

TANITA

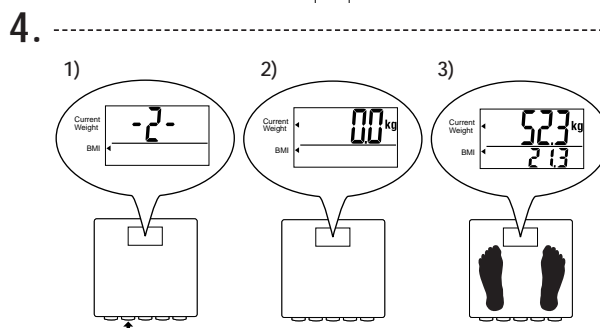
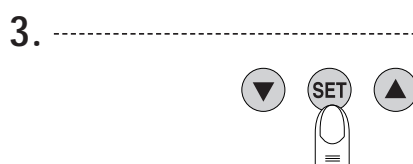
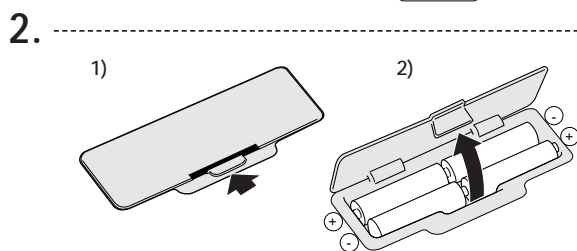
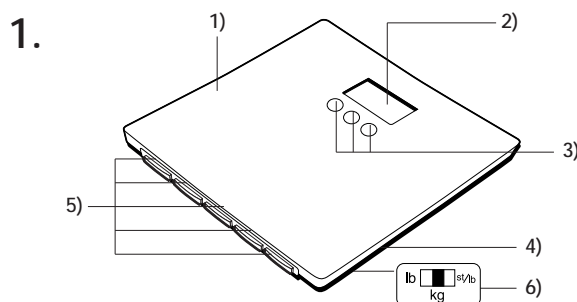
Monitoring Your Health

HD-325

Digital Bathroom Scale

ENGLISH Instruction Manual

Read this Instruction Manual carefully and keep it for future reference.



BMI	ENGLISH
BMI < 18.5	Underweight
18.5 BMI < 25	Normal range
25 BMI < 30	Pre obese
30 BMI < 35	Obese class 1
35 BMI < 40	Obese class 2
BMI 40	Obese class 3

Report of a WHO Consultation on Obesity Geneva, 3-5 June 1997

ENGLISH Instruction manual

1. Name of parts

- 1) Body
- 2) Display
- 3) SET/Arrow (Select) Button
- 4) Battery (bottom)
- 5) Reset button
- 6) Weight Mode Switch

2. Setting up scale

To insert battery

Turn the scale over and remove the battery cover by releasing the latch. (see fig.2.1) install 4 pieces of new "R6P" or "AA" type Alkaline battery (included) with correct polarity as indicated (see fig.2.2).

Note: If "Lo" message appears in display when attempting to weigh, replace the batteries. "Lo" will not appear if battery voltage is too low.

Placing scale

The scale should be used on a hard even surface for accurate weighing. If surface is carpeted, it is recommended to place masonite under the scale.

3. Set and Store Data

Use the Set button to activate the unit.

Personal Key numbers store your personal data.

Use Up/Down buttons to select height.

Press Set.

4. To use scale

Tap the personal key with your toe. The display will show personal number (fig.3.1).

Wait for the display to show "0.0" (fig.3.2), then step on the scale (fig.3.3). Current reading in upper display and BMI reading in under display.

Note: "0.0" disappears if you do not step on the scale within 30 seconds. When you step off the scale, display reading returns to "0.0" and scale will turn off automatically. "OL" message appears in the display when load weight is in excess of the weighing capacity.

For weighing accuracy

This scale is a precision instrument and very sensitive to body movement. For best accuracy, step on the scale gently, relax your body and stand still. It is normal for your weight to vary during the day. Slight changes in your weight are generally normal.

5. What is BMI

- BMI (Body Mass Index) is a guideline for determining your appropriate weight range.
- The BMI value is determined as $BMI = \text{Body weight (kg)} / \text{Height (m)}^2$
- BMI value of 22 is used as the standard value. Research has shown people with this figure have fewer health problems.

6. Care Instructions

1. Do not attempt to open the scale or tamper with its mechanism or circuitry. These actions will void all warranty coverage.
2. The scale will turn off automatically, after you have stepped off.
3. Take care not to spill water or chemical liquids onto the scale. Wipe the scale with a damp cloth periodically.
4. Place the scale on a flat and hard surface.
5. If not in use for long term, remove the batteries to prevent damage.
6. "OL" will appear when weight exceeds the scale capacity.

7. Specification

Version	kg only	kg/lb/st-lb
Capacity	150 kg	330 lb 23 st 8 lb
Min. Grad.	100 g	0.2 lb 0.2lb
Power supply	4 batteries (included)	
Power consumption	60 mA maximum	