

Bathroom Scales Buyers Guide

Important rules when weighing yourself

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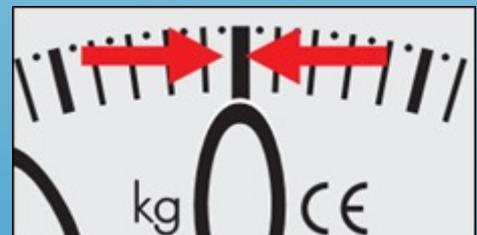
The weight of an adult may vary during the day by about 4-6lbs (2-3kg). For a reliable check of your weight it is therefore important that the conditions when taking your weight are being kept as constant as possible.

So you should weigh yourself

- Before eating
- At the same time of day
- Preferably in the mornings after visiting the bathroom
Note: This applies to “normal” weighing.
- The best time for body analysis is between 6 and 8pm
- Naked

The following rules on correct use of the scale should be observed

- Make sure the scale is on a solid, safe floor.
- Set mechanical scales to the “0” position using the adjustment wheel.
- Electronic scales are automatically set to zero.
- Stand a symmetrically as you can on the scale, as an uneven weight distribution can interfere with the reading.
- Stand still
- Do not hold or lean on to anything
- Always weigh yourself in the same location, as different conditions such as type of flooring, temperature and humidity can lead to different readings.



Capacity – Graduation- Tolerances

Capacity means the maximum weight load of scales. Above this value the pointers on mechanical scales go off the scale.

Electronic scales show an overload symbol.



Capacity has nothing to do with what a set of scales can bear. Modern scales have built-in security devices to allow them to bear much higher weights without damage.

Graduation is the divisions in numerical intervals in which the scales show your weight. The smaller the value is, the more precisely the scales show your weight. For example Graduation = 50g means that the scales show your weight in 50g steps. With mechanical scales (analogue) scales only divisions of 500g/1kg/1lb are possible. For finer divisions you should switch to electronic (digital) scales.

Like any other measuring instrument, scales can have **tolerances**. On average this is a maximum of 3 weight intervals compared with the actual value. The smaller the division intervals, the smaller the possible variance. So for bathroom scales showing 100g divisions, this level of accuracy that is within 0.5% for the average range of body weights.

As weight changes occur in small steps, the readability of the weight reading is particularly important.

If the rules mentioned about checking your body weight are observed you will get the best results.

Bathroom scales show reliable readings only at weights over 20lb (10kg) because the measuring components are not designed for values under 20lb (10kg).

Batteries required

Scalexpress electronic scales and body analysis scales are usually supplied with batteries of different types -

1.5V batteries AAA

1.5V batteries type AA

9V block batteries

3V lithium batteries

Scalexpress recommends alkaline batteries of the AAA, AA and block 9V types.

Alkaline batteries have a long service life of approximately 5-6 years and only lose their charge slowly.

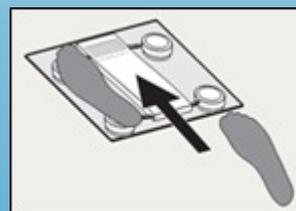
Depending on the type of scales and assuming an average of 3 weighings a day, **alkaline batteries** last for about 3-4 years.

Lithium batteries- depending on the type of scales and assuming 3 weighings a day taking approximately 2 minutes – last about 10 years.

Switching on electronic bathroom scales

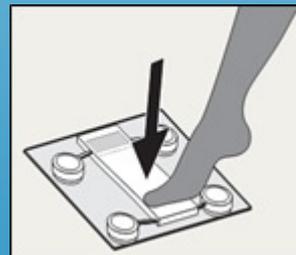
Auto On

- The scale switches on automatically when you step on it.
- Your weight is shown immediately.
- Step off the scale after reading your weight.
- The scale switches off automatically after you have weighed.



Tap On

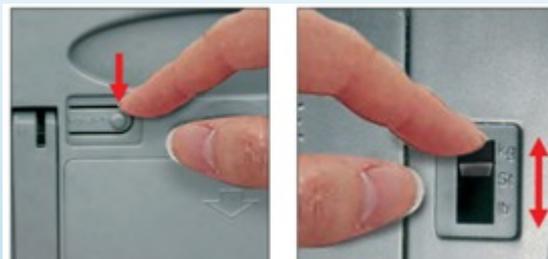
- The bathroom scales switch on after you tap the platform firmly with your foot. Do not step onto the platform until the display shows 0.0.
- Your weight is shown.
- Step off the scale after reading your weight.
- The scale switches off automatically after you have weighed.



Kg/st/lb Conversion on electric bathroom scales

On many electronic bathroom scales you can choose to display your weight in kilograms (kg), stones (st) or English pounds (lbs). This option is especially interesting for English speaking countries because different weight units are used there. The standard factory setting is usually the kilogram display.

The relevant switch can be found on the bottom of most electronic bathroom scales or in the battery compartment: a small button or sliding switch is used to change the weighing units.



Care and cleaning

- Scales should be cleaned with a slightly dampened cloth. If necessary add a little detergent.
- Never submerge the scales in water or any other liquids
- Do not use any chemical or abrasive cleaning agents

We have found that many customer complaints can result from operating errors

Many scales sent back by customers work perfectly well!!

Please always check whether complaints are justified -

1. Check batteries

Are the batteries inserted?

If not: insert tested batteries

Are the batteries inserted **correctly**?

Make sure the poles are correct!

Every battery compartment shows how the batteries should be inserted

Are the batteries worn out?

Check the batteries with a battery tester

2. Check the scale is working

After the batteries have been tested and /or new batteries have been inserted, the next step is to check the scale is working.

Electronic bathroom scales or body analysis scales

Are either switched on by firmly tapping the platform (Tap On) – the scales should then display “0” after a short time and can then be stepped on- or by stepping on to the scale (Auto On). When testing the analysis function on a body analysis scale please bear in mind that the personal details (height, age, gender) of a test person should be entered and stored in the memory by conducting an initial analysis. Please note that the test person must be bare-foot. Only the weighing function can be provided wearing socks/tights or shoes.

Please make sure the scale is on an even surface.

If no weight or reading is displayed then there is a fault.

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