

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.

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RECYCLABLE
CARDBOARD



proPERT[®]
150kg
glass digital
bathroom scale

In your home since 1920

Style 3175, 3176, 3177, 63178, 63179

Name: Reflections



Operating Instructions

Instructions for use

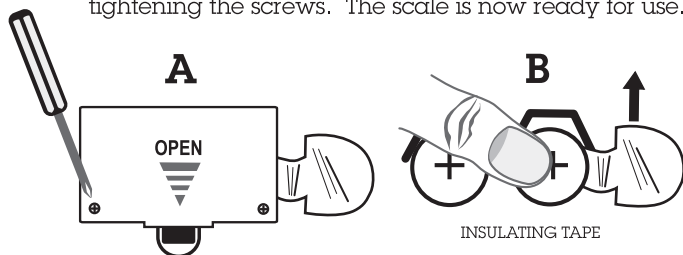
Remove all packaging before first using the scale

Note: *The plastic insulator in the battery compartment must be removed for the scale to function.*

A. Undo the retaining screws with a screwdriver and remove the battery compartment cover.

B. Gently press on the battery cell to hold it in place, then slowly pull out the insulator tab. This will activate the scale.

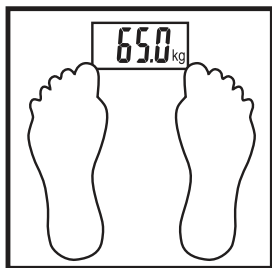
C. Replace the cover and secure it by re-inserting and tightening the screws. The scale is now ready for use.



1. Place your scale on a firm and even surface. Use on soft or uneven surfaces may result in inaccurate readings.

2. 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.

3. The scale 'zeroes' first and once stabilised, will display your weight.



Unit Measure Conversion

The scale displays in kilograms (kg), pounds (lb) or stone pounds (st lb). To select a unit measure, press the conversion 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 150kg / 23st / 330lb), '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 batteries must be replaced. Remember, always use fresh, good quality lithium batteries.

Specifications

6mm thick tempered glass platform

Large 82 x 45mm LCD with white backlight

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

Capacity - 150kg / 330lb / 23st

Weight graduation - 0.1kg / 0.2lb / 0.2lb

Battery - 2 x CR2032 batteries (included)

Equipped with high precision 'strain gauge' sensors

How to remove and insert the batteries

1. Undo the retaining screws with a screwdriver and dislodge the battery compartment cover.
2. Remove the spent batteries, then place fresh, new CR2032 lithium batteries making sure the '+' sides face up as shown.
3. Replace the cover and secure it by re-inserting and tightening the screws.



Battery Warning

BATTERY WARNING:

INTERNAL BURNS / CHOKING HAZARD

Swallowing batteries may lead to serious injury or death (severe burns can occur within 2 hours).

IMMEDIATELY SEE A DOCTOR

Emergency Telephone Numbers

AUSTRALIA 000 NEW ZEALAND 111

Poisons Information Centre

AUSTRALIA 13 1126 NEW ZEALAND 0800 764 766

KEEP BATTERIES OUT OF REACH OF CHILDREN

Dispose of batteries immediately and responsibly

- Non-rechargeable batteries are not to be recharged.
- Only batteries of the same or equivalent type are to be used.
- Batteries are to be inserted with the correct polarity.
- Remove exhausted batteries from the product.
- Remove batteries from the battery compartment when not in use.
- Never throw batteries in a fire or attempt to open up their outer casing.