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HPF-DIGITAL BATH- ROOM SCALE

HPF-SCALE-1895WT

User Manual

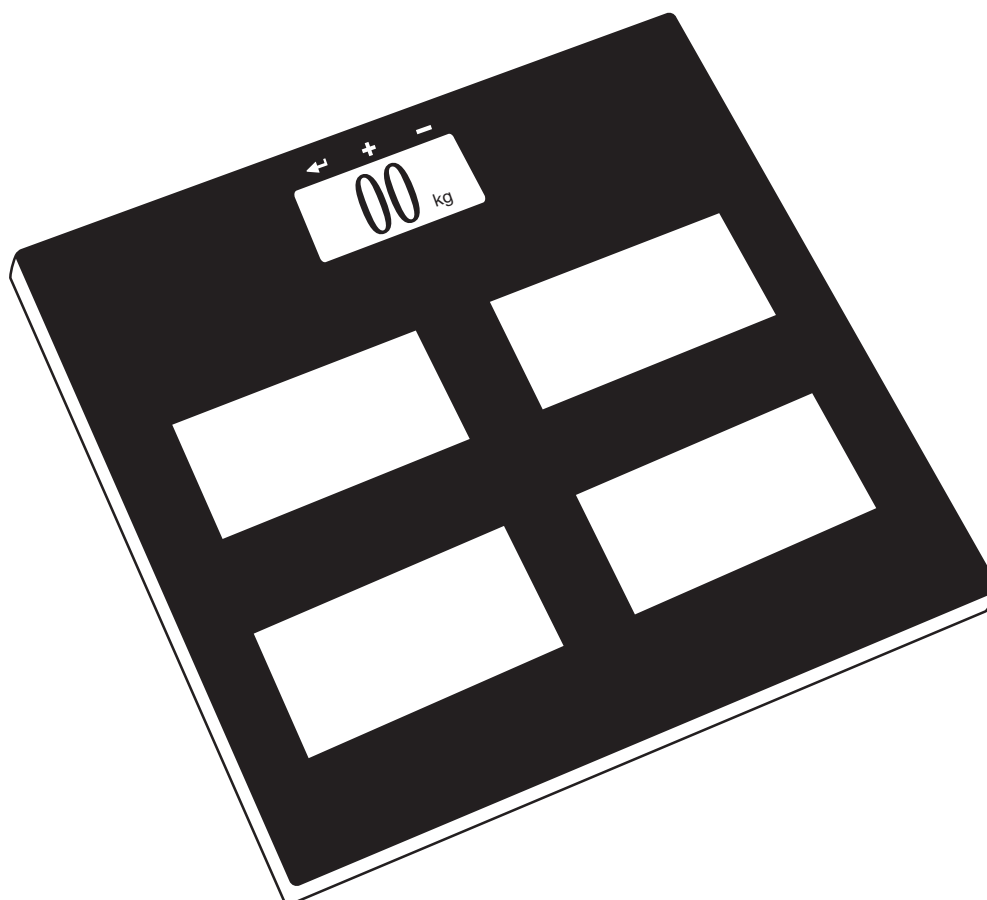


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FEATURES

SPECIFICATIONS:

Power:	2 x CR2032 lithium battery
Weight Capacity:	180 kg
Glass:	6mm quality tempered glass
Display Screen:	LCD digital display
Weighing Range:	6-180kg
Weighing Division:	100g
Height Range Set:	100-240 cm
Height Division:	1cm
Age range set:	10-80 years
Age division:	1 year
Memory person:	10
Fat Range Rate/Division:	5-50% / 0.1%
Water range rate/Division:	32-74% (man), 35-79% (woman) / 0.1%
Muscle range rate/Division:	10-80% / 0.1%
Calories/Division:	0-9999 Kcal / 1 Kcal
Bone Range/Division:	0.5-30.0kg / 0.1 kg.
Unit change function:	Kg / lb / st

CARE AND ATTENTION

INSTRUCTIONS

- The glass of surface should be kept dry to avoid any accident.
- It only bears the normal static pressure when is weighing. Improper use of equipment may cause damage.
- Clean your scale with a damp cloth but be careful not to spill a drop of water inside the scale nor use any chemical cleaning agents.
- Do not store the scale in an upright position when unused as this will drain the batteries.
- Remove batteries if the scale is not being used for a long time.
- The scale serves only for family use to test weight, fat, water, muscle, bone, calories, BMI. The device is not intended for commercial use.
- The fat parameter is designed as your reference on how much your body needs to lose or gain weight. However, seek doctor's advice first.
- Avoid holding any electric devices when using this equipment.
- In order to get accurate data, make sure that the area is free from any electromagnetic interference.
- Pregnant women are not recommended to use this product.
- This equipment belongs to HI-tech electronic product; do not repair or disassemble this equipment without assistance from our company professionals. If the scale failed to start normally, please check old batteries or connections. If problem still persists, please contact our company dealer.

OPERATION

MEASURE BODY FAT, WATER, MUSCLE, BONES, CALORIES

- Once done programming your personal parameters, please wait for a moment (about 3 seconds) until the "0.0" will show on LCD display.
- Take off your shoes and socks (please ensure feet are dry) and stand on each silver line of the scale. To complete the measurement of your body fat, you would need to stand on the scale even after your weight is displayed and wait until "0" moves from left to right two times.
- Once the product completes measuring body fat, all functions will be shown on the LCD for three times i.e.: weight, body fat, water, muscle, bones, calories and BMI; then, the scale will automatically turn off.

GENERAL INSTRUCTION

WEIGHT ONLY FUNCTION:

1. When you stand on scale directly, the product will only use weight function. It can't set personal parameter to measure the fat, water, muscles, bones, calories and BMI until programmed
2. Place the product on floor (level location), then stand evenly on the scale. Avoid moving while waiting for the scale to compute and display your correct weight. When you step off the scale, it will automatically switch off. (If no weight is carried out while the zero is being displayed, the scale will automatically switch itself off after 8 seconds).

BODY FAT MEASUREMENT OPERATION

You must set your personal parameter (sex, height and age) before using the product to measure your fat, water, muscle, bones, calories and BMI. The scale can memorize the data of 10 individuals. Avoid duplicate sets of personal parameters, and remember your number. (At the bottom left corner of the screen, Px (ranging P0 - P9) represents your personal number. Weight, fat, water, muscle, bones, calories and BMI will be maintained for each person).



YOUR PERSONAL DATA SETTING

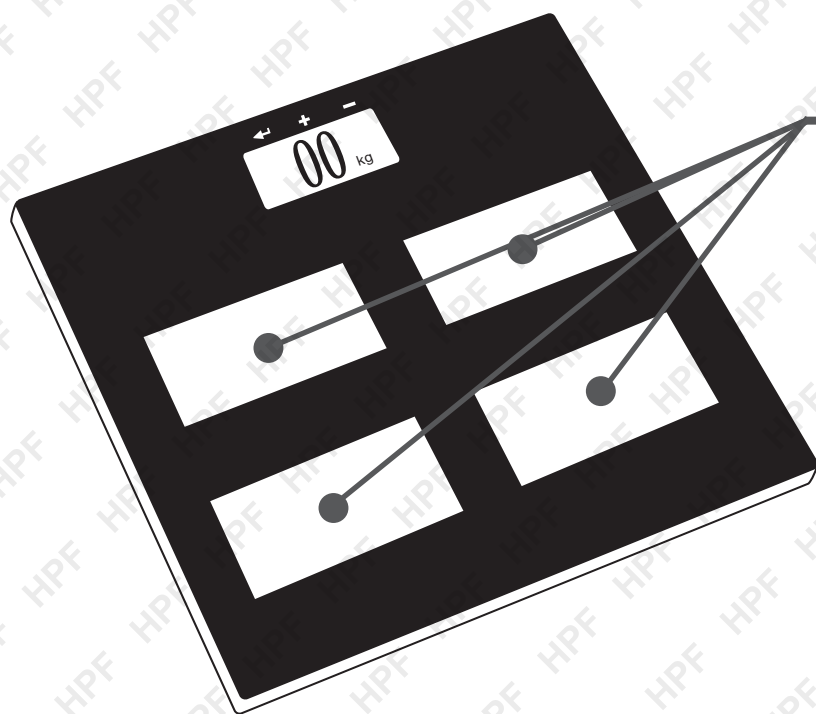
Personal number input- By pressing the "enter" button, the product will set the personal parameter. As soon as the personal symbol flashes, choose your personal number by pressing "+" or "-" and confirm by hitting "enter". Do remember your number.

Sex input- A gender symbol will flash when the personal number is confirmed. Choose your gender then by pressing "+" or "-" and confirm by hitting "enter".

Height input- After gender has been confirmed, a height symbol will flash. Height can be changed by pressing "+" or "-" and confirm by hitting "enter".

Age input- An age symbol will flash when your height is confirmed. Age can be set by pressing "+" or "-" and confirm by hitting "enter".

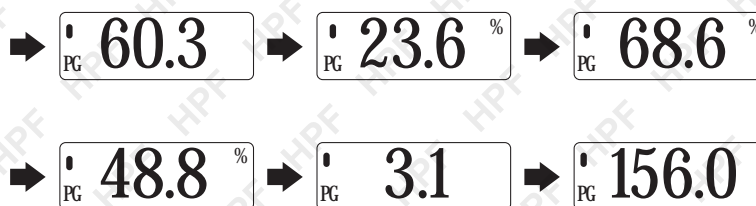
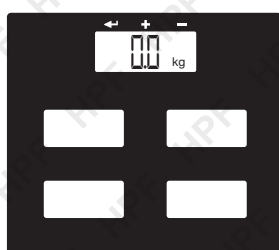
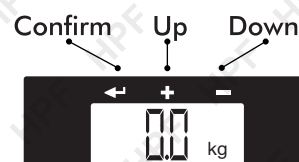
NOTE: When you input the data, please don't stand on the glass surface.



ELECTRODE

The correct fat/hydration measurement method:

Please stand on the scale barefooted, keep your sole clean and dry and have good contact with the electrode.



OTHER OPERATIONS INSTRUCTIONS

Fat percentage error indication

- Fat percentage error will show "FErr", fat percentage under 5% will show "FLo", if over 50% will show "FHI".

Overload indication

- overloading will show "Err" on the LCD.

Low battery indication

- when battery is low, it will show "LO"

ABOUT THE FAT AND CALORIE

REFER TO THE TABLE BELOW TO DISTINGUISH WHETHER YOU ARE UNDERWEIGHT OR OVERWEIGHT.

- The test result of your calorie refers to your current calories in your body. The table below will guide you on how much more kilo calories your body needs.
- We provide the fat/water/muscle/bone/calorie table for your reference.

FEMALE

Age	Symbol	Fat %	Water %	Muscle %	Calories %	Bones %
< 20	Underwt	<17				
	Healthy	17-25	43-68	35-56	1100 - 2400	1.8 - 3.9
	Overwt	26-34				
	Obese	>34				
20-30	Underwt	<17				
	Healthy	17-25	43-67	38-58	1150 - 2600	1.8 - 3.8
	Overwt	26-34				
	Obese	>34				
30-40	Underwt	<19				
	Healthy	19-27	40-69	42-58	1000 - 2200	1.5 - 3.8
	Overwt	28-36				
	Obese	>36				
40-50	Underwt	<20				
	Healthy	20-28	42-68	40-56	950 - 2050	1.6 - 3.7
	Overwt	29-37				
	Obese	>37				
50-60	Underwt	<21				
	Healthy	21-29	42-65	39-55	950 - 2000	1.5 - 3.6
	Overwt	30-38				
	Obese	>38				
60 >	Underwt	<21				
	Healthy	21-29	41-64	35-51	600 - 1500	1.3 - 3.5
	Overwt	30-38				
	Obese	>38				

MALE

Age	Symbol	Fat %	Water %	Muscle %	Calories %	Bones %
< 20	Underwt	<12	46-69	38-56	1200-2600	2.0 - 4.1
	Healthy	12-20				
	Overwt	21-29				
	Obese	>29				
20-30	Under	<13	43-64	43-64	1150-2800	2.1 - 4.0
	Healthy	13-21				
	Overwt	22-30				
	Obese	>30				
30-40	Underwt	<15	45-68	48-69	1100-2400	1.8 - 4.0
	Healthy	15-23				
	Overwt	24-32				
	Obese	>32				
40-50	Underwt	<16	43-69	46-62	1030-2150	1.9 - 3.8
	Healthy	16-24				
	Overwt	25-33				
	Obese	>33				
50-60	Underwt	<17	43-65	45-59	980-2060	1.9 - 3.7
	Healthy	17-25				
	Overwt	26-34				
	Obese	>34				
60 >	Underwt	<18	42-68	1.6 - 3.7	720-1750	41-58
	Healthy	18-26				
	Overwt	27-35				
	Obese	>35				

Different gender adult BMI index standard

Gender \ Symbol	UnderWt	Healthy	Overwt	Obese
Male	<20	20-25	20-25	>31
Female	<19	19-24	19-24	>30



Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death consult the points below and additionally, the information available at www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.
- Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).
- Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.
- Ensure all possible users of the product have completed an industry recognised training course before being given access to the product.

- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example) there is always a small chance of a technical issue that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee or could financially affect the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.
- If this item has been purchased in error considering the points above simply contact the retailer directly for details of their returns policies if required.

