

HN-283

## Digital Personal Scale

- Instruction Manual
- Mode d'emploi
- Gebrauchsanweisung
- Manuale di istruzioni
- Manual de instrucciones
- Gebruiksaanwijzing
- РУКОВОДСТВО ПО ЭКСПЛУАТАЦИИ

• كتيب الإرشادات

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Thank you for purchasing the OMRON Digital Personal Scale.  
Before using this scale for the first time, please be sure to read this Instruction Manual carefully and use the scale safely and properly.  
Please keep this Instruction Manual at hand all the time for future reference.

# HN-283

## Digital Personal Scale

Dear customer,

Thank you for purchasing this OMRON Digital Personal Scale.

### Product Features

- **High precision**  
Minimum displayed unit is 0.1 kg.  
Even a slight weight change can be detected.
- **Large LCD panel (35mm)**
- **Platform is made of advanced tempered glass**
- **Built-in TAP ON power switch**  
With just a gentle tap of your foot on the parts below the right or left sides of the platform, the power is on.
- **Auto power off**  
When weighing is done, the power will shut down in 6 seconds.



Please read this instruction manual carefully before use and for further information on the individual functions.

Please keep this manual for future reference. Do not use this scale for purposes other than described in this manual.



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## Notes on Safety

Symbols and definitions are as follows:

 <b>Warning:</b>	Improper use may result in possible death or serious injury.
 <b>Caution:</b>	Improper use may result in injury or property damage.

### **Warning:**

- Never start weight reduction or exercise therapy without the instructions of a doctor or specialist.
- Do not use the scale on slippery surfaces, such as a wet floor.
- Keep the scale out of the reach of young children.
- Do not jump onto the scale, or hop up and down on the scale.
- Do not use this scale when your body and/or feet are wet, such as after taking a bath.
- Do not step on the edge or display area of the scale.
- People with disabilities, or who are physically frail, should always be assisted by another person when using this scale. Use a handrail or so when stepping on the scale.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.
- Do not put your fingers into any slot or inside the scale.
- Use Indoors.
- Do not use for purposes other than weight-taking.

### **Caution:**

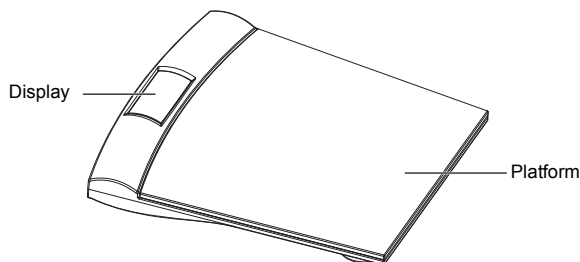
- Do not disassemble, repair, or remodel the scale.
- Do not use batteries not specified for this scale. Do not insert the batteries with the polarities in the wrong direction.
- Replace worn batteries with new ones immediately.
- Do not dispose of batteries in fire.
- If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
- Remove the batteries from this scale when you are not going to use it for a long period of time (approximately three months or more).
- Do not use different types of batteries together.
- Do not use new and worn batteries together.
- This scale is intended for home use only. It is not intended for use in hospitals or other medical facilities. It does not support the quality standards required for professional use.

### **General Advice:**

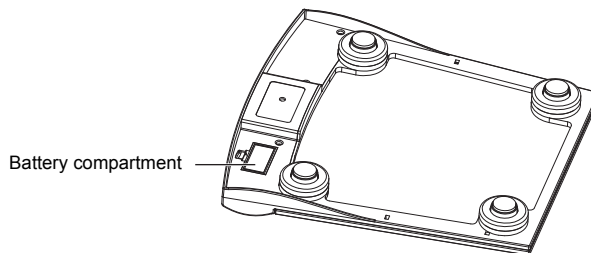
- Do not place this scale on a cushioned floor surface such as on a carpet or a mat. Correct measurement may not be possible.

# 1. Know Your Scale

Top View



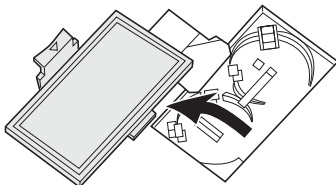
Bottom View



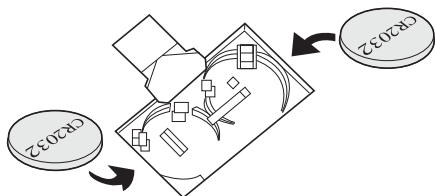
# 2. Inserting and Replacing the Batteries

Batteries are already installed in the scale. To start using the scale, pull out the red film.

1. Open the battery cover on the back of the scale.




2. Install the batteries in correct polarity as + ends up.



3. Close the battery cover.

### Battery Life and Replacement

When  appears, replace both batteries with new ones.

- Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.
- Two CR2032 batteries will last approximately 1 year (when measurements are made three times a day).
- Because the supplied batteries are for trial use only, they may have a shorter life.

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### 3. Taking a Measurement

Measurement should be taken on a level and hard surface.

1. Tap the parts below the right and left sides of the platform to turn on the power, then lift your foot away from the platform.



---, are displayed.

**Note:** If you leave your foot there, the measuring is not going to be precise.

2. When is displayed, step onto the scale.

The measurement starts. The result will be shown when ---, are displayed in sequence.

**Notes:**

- If you step onto the scale before appears on the display, correct measurement will not be possible.
- The scale will automatically turn off 10 seconds after is displayed.

3. Check the measurement results.

The scale will be turned off automatically after 6 seconds.

**Note:** If the result is still unstable when ---, are displayed, it will continue to cycle the display ---, till measurement is stabilized and the result is displayed. But if this process lasts more than 10 seconds, and no result is displayed, the scale will be turned off automatically in 3 seconds after Err is displayed.

### 4. Error Displays

Error Display	Cause	Correction
E	The weight is out of the weighing range (more than 150 kg).	
Err	You did not lift your foot off the platform after the power is just tapped on.	Lift your foot off first when the power is just turned on.

### 5. Troubleshooting

Problem	What to Check	Correction
Power can not be tapped on	Is the scale placed on ground level?	Please place it on a level and hard surface for use.
	Battery power may be low.	Please replace batteries.
	Are the batteries wrongly inserted?	Please insert the batteries as illustrated in section 2. "Inserting and Replacing the Batteries".
Abnormal results are displayed	Is the scale placed on ground level?	Please place it on a level and hard surface for use.
	Was your foot still on the platform after you switched on the scale by tapping?	Please lift your foot away from the unit immediately after you switched on the scale by tapping. (Refer to "3. Taking a Measurement")

## 6. How to Take Care of and Store the Scale

This Digital Personal Scale does not require any maintenance.

### **How to Clean the Scale**

- Always keep the scale clean before use.
- Wipe the scale with a soft dry cloth.  
If necessary, use a cloth moistened with water or detergent and squeeze it well before wiping the scale, then wipe dry with a dry cloth.
- Do not use benzene or thinner, to clean the scale.
- Do not wash the scale with water.

### **Care and Storage**

- Do not store the scale in the following conditions:
  - Humidity, where moisture or water may get into the scale
  - High or low temperatures, such as direct sunlight, below an air conditioner, or in dusty places
  - Places with the risk of sudden shocks or vibrations
  - In places where chemicals are stored or where corrosive gas is present.
- Do not carry out repairs of any kind yourself. If a defect occurs, consult the OMRON distributor or Customer Services as mentioned on the packaging.
- Things left on the platform for a long time will keep the power on and drain the batteries.

## 7. Technical Data

<b>Name</b>	<b>HN-283</b>
<b>Product</b>	Digital Personal Scale
<b>Model</b>	<b>HN-283-E</b>
<b>Display</b>	5 to 150 kg with an increment of 0.1 kg
<b>Weight Accuracy</b>	5.0 kg to 40.0 kg: $\pm 0.4$ kg 40.0 kg to 150.0 kg: $\pm 1\%$
<b>Power Supply</b>	Two CR2032 batteries (two test batteries are included)
<b>Battery Life</b>	Approximately 1 year (when batteries are used with 3 measurements a day)
<b>Operating Temperature / Humidity</b>	+10°C to +40°C, 30% to 85% RH
<b>Storage Temperature/ Humidity/Air Pressure</b>	-20°C to +60°C, 10% to 95% RH, 700 hPa - 1060 hPa
<b>Weight</b>	Approximately 1.4 kg (batteries not included)
<b>External Dimensions</b>	Approximately 300 (W) × 40(H) × 320 mm (D)
<b>Package Contents</b>	Digital Personal Scale, two CR2032 batteries for test use of the scale, instruction manual

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**Note:** Subject to technical modification without prior notice.



This device fulfills the provisions of the EMC Directive 2004/108/EC.


OMRON HEALTHCARE EUROPE B.V. guarantees this product for 2 years after date of purchase.

The guarantee does not cover battery, packaging and/or damages of any kind due to misuse (such as dropping or physical misuse) caused by the user. Claimed products will only be replaced when returned together with the original invoice / cash ticket.



7. Technical Data

 	<p><b>Correct Disposal of this Product</b>  <b>(Waste Electrical &amp; Electronic Equipment)</b></p>
<p>This marking shown on the product or its literature, indicates that it should not be disposed with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.</p>	
<p>Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take this item for environmentally safe recycling.</p>	
<p>Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial wastes for disposal.</p>	
<p>This product does not contain any hazardous substances.          Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.</p>	

<p><b>Manufacturer</b></p> 	<p><b>OMRON HEALTHCARE CO., LTD.</b>                  24, Yamanouchi Yamanoshita-cho, Ukyo-ku, Kyoto,                  615-0084 Japan</p>		
<p><b>EU-representative</b></p> <table border="1" style="margin: auto;"> <tr> <td style="text-align: center;">EC</td> <td style="text-align: center;">REP</td> </tr> </table>	EC	REP	<p><b>OMRON HEALTHCARE EUROPE B.V.</b>                  Kruisweg 577, 2132 NA Hoofddorp, The Netherlands  <a href="http://www.omron-healthcare.com">www.omron-healthcare.com</a></p>
EC	REP		
<p><b>Subsidiary</b></p>	<p><b>OMRON HEALTHCARE UK LTD.</b>                  Opal Drive                  Fox Milne, Milton Keynes MK15 0DG, United Kingdom</p> <p><b>OMRON Medizintechnik Handelsgesellschaft mbH</b>                  John-Deere-Str. 81a, 68163 Mannheim, Germany  <a href="http://www.omron-medizintechnik.de">www.omron-medizintechnik.de</a></p> <p><b>OMRON SANTÉ FRANCE SAS</b>                  14, rue de Lisbonne, 93561 Rosny-sous-Bois Cedex, France</p>		

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