

Hints on Using Bathroom Scales

Moving your scale around frequently may affect its accuracy, so if possible, try to leave it in a permanent position that has a firm and even surface. After moving it, ensure it shows zero correctly before using it again.

Body weight varies with a number of factors including the amount of food recently eaten, the amount of waste recently expelled by the body, vigorous exercise and of course, the clothes you wear. If possible, try to weigh yourself at the same time of day under the same conditions and with the same clothes on, or preferably no clothes on. This will reduce the chance of getting unexplained variations in weight.

Do not try to compare your weight on a number of scales. You may find you get different readings, which can be frustrating and confusing. The differences could be due to some scales being slightly inaccurate and / or your own body weight varying due to one or more of the factors mentioned above.

Even if a scale appears slightly inaccurate, it will normally give you an accurate measurement of the variance in your weight from the previous times you weighed yourself. Most people purchase a scale to monitor their weight every now and then or to monitor loss or gain of weight during a loss / gain program they have chosen. If you regularly use the same scale under the same conditions, it should monitor changes in your weight accurately.

Caring for your Scale

- When necessary, wipe the glass platform with a slightly damp cloth.
- Avoid the use of corrosive cleaners.
- Ensure that the glass top is kept dry as it could become slippery when wet.
- Do not immerse the scale in water.
- Handle the scale with care. Do not jump or pound on it.
- Do not attempt to dismantle the scale. It does not contain parts that may be repaired by the user.
- Do not subject the scale to extreme temperatures.

Made in China for

Proper Housewares



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PLEASE DO NOT
LITTER



RECYCLABLE
PAPER

 **body**sense****TM
by **proper**

Solar Scale

Style 62501
Solar Slim



Operating Instructions

OPERATING INSTRUCTIONS

Please read the instructions carefully before operating the scale to ensure proper and correct use.

Retain these instructions for future reference.

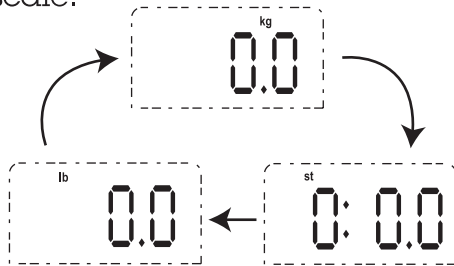
Preparing your scale

Before attempting to use the Solar Slim Scale, remove all packaging.

1. Set the unit measure for kilograms (kg), stone pounds (st lb) or pounds (lb) by pressing the unit button underneath the scale.



UNIT



2. Place the scale in a suitable position. Ensure the solar panel is not covered. Do not expose the scale to direct sunlight for long periods.

- Scale location must provide sufficient light or the display will be blank. Technology for this scale allows it to operate in enclosed areas with 100 lux minimum light source.

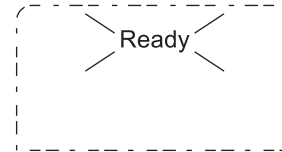
Examples:

Illuminance provided under various conditions

Very dark overcast day	100 lux
Normal office lighting -	320 - 500 lux
Sunrise or sunset on a clear day	400 lux
Full daylight (indirect sun)	10,000 - 25,000 lux
Direct sunlight	32,000 - 130,000 lux

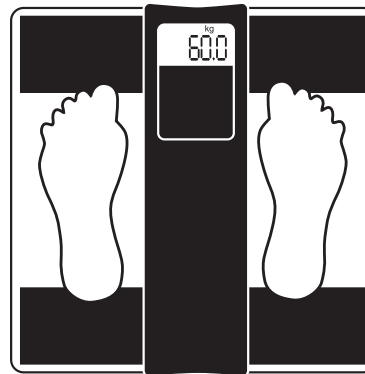
- Lay the scale on a hard, flat, even surface. Do not use on carpets, rugs or even chair mats as the scale will not give you accurate readings.

3. 'Ready' flashes on the screen indicating it is ready for use.



4. Gently step on the scale. When standing on the scale, make sure your feet are evenly placed on the platform, your weight is evenly distributed between your feet and you stand perfectly still.

Movement, leaning backward, forward or from side to side will affect the accuracy of the scale.



5. Continue standing still on the scale. Once stable, your weight will be 'locked in' showing the UNIT and displayed for a few seconds.

To weigh yourself again, step off the scale then step on when 'ready' is shown.

Overloading



The readout displays a broken line when it is overloaded with more than 150kg, 23st 8lb or 330lb weight. Remove the weight immediately to protect the loadcells.

Specifications

6mm tempered glass platform

Scale dimensions 340 x 330 x 27.5mm

Weighs in kilograms (kg), stone and pounds (st lb) or pounds (lb)

Capacity - 150kg / 23st 8lb / 330lb

Minimum weight - 5kg

Weight graduation - 0.1kg / 0.2lb / 0.2lb

Solar Cell - 100 Lux minimum

'Step on Start' or press 'UNIT' to switch on