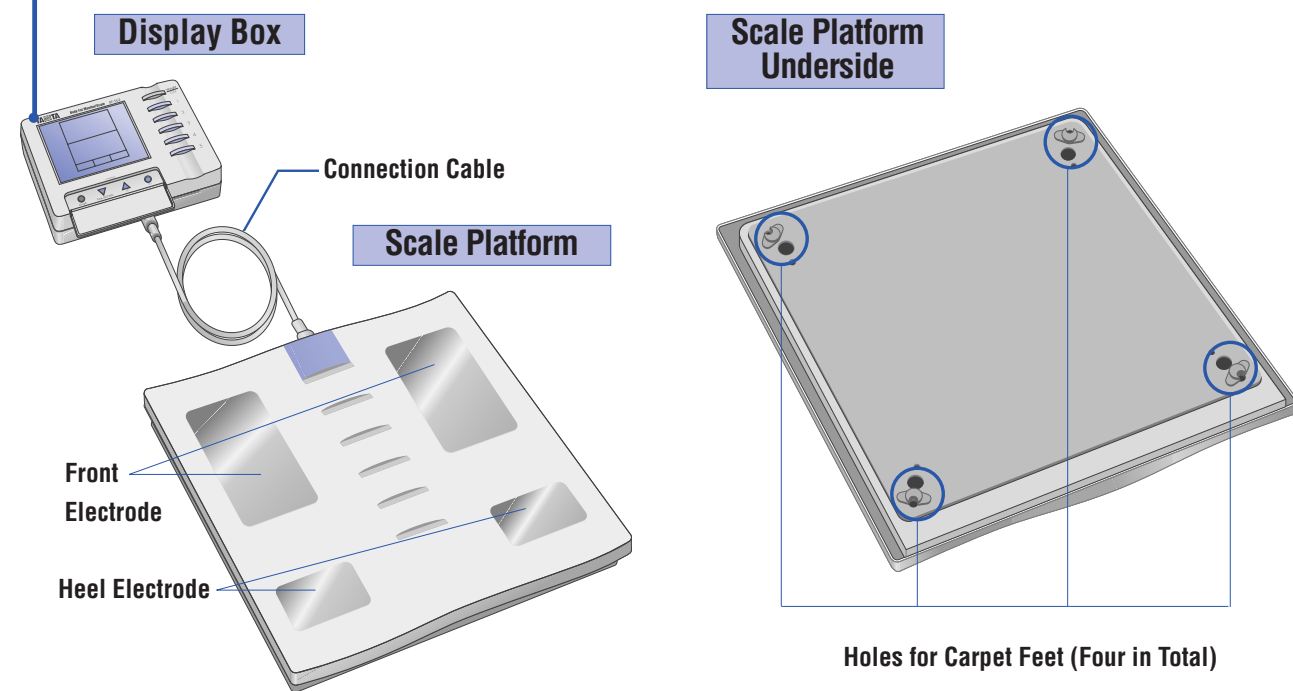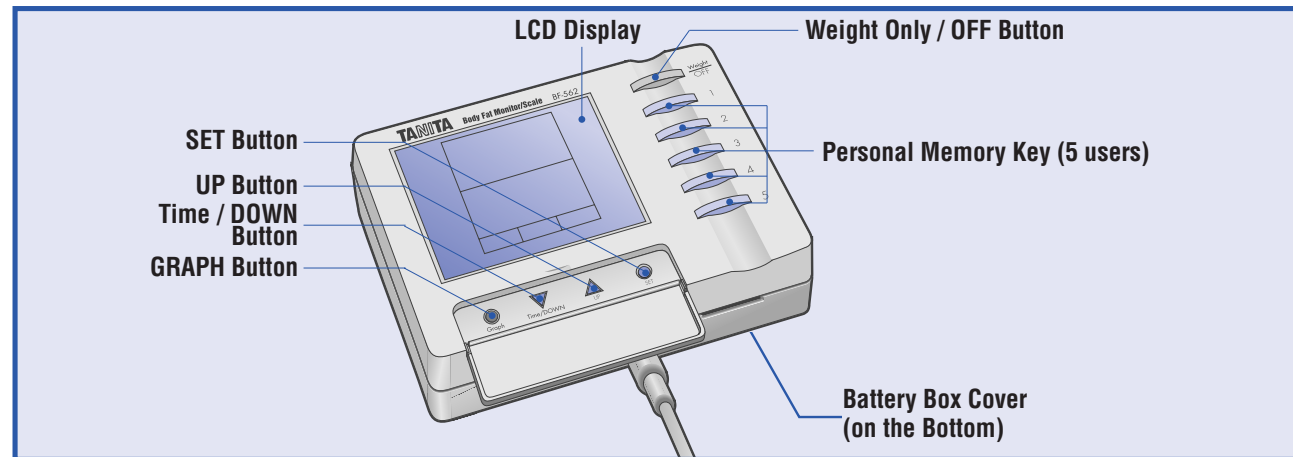
Electrodes (4)
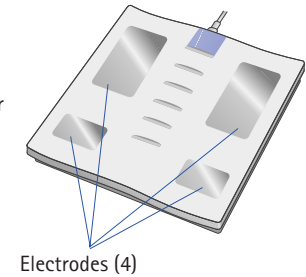
## To maintain accuracy

This product is precision-made. In order to maintain its condition, please observe the following:

**Location**
■ Do not put this equipment in direct sunlight, close to heaters or near direct draughts from air conditioners.
■ Avoid using this equipment in places affected by significant temperature changes.
■ Do not store this equipment in places with high humidity or moisture.
■ Do not put this equipment in places where there are strong vibrations or shocks.

**Handling**
■ Never disassemble this equipment or wash it with water.
■ Do not subject the equipment to excessive shocks or vibrations.

**Storage**
■ Do not store this equipment in places where there are strong vibrations.
■ Avoid storing this equipment with any of the display buttons depressed.

**Cleaning**
■ Do not clean this equipment with boiling water, benzine, thinner, etc.
  • To clean the equipment, please wipe it with a damp cloth using water or home-use detergent, and then wipe it with a dry cloth.

GB

# Parts/Accessories

LCD Display

Weight Only / OFF Button

SET Button

UP Button

Time / DOWN Button

GRAPH Button

Personal Memory Key (5 users)

Battery Box Cover (on the Bottom)

**Display Box**

Connection Cable

**Scale Platform**

**Scale Platform Underside**

Front Electrode

Heel Electrode

Holes for Carpet Feet (Four in Total)

## ■Check the Accessories!

CHECK!

☑ Instruction Manual (This Manual)

☐ Operating Chart

☐ Warranty

☐ Bracket for Wall Installation

☐ Dry Cell Batteries (AA x 4) (R6P)

☐ Screw (x 2)

☐ Carpet Feet (x 4)
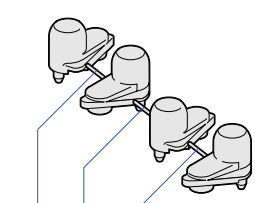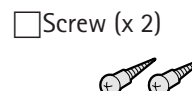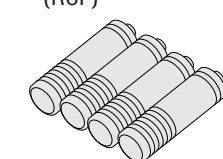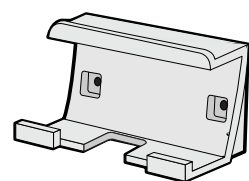
Remove when you need to use them.

6

GB

# Preparation

# Using the Bracket for Wall Installation

The display box can be used with the attached bracket for wall installation.

The display box can also be used horizontally(eg on tables).

*Please note: If you measure yourself while holding the display box in your hand, this weight(about 500 g) will be added to your body weight.

① **Deciding on the position of the bracket for wall installation**

Ensure the bracket is no higher than 1.7 m from the floor.

Do not use the equipment if the connection cable is tightly stretched or part of the platform is unsupported, as this may cause malfunction.
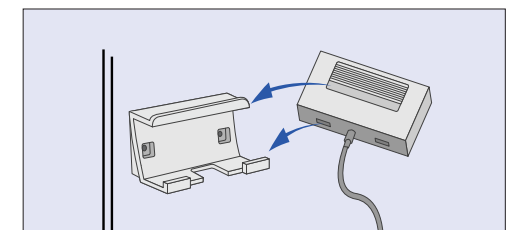
innerhalb 1.7 m
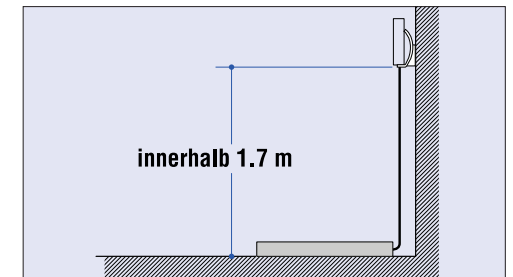
② **Attaching the bracket for wall installation**

Firmly screw the bracket to the wall by inserting the screws (x 2) through the holes in the bracket using a cross head screwdriver.
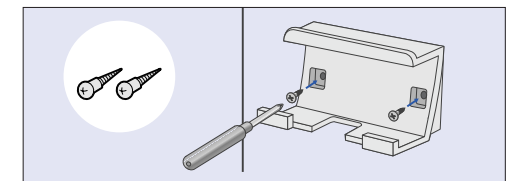
③ **Attaching the display box**

Hang the battery box cover on the back of the display box, insert the hooks of the large bracket into the holes on the bottom to attach the display box.

Use

## Remarks

■ **Always use the attached screws to attach the bracket for wall installation**

If you attach the bracket with double-sided sticking tape, for example, it may fall down.

■ **Ensure that the display box is firmly hooked on the bracket for wall installation**

If the display box is not hung on both hooks, it may fall down or become unstable.

7

GB

# Preparation

GB

# Loading the batteries
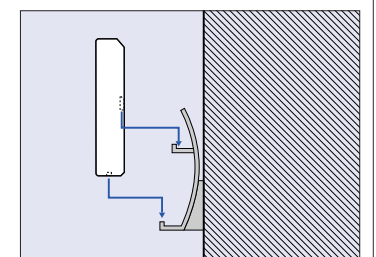
## 1 Installing the Scale Platform

■ Use this equipment on a hard flat surface.

■ If using the unit on soft carpets, attach the carpet feet.
● With the carpet feet you can perform measurement even on carpets up to 20 mm thick.

Support (Attached)

Support Hole

**Correct way to attach foot**

**Wrong way to attach foot**
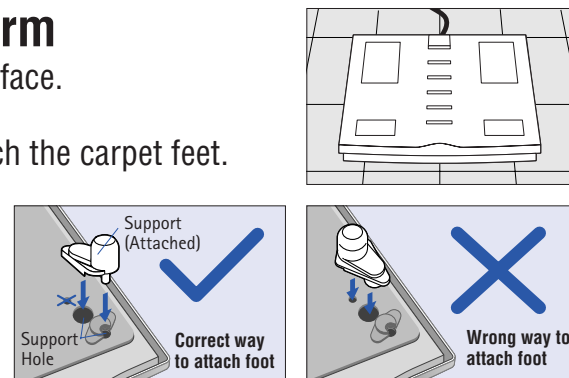
### ⚠ Caution

■**Do not use carpet feet except on carpets.**
This could make the product unstable.

■**Do not damage the connection parts or connection cable.**
If you use force to bend, pull, twist or step on them, this may cause failure or malfunction.

■**Do not carry the equipment by holding it only by the connection cable.**
This may cause failure, breakage or malfunction, and there is a risk of damage if you drop the equipment.
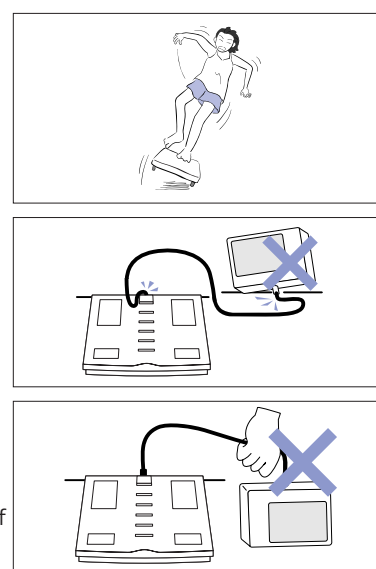
## 2 Connect the Display Box to the Scale Platform

Be sure to hold the plug at the end of the connection cable and insert it into the display box. (Insert it straight into the box so that the triangle signs on both sides meet.)
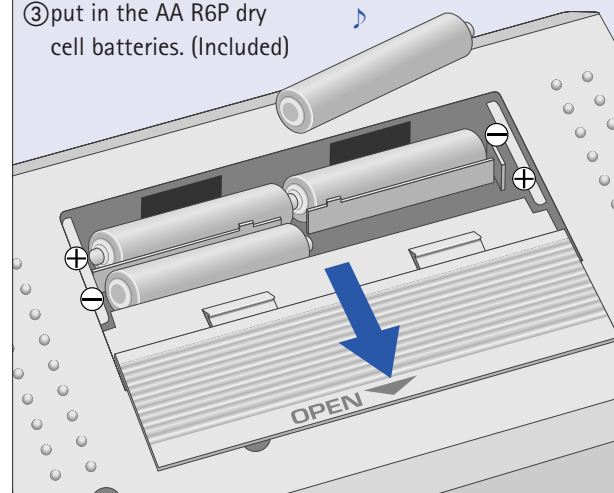
### ⚠ Caution

**Be sure to insert and pull out the connection cable by holding the plug at the end of the connection cable.**
Otherwise this may damage the product.

---
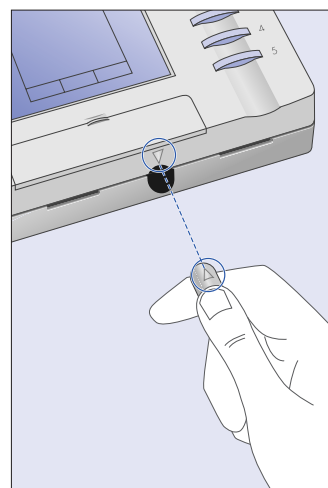
① Locate the battery compartment behind the display box.
② open the battery box cover.
③ put in the AA R6P dry cell batteries. (Included)

OPEN

### When you put dry cell batteries in for the first time after purchasing the equipment, the product will ask you to check the calender.

■ The life of the dry cell batteries is about 1 year if the product is used once a day. The life of the batteries included may be shorter than stated above.

### Changing the Dry Cell Batteries

■ Even if the batteries are removed, memorised personal data **(birthdays, gender, heights and measurement figures)** will not be deleted.

■ When changing dry cell batteries or operating the equipment, if the LCD behaves oddly or the switch does not work, please remove the batteries, wait until the LCD clears (for about five minutes) and put the batteries back in again.

● If the dry cell batteries are exhausted, | Lo | starts to flash on the display. (You cannot operate the equipment or perform measurement.)

Lo
CHANGE
BATTERY

Display

Please change all four batteries immediately to ensure continued accuracy.
* While | Lo | is flashing, even if you remove the dry cell batteries, the set date and time are maintained (for about five minutes.)
Please change the dry cell batteries as quickly as possible.
* Never use alkaline dry cell batteries together with manganese dry cell batteries, as this may cause malfunction.

● After changing the dry cell batteries, the following displays appear. Please follow each instruction and operate the equipment accordingly.

Lo
CHANGE
BATTERY
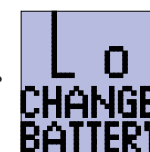
When | Lo | flashes for a few seconds and then disappears.
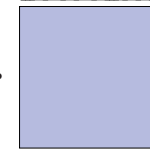
When nothing is displayed.

● Press the | Time/DOWN | and check the date and time in the calendar.
● If the date or time is wrong, please correct it. (See How to change the calendar on page 21.)

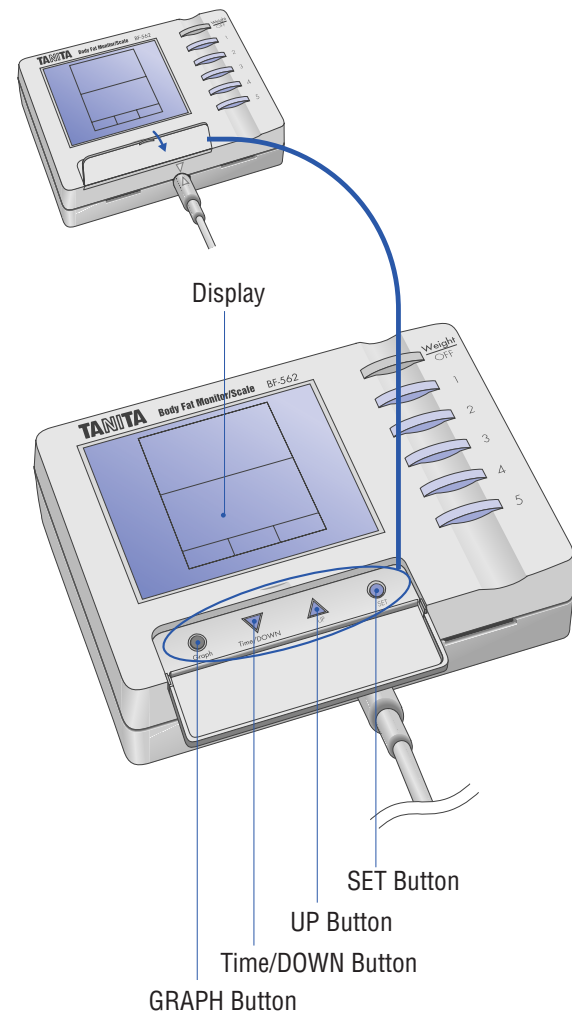● When | SET DATE PRESS ▲OR▼ | is displayed, please set the calendar.
(See **Calendar Setting** on page 10.)

SET
DATE
PRESS
▲OR▼

When | SET DATE PRESS ▲OR▼ | is displayed.

● Please set the calendar. (See **the Calendar Setting** on page 10.)

Use

GB

# Before measuring Calendar Setting

GB

* The blue parts in the illustrations of the display signify the flashing parts.

## Set the calendar

This equipment has a function for memorizing measurement results and displaying graphs.
In order to efficiently use this function please set the calendar correctly.

Display

Weight Off

SET Button

UP Button

Time/DOWN Button

GRAPH Button

### Automatic Power Off Function

■ In order to save power the unit will automatically switch off after use. (The display disappears.)
The automatic power off function also works in the following case.

● **When the button operations are stopped.**
Although it depends on the operation concerned, the power will be switched off after about 20 to 30 seconds.

## 1 Confirm that the dry cell batteries are installed.

Following the instructions on page 11, please place the batteries correctly.
(The LCD will appear as here (right), if the calender is not set.)

SET DATE PRESS ▲OR▼

## 2 Set the "Month".

e.g.: In the case of August

Press ▲ UP ♪ or ▼ Time/DOWN ♪
to make the calendar flash.

PRES ▲OR▼ JAN01 1999

Press ▲ UP ♪ or ▼ Time/DOWN ♪
to make the "**Month**" flash.

PRESS SET JAN01 1999

Press ▲ UP ♪ or ▼ Time/DOWN ♪
set the "**Month**" and press

● SET ♪ to finalize the "**Month**".

(The next item to be set will flash.)

PRES ▲OR▼ AUG01 1999

### Points to Note

■ **If you have made a mistake during setting,**
⇨ Please press the GRAPH button.
This operation takes you back to the month setting, then correct the setting.
■ **When you want to change the calendar setting,**
⇨ Please refer to the **"How to Change the Calendar"** on page 21.

## 3 Set the "Day".

e. g. In the case of 10th

Press ▲ UP or ▼ Time/DOWN
and set the "**Day**".

PRESS SET AUG10 1999

press ● SET ♪ and finalize the

setting. (The display changes to the time setting screen.)

PRES ▲OR▼ AUG10 1999

## 4 Set the "Year".

e. g. In the case of the 1999.

Press ▲ UP

or ▼ Time/DOWN
and set the "**Year**".

PRESS SET AUG10 1999

Press ● SET ♪ and finalize the

setting. (The display changes to the time setting screen.)

SET TIME PRESS ▲OR▼

### Remarks

■ **Do not continuously press SET button.**
If you keep the button depressed, the data may be set incorrectly.
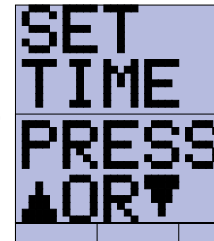
## 5 Set the "Time".

e. g. In the case of 2 p.m.

PRES ▲OR▼ P 1:00

Press ▲ UP ♪ or ▼ Time/DOWN ♪
to make the clock flash.

PRESS SET P 2:00

Press ▲ UP ♪ or ▼ Time/DOWN ♪

and set the "**Time**".
* A.M. is displayed as "A" and P.M. is displayed as "P."
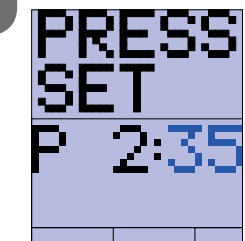
PRES ▲OR▼ P 2:00
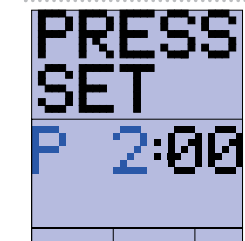
press ● SET ♪ and finalize the

setting. (The display changes to the time setting screen.)

## 6 Set the "Minute".

e. g. In the case of 35 minutes

PRESS SET P 2:35

Press ▲ UP or ▼ Time/DOWN and set the

"**Minute**". Press ● SET ♪ and

finalize the setting.

## 7 Finalize the calendar.

AUG10 1999 P 2:35 OK!

While "PRESS SET" is flashing on the screen,

press ● SET ♪♪ again to finalize

the calendar.
(The finalized setting is displayed and then disappears.)
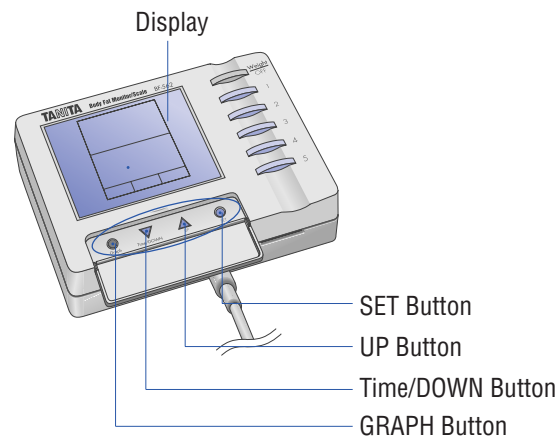The calendar setting is finished.

Use

# Before measuring Registration of Personal Data

## Memorising personal data.

Decide on your Personal number and memorise the data (birthday, gender and height).

Without registration, you cannot measure yourself or record the results.

Display

- SET Button
- UP Button
- Time/DOWN Button
- GRAPH Button

### Remarks

■ **You can register birthdays for individuals aged from one to 90 years.**
For an individual who is 91 years or older, register the birthday so that he / she is 90 years old.

### Points to Note

■ **When you find you made a mistake during setting.**
⇨ Please press the GRAPH button. Since this operation takes you back to the registration of your birthday, please start the registration again.

■ **In order to register with another Personal number,**
⇨ After the display disappears, please start over again.

■ **When you want to change memorised data for another individual's data.**
⇨ Please refer to "**Correction and Alteration of Personal Data**" on page 22.

## Selecting the measure of weight.

1. Press UP button and the SET button at the same time.

**0.0** st.lb kg

2. Press Time/DOWN or UP button to select Kg, st.lb, lb, then press the SET button.

The selected measure will flash rapidly, then turn off automatically.

**0.00** st.lb

**0.0** kg

* The blue parts in the illustrations of the display signify the flashing parts.

### 1 Decide on your personal number.

e.g.: To use Personal Memory Key "3".

While nothing is displayed on the display, press SET ♪

SET
DATA
PRESS
▲OR▼

(The display shows as right and the Personal number blinks.)

1 2 3 4 5

Press UP or Time/DOWN to select your Personal Memory Key and finalise.

the number by pressing SET ♪

SET
DATA
PRESS
SET

(The next setting item starts to flash.)

3

### 2 Register the date of birth.

e.g.: If the date of birth is December 18, 1962

Press UP or Time/DOWN and set your "**Month of Birth**".
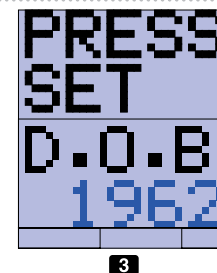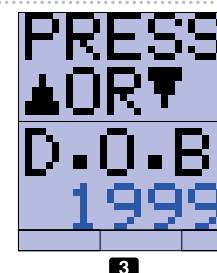
Press SET ♪ and finalise the month.

PRESS
▲OR▼
D.O.B
JAN01

3

Press UP or Time/DOWN and set your "**Day of Birth**".

Press SET ♪ and finalise the day.

PRESS
▲OR▼
D.O.B
DEC01

3

Press UP or Time/DOWN and set your "**Year of Birth**".

PRESS
▲OR▼
D.O.B
1999

3

Press SET ♪ and finalise the year.

PRESS
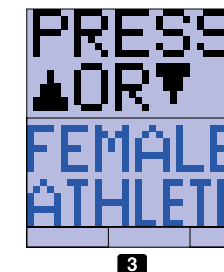SET
D.O.B
1962

3

(The memorisation.)
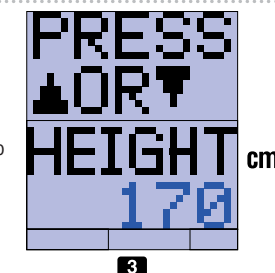
PRESS
▲OR▼
MALE
FEMALE

3
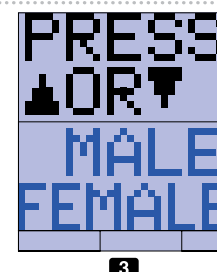
### 3 Register the gender/body type

**(ie Male Athlete, Male Standard, Female Athlete, Female Standard)**
e.g.: In the case of a female athlete
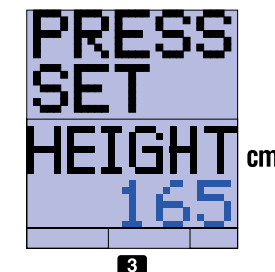
Press UP or Time/DOWN and select your "**Gender**".

PRESS
▲OR▼
FEMALE
ATHLETE

3

Press SET ♪ and finalise your gender.
(The next setting item starts to flash.)

PRESS
▲OR▼
HEIGHT 170 cm

3

### 4 Register the height.

e.g.: If your height is 165 cm

Press UP or Time/DOWN and set your "**Height**".

PRESS
SET
HEIGHT 165 cm

3

### 5 Finish the registration.

Press SET ♪♪ and finalise the memorisation

DEC18
1962
165 cm
FEMALE

3
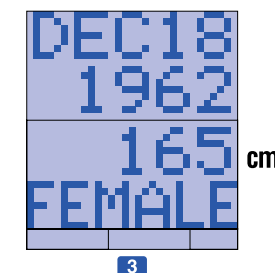
(After the memorised data flashes, the display disappears.)

The memorisation is finished.
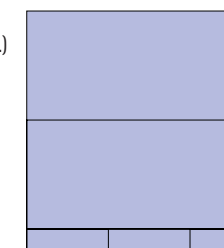
# How to Measure (For Pre-set data)

☑ Have you memorised your personal details?

## Remarks

**Measure barefoot with clean, dry feet.**
● Stand up with your knees straight.
● Ensure the insides of your thighs are not touching.
● Place your heels correctly on the electrodes.

## Points to Note

■ **If the display box and the scale platform are not firmly connected.**
⇨ "ERROR" will be displayed and you cannot measure yourself.

■ **If the soles of your feet are not clean or you are not standing on the scale platform correctly,**
⇨ "-----" will be displayed and you may not be able to measure yourself.

■ **If the body fat percentage exceeds the range of measurement,**
⇨ "----" will be displayed and you cannot measure yourself.

■ **If you step on the scale platform before 0.0 kg is displayed,**
⇨ Displays such as ERROR , -1.1 or -OL , may appear or the power will be switched off during measurement.

Display

Personal
Memory key
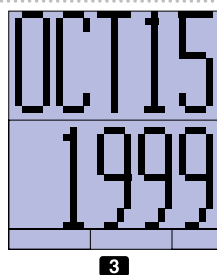(for five individuals)

Front
electrode

Heel
electrode

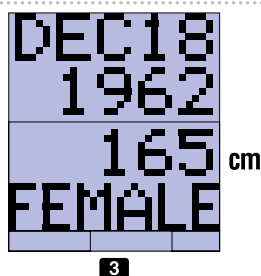## 1 Press your "Personal" Memory Key.
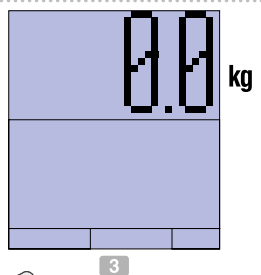
(A short beep will sound.)
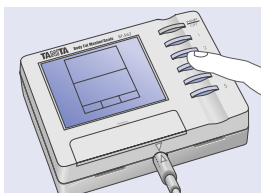
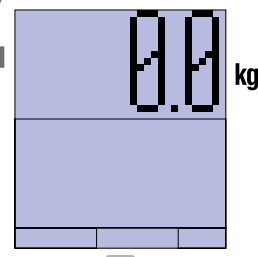When your data is memorised with "3".

① First, the calendar is displayed.

OCT15
1999

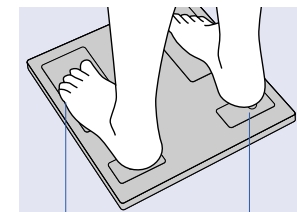② Next, your date of birth, height, gender and the "Personal" Memory Key are displayed.

DEC18
1962
165 cm
FEMALE

③ The display changes to 0.0 kg.

0.0 kg

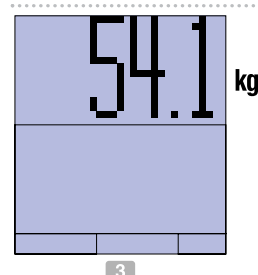## 2 Start measurement.

0.0 kg

After 0.0 kg is displayed, **be sure to stand on the weighing platform barefoot so that your heels touch the center of the electrodes.**
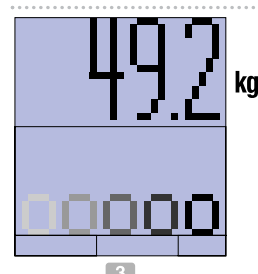
Step on the scale platform berefoot.

① Your body weight will be displayed.
(A short beep will sound.)

54.1 kg

② Then "ooooo" will appear in succession.

Until the "Body fat percentage" is displayed on the digital display, move as little as possible and **stand straight.**

49.2 kg
ooooo

## Automatic Power Off Function

■ In order to save power, the power will be automatically switched off after use. (The display disappears.) This function also works in the following cases.
● **When the button operations are stopped.**
Although it depends on the operation concerned, the power will be switched off after about 20 to 30 seconds.
● **When about 30 seconds have passed without you stepping on the scale platform after "0.0" kg is displayed.**
● **When you stepped off the scale platform during the measurement.**
● **When about 30 seconds have passed since the graph was displayed.**

① Measurement is finished.
"Body weight" and the "Body fat percentage" will be displayed for about 3 seconds.
(Two short beeps will sound.)

54.1 kg
30.3 %
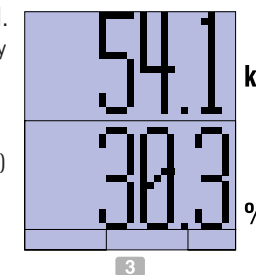
The measurement will be automatically recorded.
* If "NOT RECORDED" is displayed, please measure yourself again within one minute. (For details, please refer to page 18.)

RECORDED
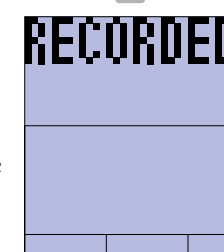
The BMI figure is displayed.

**Note:** When measured in the athlete-mode, the BMI figure will not be displayed.

BMI
19.9
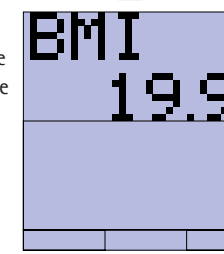
Graphs are displayed and then the unit will switch off.

85
50
35
25
M  W  D
kg
%
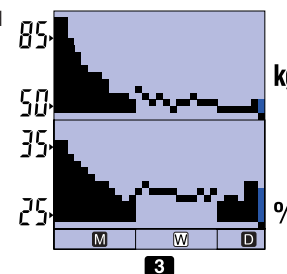
■ The measurement range of the body fat percentage is between 1.0% and 75.0%.
■ If the details are not stored in the memory...
⇨ Please refer to "Guest Mode:Measuring without pre-set data" on page 20.

**Use**

14

15

# Body Fat Monitor/Scale

Thank you for purchasing this Body Fat Monitor/Scale. This product determines your body fat percentage by measuring bioelectrical impedance (i.e. the body's electrical resistance), allowing you to monitor your health at home and help keep your body fat level in check to avoid health problems associated with obesity.

## Checking Body Fat is a step towards a healthier life.
This scale can be used safely and conforms with Medical Equipment Directive IEC-601-1.

## What does your body fat percentage indicate?
- The body fat percentage indicates the proportion of fat in a person's body.
  High levels of body fat can lead to heart disease, diabetes, high blood pressure and some forms of cancer. It is important to monitor regularly to keep body fat levels in check.
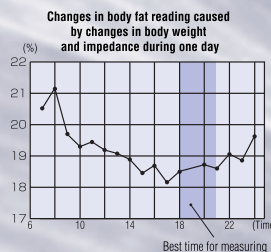
## How the Body Fat Monitor/Scale measures your body fat percentage
- This product was researched and developed using bioelectrical impedance analysis (BIA), which is a method of determining body fat percentage by measuring the body's electrical resistance.
- Fat in the body conducts hardly any electricity, whereas the water contained in muscles is a good conductor of electricity. Measuring electrical resistance thus offers a way of determining the proportion of fat and other tissue in the body.

## How best to determine your body fat percentage
Variation in bioelectrical impedance (i.e. the body's electrical resistance) is one factor that must be taken into account when determining body fat levels by BIA.
- Readings will vary depending on your physical condition (e.g. if you are ill, have been overeating or overdrinking, have been sweating excessively, or during menstruation) on the day you measure your body fat level. Changes during the day also have an impact. (Normal bioelectrical impedance increases during sleep and falls during activity). see graph below.
- Try to measure your body fat level at around the same time each day and when in the same condition.

**Changes in body fat reading caused by changes in body weight and impedance during one day**



Best time for measuring

## Ideal conditions for use

| Time | : Early evening, before the evening meal. |
| Conditions | : Clean body and soles of feet well. Wear as little clothing as possible (preferably just underwear). |
| Monitor your progress | : Provides a long-term picture of changes in weight and body fat percentage. |

## Body Fat Ranges for Standard Adults

|  | Age 20–39 | Age 40–59 | Age 60+ |
|---|---|---|---|
| Men | 8%–20% | 11%–22% | 13%–25% |
| Women | 21%–33% | 23%–34% | 24%–36% |

Source:Based on WHO BMI Guidelines. As reported by Gallagher et al at NY Obesity Research Centre. To determine the percentage of body fat appropriate for your body, please consult a doctor or trained medical professional.

## The Body Fat Monitor/Scale also measures your BMI
BMI stands for "Body Mass Index" and indicates body size. BMI is calculated by dividing weight (in kg), by the square of your height (in m). Eg weight/height $\times$ height height (kg/m $\times$ m).

BMI is often used as a measure of obesity, according to the table below. However, because BMI is a measure of weight and height alone, it does not distinguish between muscle and fat tissue. Tanita therefore recommends that you use both BMI and body fat percentage to check the state of your health.

|  | Underweight | Normal Weight | Overweight | Obese |
|---|---|---|---|---|
| BMI | Less than 18.5 | 18.5–24.9 | 25–29.9 | Over 30 |

### Product benefits
- Measures both weight and body fat percentage and evaluates BMI.
- Measures and displays weight up to a max of 136kg/21st6lbs in graduations of 100g/0.2lbs. Measures body fat to the nearest 0.1%
- Memorises details for up to 5 regular users. Displays graph showing present weight/body fat % against past progress.
- It displays graphs in which it is easy to observe changes (body weight and body fat percentage).
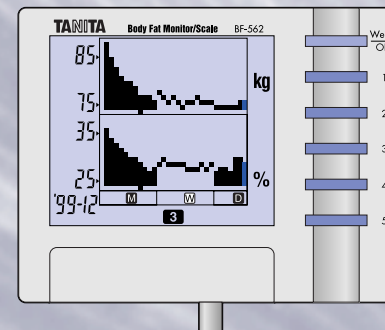


- Shows up to 5 years' worth of past resuits.
- Features weight-only function for use as a conventional scale. Suitable for use by adults and children over the age of 7 years old.

■ **This product features the "Athlete Mode".**
This mode is specially designed for those adults performing large amounts of intense aerobic exercise, due to the changes that such individuals bodies undergo.
*The Athlete Mode is suitable for:
- People performing more than 10 hours of intense aerobic exercise a week, who also have a resting pulse of below 60 beats per minute.
- People who are performing slightly less than this figure, but who have trained regularly throughout their lives at such an intense level.

*The Athlete Mode is not suitable for the following:
- Professional athletes or body buildres.

Such people should use the Body Fat Monitor/Scale to monitor their change in their body fat only, not as an absolute guide.

## CONTENTS

### Read this first!

### Notes on use

### Read when necessary!

# When "NOT RECORDED" Is Displayed

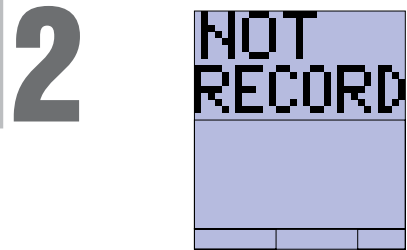# How to read the display

**While recording the results of your measurement, sometimes "NOT RECORDED" is displayed and you cannot record the data.**

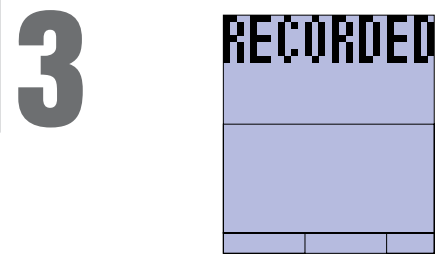Personal Memory Key (for five individuals)

Display

NOT RECORD

SET Button
UP Button
Time/DOWN Button
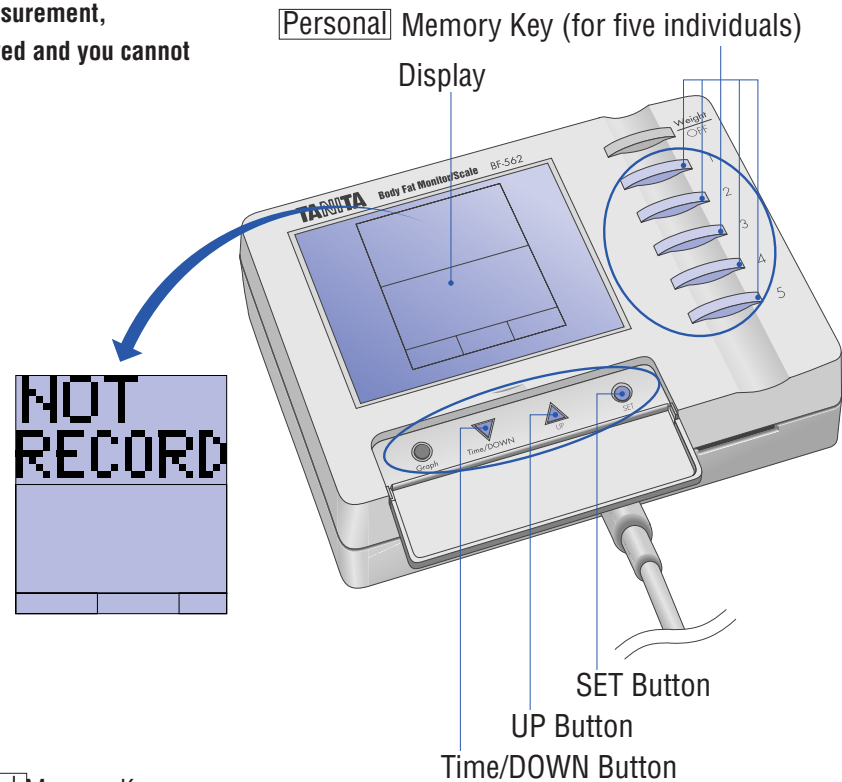
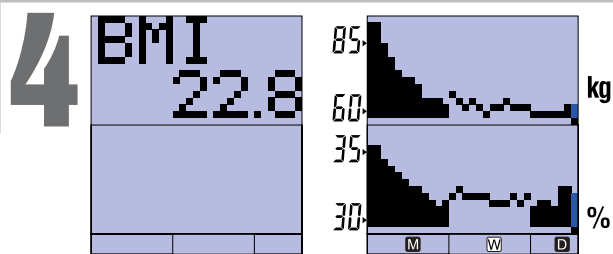Ensure that you use your own Personal Memory Key.

**1** 62.1 kg
32.6 %
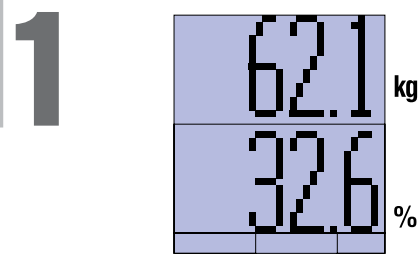
① When "NOT RECORDED" is displayed for the first time, press your Personal Memory Key again within **one minute**.
② Measure yourself.

**2** NOT RECORD

③ When "NOT RECORDED" is displayed for the second time, press ● SET

**3** RECORDED

④ The measurement is recorded.

**4** BMI 22.8 | 85 60 35 30 kg %

⑤ The BMI is displayed followed by the graphs.
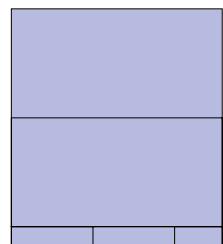
⑥ and the power is switched off.

## <Displaying Graphs after Measurement>

Months | Weeks | Days

Upper Limit for Body Weight (kg) → 85

Displaying "Body Weight"

Current Body Weight (flashing)

Lower Limit for Body Weight (kg) → 50

kg

Upper Limit for the Body Fat Percentage (%) → 35

Displaying the "Body Fat Percentage"

Current Body Fat Percentage (flashing)

Lower Limit for the Body Fat Percentage (%) → 25

%

Cursor Display Date → '99-12

M W D

3

Personal Number

Cursor for Displaying a "Figure"

## <Displaying Past Graphs (More than a year ago)>

The Past Data is Flashing.

Previous Upper Body Weight Limit (kg) → 100

Indicates Current position of Cursor.

A Figure on the Border is Displayed in Reverse.

Previous Lower Body Weight Limit (kg) → 50

kg

Previous Upper Limit for the Body Fat Percentage (%) → 65

Previous Lower Limit for the Body Fat Percentage (%) → 25

%

Cursor Display Date → '99- 1

M W D

3

Cursor for Displaying a "Figure"

### Points to Note

■ The upper and lower limits for body weight and the body fat percentage change according to the recorded measurements.

■ If you press the SET button, the figure at the cursor's position will be displayed. (See "Graph Display Function" on page 18.)

Use

# Graph Display Function

The equipment can record results for a maximum of 5 years, and display them as graphs. (This function is not available for individuals whth no pre-set data, or who only measure their body weight).

## 1 Displaying graphs.
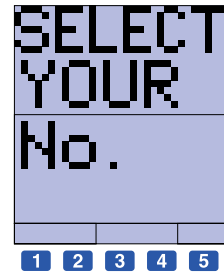
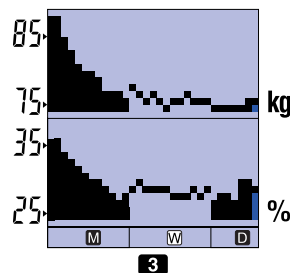e. g. When you want to display the graph registered against the Personal Memory Key 3.

With the display clear.

press ● GRAPH ♪

"SELECT YOUR NO." will be displayed and the Personal Memory Key will blink.

**SELECT YOUR No.**

1 2 3 4 5

Press your Personal Memory Key.
(In this case, press 3.)

85 75 35 25 kg %
M W D
3

### Remarks

■ **In the following cases the measurement may be lost.**
**(If necessary record important measurements in a notebook).**
● When the equipment has been used continuously in the wrong way.
● When the equipment is subjected to static electricity or electrical noise.
● When malfunctions related to the recording mechanism occur.

* Please note the manufacturer accepts no responsibility for damage caused by loss and changes to the recorded data.
* Please note the manufacturer accepts no responsibility for any damage, lost profits or any claims by a third party arising from the use of this equipment.

Display

"GRAPH" Button
"Time/DOWN" Button
"UP" Button
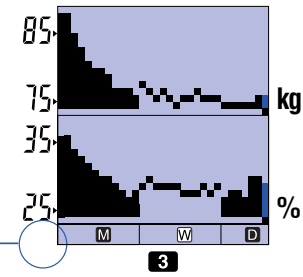"SET" Button
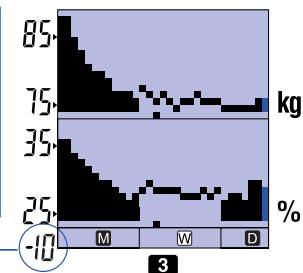Personal Memory Key (for five individuals)

## 2 To display past measurements

Move the cursor from the current to the past by pressing ▼ Time/DOWN

(By pressing ▲ UP you can move the cursor from the past to the current measurement.)

85 75 35 25 kg %
M W D
3

By pressing the "Time/DOWN" button you can move the cursor.

* Day Area:
-1 ~ -6 is displayed.
Week Area:
-1 ~ -12 is displayed.
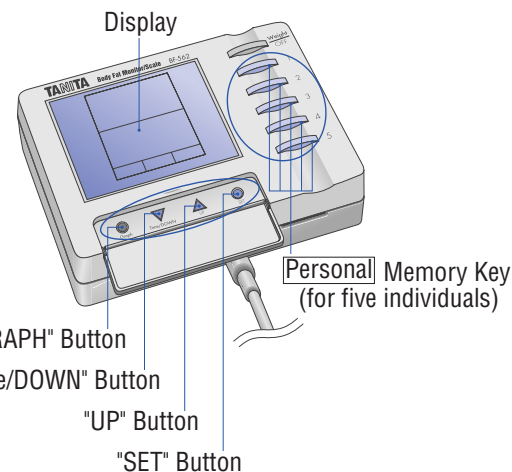Month Area:
Year and month (e.g. 99-1) are displayed.

85 75 35 25 kg %
M W D
-10 3

## 3 Displaying Measurements.

● SET ♪ Press "SET"
(While pressed, the figure at the cursor position is displayed.)

77.0 kg
26.2 %
M W D
3

■ If "NO DATA" is displayed,
⇨ Measurements were not recorded at the time to which the cursor is pointing.
(This is not a malfunction.)
■ The displayed figures are weekly and monthly averages.
■ When you want to end the graph display function,
⇨ Press WEIGHT only/OFF button.
⇨ If you do not operate the equipment for about 30 seconds, the power will automatically switch off. (Automatic power off function)
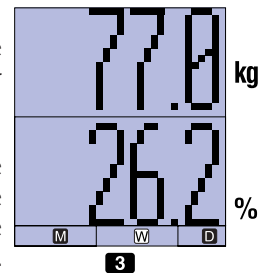
### Convenient Use

**Measurements are recorded in the display box.**
Recorded data can still be checked even if the display box is separated from the weighing platform. Use this feature if you need to consult with professionals in sports clubs or medical facilities.

18

# To Measure Body weight alone

### Points to Note

■ **You cannot record the measurement results.**
⇨ To record the measurement results after memorising personal data, please follow the instructions specified in "How to Measure (For Registered Individuals)" on page 16.
■ **If body weight exceeds the measurement range.**
⇨ "OL OVER LOAD" or "OVERLOAD" will be displayed and you cannot measure yourself.
■ **If you step on the scale platform before "0.0" kg is displayed,**
⇨ Displays such as ERROR , -1.1 or -OL , will appear or the power will be switched off during measurement.

WEIGHT only/OFF Button

Display

Front Electrode

Heel Electrode

## 1 Press the "WEIGHT only/OFF" Button. (A short beep will sound.)
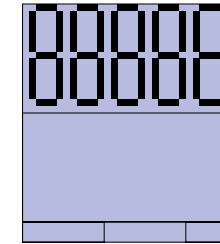
88888
88888

After 88888 is displayed 0.0 kg will be displayed.

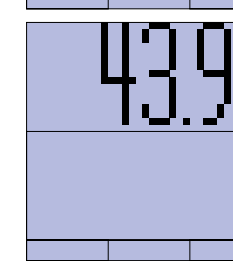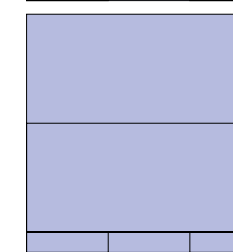## 2 Start measurement.
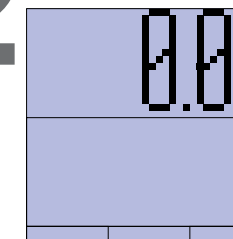
0.0 kg

Step on the weighing platform carefully after 0.0 kg is displayed.

43.9 kg

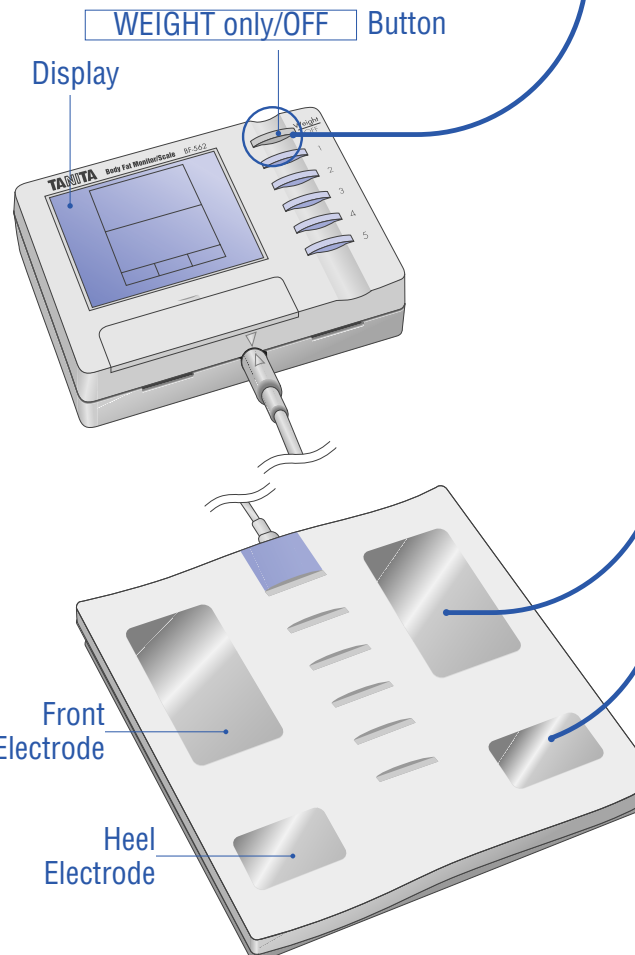Your "Body Weight" will be displayed.

Step off the scale platform.
0.0 kg will be displayed again and the power will be switched off.

### Automatic Power Off Function

● **If you do not step on the scale within 30 seconds after [0.0] is displayed, the power will switch off.**
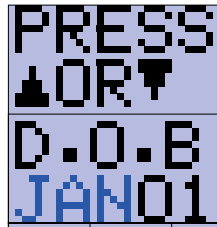
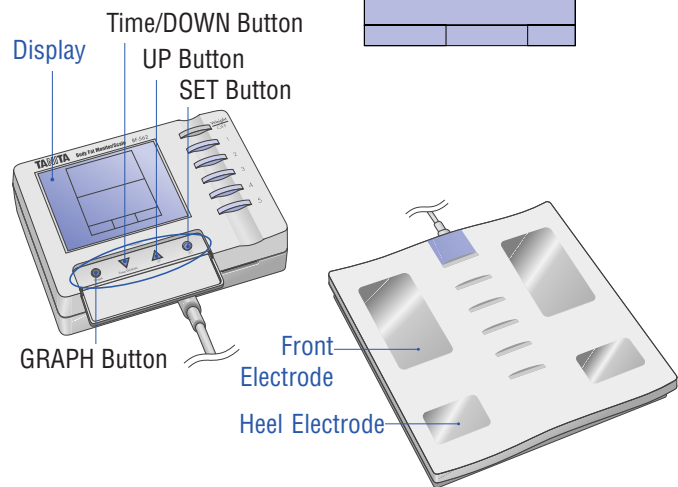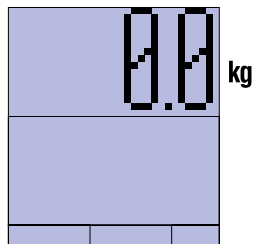Use

19

GB

# Guest Mode: Measuring without pre-set data

## 1 To set your details for personal data.

While nothing is displayed,

Press ▲ UP ♪

**PRESS**
**▲OR▼**

**D.O.B**
**JAN01**

Following the display instructions, record the "month", "day" and "year" of your "birth", and your "gender" and "height".

See "Before Measurement (Registration of Personal Data)" on page 12 for details.
(Two short beeps will sound, then "**0.0** kg" will be displayed.)

**DEC18**
**1962**
**160** cm
**FEMALE**

**0.0** kg

Display
Time/DOWN Button
UP Button
SET Button

GRAPH Button
Front Electrode
Heel Electrode
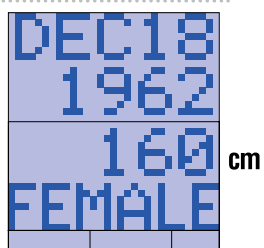
### Points to Note

■ **When you want to change the month, day, hour or minute, please follow the same procedure as for the year.**
■ **When you find you have made a mistake during temporary registration,**
　⇨ Please press the GRAPH button. Since this operation takes you back to the month setting, please start again.
■ **When you want to quit while changing the calendar,**
　⇨ Press WEIGHT only/OFF button. The display will disappear and the changes will be deleted.

## 2 To Start Measuring.

After **0.0** kg is displayed,
**be sure to stand on the scale platform barefoot so that your heels touch the center of the electrodes.**

**0.0** kg
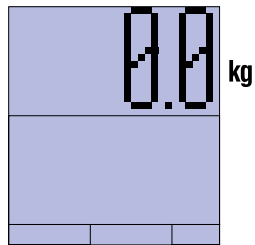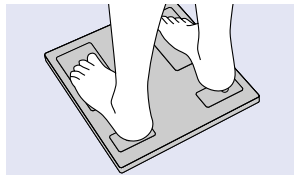
① First "your body weight" will be displayed.
(A short beep will sound.)

**49.2** kg

② The body fat percentage is being measured.
( Them "ooooo" will appear and disappear in succession, )
Until the "Body Fat Percentage" is displayed on the digital display, move as little as possible and **stand straight**.

□□□□□

③ Measurement is finished.
"your body weight" and the "Body Fat Percentage" will be displayed for about three seconds. (Two short beeps will sound.)

**23.0** %
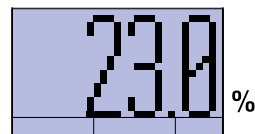
The BMI figure is displayed.
The unit will switch off.
**Note:** When measured in the athlete-mode, the BMI figure will not be displayed.

**BMI**
**19.2**

### Remarks

■ **Only change the calendar when necessary.**
Please change the calendar only when the initial settings were incorrect. If you change the calendar after that, the order of the recorded measurement results may become mixed up.

---

GB

# How to Change the Calendar

## Changing the calendar settings

## 1 Display the calendar.

While nothing is displayed,

press ▼ Time/DOWN to

display the calendar.

**AUG10**
**1999**
**P 2:35**
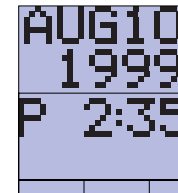
## 2 Change the calendar.

e.g. In the case of changing the "Day".

Press ● SET ♪

("SET DATE" and "PRESS ▲ OR ▼" will be displayed.)
The display will show as the diagram(right).

**SET**
**DATE**
**PRESS**
**▲OR▼**

Highlight the calendar.

by pressing ▲ UP ♪ or ▼ Time/DOWN ♪

**PRES**
**▲OR▼**
**AUG10**
**1999**

Highlight the month.

by pressing ▲ UP ♪ or ▼ Time/DOWN ♪

**AUG10**
**1999**

By pressing ● SET ♪ continuously,

Highlight the part you want to change.
(In this case the "Year.")
Change the figure by pressing

**PRESS**
**SET**
**AUG12**
**1999**

▲ UP ♪ or ▼ Time/DOWN ♪ and set it by pressing ● SET ♪

(The next item starts to flash.)

## 3 Finish changing the calendar.

After the year, month and day are displayed, "SET TIME" and "PRESS ▲ OR ▼" will be displayed (as right).

**SET**
**TIME**
**PRESS**
**▲OR▼**

Highlight the clock by pressing

▲ UP ♪ or ▼ Time/DOWN ♪

**PRES**
**▲OR▼**
**P 2:35**

Highlight the hour by pressing

▲ UP ♪ or ▼ Time/DOWN ♪

**P 2:35**

Highlight the "Minute" by pressing ● SET ♪

**P 2:35**
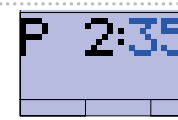
Press ● SET ♪ to set the calendar.

After "PRESS SET" flashes,

press ● SET ♪♪ again to finalize

the calendar.
(After flashing, the display will disappear.)
The calendar has been changed.

**AUG12**
**1999**
**P 2:35**
**OK!**

Display

SET Button
UP Button
Time/DOWN Button
GRAPH Button

Use

GB

GB
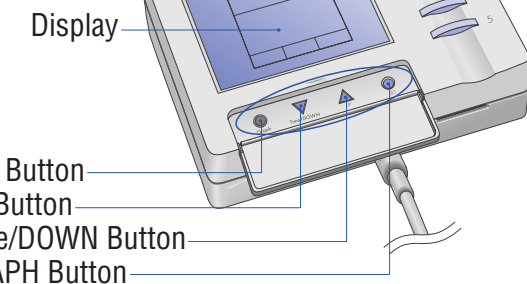
# Alteration of Personal Data

## Please read this section before altering the pre-recorded data.

| To enter corrections for body type (Adult/Athlete/Height etc) e. g. ● To change the height data as a child grows. | The measurement results recorded against the Personal Memory Key will **not be deleted**. |
| --- | --- |
| When altering the date of birth or gender e. g. ● When you try to use a Personal Memory key which is already being used by another individual. | The measurement results recorded against the Personal Memory Key will **be deleted**. |

### Remarks

■ Before altering the pre-set date, ensure you have the correct Personal Memory Key.

■ Do not continuously press the SET button.
⇨ If you keep the button depressed, the data may be set incorrectly.
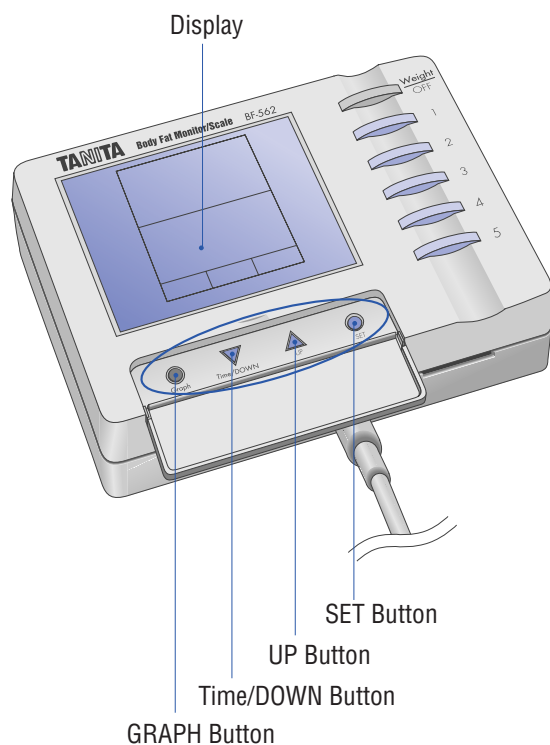
Display

TANITA   Body Fat Monitor/Scale   BF-562

SET Button
UP Button
Time/DOWN Button
GRAPH Button

## 1 To display the pre-set data for the chosen Personal Memory Key.

e.g. When you want to correct or alter the registration for the Personal Memory Key 4.

While nothing is showing on the display, press ● SET ♪

The display shows as for the illustration(right).

SET
DATA
PRESS
▲OR▼
1 2 3 4 5

Press ▲ UP ♪ or

Time/DOWN ♪ ▼ to select the Personal Memory Key

SET
DATA
PRESS
SET
4

set the number by pressing ● SET ♪

(The next item starts to flash.)

PRESS
▲OR▼
D.O.B
OCT29
4

## 2 Altering the pre-set details.

PRESS
▲OR▼
HEIGHT cm
156
4

Following the displayed instructions, alter the data.
See "Before Measurement – Registration of Personal Data" on page 14 for details.

## 3 Highlight the minute altering the registration and finishing the operation.

①When you correct only body type (ordinary adult/athlete) and height

Press ● SET ♪♪ and finalize the height.
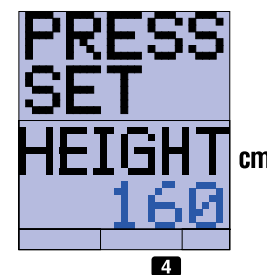
PRESS
SET
HEIGHT cm
160
4

(The corrected display will flash blink and disappear.)
The correction is finished.
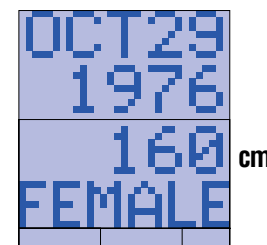
OCT29
1976
160 cm
FEMALE
4

②When you change the date of birth and gender

Press ● SET ♪ and set the height.
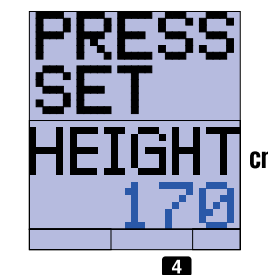
PRESS
SET
HEIGHT cm
170
4

"CLEAR OK?" will be displayed.
* If the data of birth or gender are altered, then the past memorised results will also be deleted.
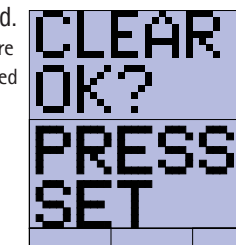
CLEAR
OK?
PRESS
SET
4

Press ● SET ♪ again,

Delete the previous details and confirm the new data.
(Two short beeps will sound.)
(After "OK" is displayed for a few seconds, the altered display will flash and disappear.)

OK
4

JUN20
1968
170 cm
MALE
4

The alteration is finished.

Use

# Troubleshooting

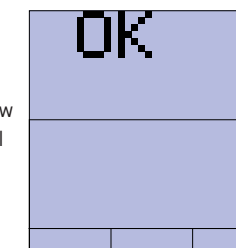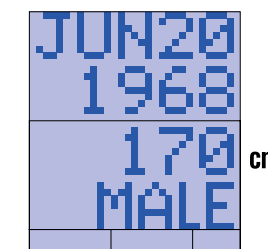| Operations | | Recorded Measurements | Refer to Page |
|---|---|---|---|
| Exchanging your Personal Memory Key for another individual's Personal Memory Key | ▶ | Will be deleted | 22 |
| Exchanging another individual's Personal Memory Key for your Personal Memory Key | | | |
| Altering the date of birth (year, month, day) pre-set against a Personal Memory Key | | | |
| Altering the gender (male, female) pre-set against a Personal Memory Key | | | |
| Correcting the body type (athlete) pre-set against a Personal Memory Key | ▶ | Will not be deleted | 22 |
| Correcting the height pre-set against a Personal Memory Key | | | |
| Measuring an individual in Guest Mode | ▶ | Cannot be recorded | 20 |

**Q** What is the definition of 'Athlete'

⇨ ● Individuals who perform more than 10 hours intense aerobic exercise a week, with a resting pulse of below 60 beats per minute.

● Individuals who are performing slightly less than 10 hours of intense aerobic exercise a week, but who have been exercising at such levels for much of their lives.

● NB This equipment is not suitable for professional athletes or body builders.

**Q** If you press another individual's Personal Memory Key...

⇨ Press your correct Personal Memory Key button.

**Q** If you press one of the keys by accident,

⇨ Then press the WEIGHT Only/OFF key to unit off.

**Q** If you press the Time/DOWN key accidentally,

⇨ Wait for the unit to turn off automatically.

**Q** When you want to measure body weight only.

⇨ Press the WEIGHT Only/OFF button. (See page 19 for details).

**Q** In order to delete the data registered against a Personal Memory Key,

⇨ Reset all the Personal details for that Memory Key.

**Q** When you just want to see past records without performing a measurement.

⇨ Press the GRAPH button.
(See "Graph Display Function" on page 18.)

**Q** When you want to delete recorded measurements.

⇨ You cannot delete measurements without altering the pre-set data.

**Q** When "CLEAR OK?" is displayed while altering the Personal data.

⇨ The registered Personal data will be altered and all the recorded measurements will be deleted.

**Q** To check your past measurements.

⇨ Press the GRAPH button.
(See "Graph Display Function" on page 18.)

**Q** If your body fat percentage borders on the obese level in the healthy body fat range.

⇨ Compare the reading with past data, to see whether this is simply a fluctuation in your data or not. If in doubt do not attempt to evaluate the data yourself, but seek the advice of a suitably qualified professional.

**Q** When measuring more than 5 individuals.

⇨ Measurement results for up to 5 individuals can be recorded. Measure further individuals using the "Guest Mode". (Please note: the "Guest Mode" does not allow their measurements to be recorded.).

**Q** When you find you have made a mistake during registration or setting.

⇨ Press the WEIGHT Only/OFF button.
⇨ Wait until the power switches off after about 40 seconds (Automatic Power Off Function) then please start the operation again.

24

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# Troubleshooting

When a malfunction is suspected, please check the following list before contacting the manufacturer/place of purchase

| Symptoms | | Please check! | Refer to Page |
|---|---|---|---|
| Despite pressing the Personal Memory Key nothing is displayed. | ▶ | ● Are the batteries in place? <br> ● Are the batteries weak? <br> ● Is there plastic or dirt on the battery electrodes? | 9 |
| Lo CHANGE BATTERY appears. | ▶ | ● The batteries are weak. Replace immediately. | 9 |
| Entire display appears then immediately disappears. | ▶ | ● The batteries are weak. Replace immediately. <br> (If the batteries are totally exhausted, Lo CHANGE BATTERY may not be displayed.) | 9 |
| When pressing the Personal Memory Key button, "NO RECORD" is displayed and immediately disappears. | ▶ | ● No data is recorded for that Personal Memory Key. <br> Please pre-set data for that Personal Memory Key. | 12 |
| While performing a measurement, -OL OVER LOAD, -1.1 or ERROR is displayed. | ▶ | ● Ensure that you step on after 0.0 kg is displayed? | 14 |
| While performing a measurement, ERROR or "-----" is displayed | ▶ | ● Are the pre-set details correct? <br> ● Did you select another individual's Personal Memory Key? <br> ● Did you perform the measurement with your socks on? <br> ● Were the soles of your feet clean? <br> ● Your body fat percentage exceeds the measurement range. (In this case measurement is impossible.) | 12 <br> 14 <br> 14 <br> 14 <br> 15 |
| While performing a measurement, OL OVER LOAD is displayed. | ▶ | ● The maximum weight limit of 136 kg has been exceeded. (In this case measurement is impossible.) | 26 |
| While recording a measurement, "NOT RECORDED" is displayed. | ▶ | ● Did you press the wrong Personal Memory Key? <br> ● Are the measurement results very different from previous results? | 14 <br> 16 |
| While performing a measurement the power switches off. (The display disappears.) | ▶ | ● Did you move during the measurement? <br> ● Did you step on the scale platform before 0.0 kg was displayed? <br> ● Were you performing a measurement with your socks on? | 14 |
| After replacing the batteries, Lo CHANGE BATTERY or nothing is displayed. | ▶ | ● Press the Time/DOWN button and check the calendar, date and time. <br> • If the date or time is incorrect, please correct it. (See page 21.) <br> • If "SET DATE" is displayed, set the calendar. (See page 10.) | 9 <br> (21) <br> (10) |
| After replacing the batteries, "SET DATE" is displayed. | ▶ | ● Please set the calendar. | 9 <br> (10) |
| If you press a button, "ERROR" is displayed. | ▶ | ● Please check the connection between the display box and the scale platform. | 8 |
| While displaying graphs, "NO DATA" is displayed. | ▶ | ● No data was recorded at the time that the cursor is pointing to. | 18 |

**Further information**

25

GB

## Specifications

| Model | BF-562 |
|---|---|
| Maximum Weight Limit | 136kg　21st6lb　300lb |
| Minimum Graduations | 0 ～ 136kg in 100g increments<br>0 ～ 21st6lb in 0.2lb increments<br>0 ～ 300lb in 0.2lb increments |
| Body Fat Percentage Measurement | 0.1% increments (1.0% ～ 75.0%) |
| Personal Memory Details | Male/Female/Athlete<br>Date of Birth, Calendar,<br>Height (100 ～ 220cm: in 1 cm increments) |
| Power Source | AA Dry Cell Batteries (R6P) x 4 |
| Power Consumption | DC6V/Maximum 60mA |

●This product is not legal for trade.

**<Points to Note:> Instructions for registration of date of birth**

●You can register dates of birth for individuals aged from one to 90 years. (For individuals aged 91 years or older, register the birthday so that he / she is 90 years old.)

For individuals aged six or younger or 70 or older, it is recommended that you observe the changes for reference purposes only.