

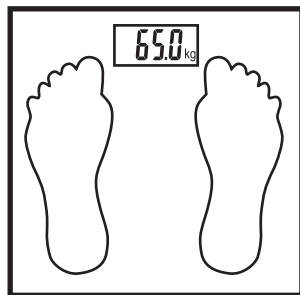
OPERATING INSTRUCTIONS

Please read the instructions carefully before operating the scale to ensure proper and correct use. Retain this sheet for future reference.

Preparing your scale

Remove all packaging before attempting to use your Proport Glass Digital Bathroom Scale.

1. Insert the 2 x CR2032 lithium batteries provided into the battery compartment underneath the scale. Ensure the positive '+' sides face up. Replace the compartment cover.
2. Place your scale on a firm and even surface. Use on soft or uneven surfaces may result in inaccurate readings.
3. This is a 'Step on Start' scale. Gently step onto the scale to activate it. When standing on your scale, make sure your feet are placed evenly on it, your weight is distributed evenly between your feet and you stand perfectly still. Movement, leaning backward or forward and not standing evenly on your scale, will affect the accuracy of the weight displayed.
4. The scale 'zeroes' first and, once stabilised will display your weight.



Unit Measure Conversion

The scale displays in kilograms (kg), pounds (lb) or stones pounds (st lb). To select a unit measure, press the 'unit' button underneath the scale.

UNIT



Automatic Switch-Off

The scale will automatically switch off after approximately 15 seconds, whether or not you are still standing on it.

Overloading

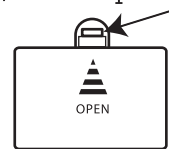
If the scale is overloaded (over 180kg / 397lb / 28st), 'Err' appears on the display. Remove the weight immediately or damage to the scale may occur.

Low battery indicator

When 'LO' displays on the screen, the battery must be replaced. Remember, always use fresh, good quality lithium batteries.

How to insert or remove the batteries

1. Turn the scale upside down and with your thumb, lift the plastic tab to dislodge the cover.



2. Remove the spent batteries, then insert two fresh, new CR2032 lithium ones with the '+' sides facing up as shown. Replace the compartment cover securely.



WARNING ABOUT BATTERIES

- KEEP OUT OF REACH OF CHILDREN.
- Batteries are harmful if swallowed.
- Batteries are to be inserted with the correct polarity.
- Remove the batteries from the battery compartment when not in use for long periods.
- Never throw batteries in a fire or attempt to open up their outer casing.
- Dispose of old batteries responsibly.

Specifications

6mm thick tempered glass platform

White backlit LCD

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

Capacity - 180kg / 397lb / 28st

Weight graduation - 0.1kg / 0.2lb / 0.2lb

Batteries - 2 x CR2032 batteries (included)

Equipped with high precision 'strain gauge' sensors

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.
- Remove the battery if the scale is not being used for a long period of time.

3 Year Warranty

Please retain your proof of purchase.

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180kg
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Models 3185, 3186, 3187, 3188



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