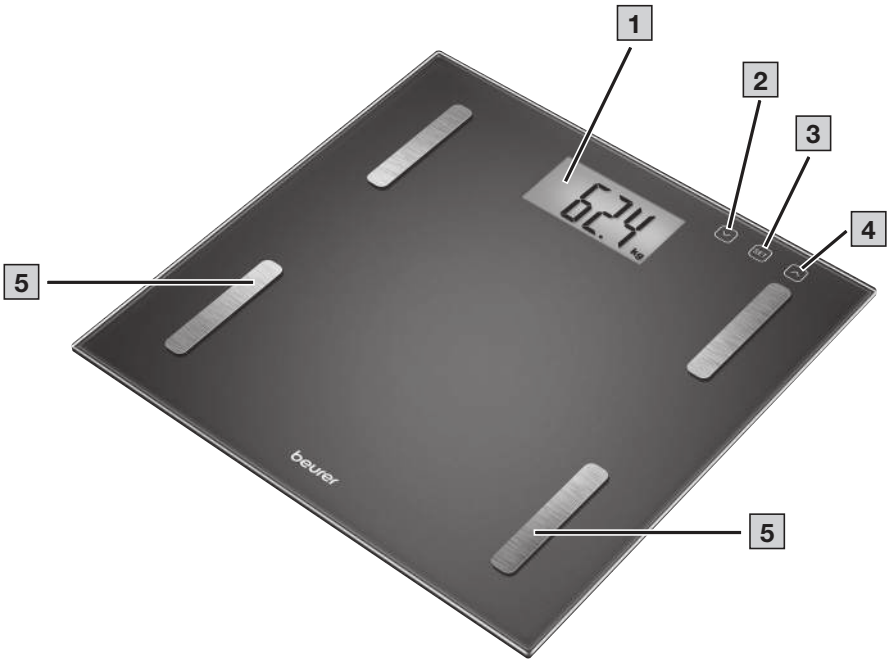
beurer

BF 180

EN Diagnostic bathroom scale
Instructions for use

CE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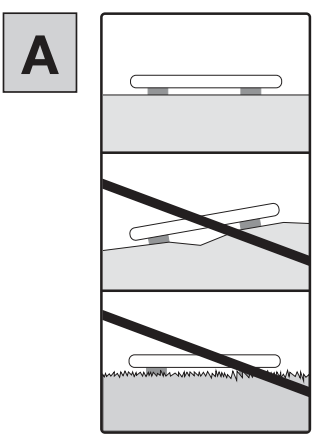
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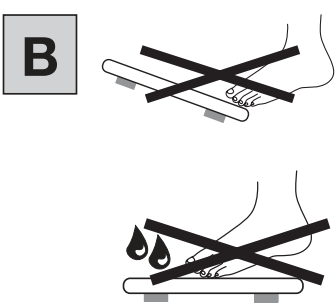
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Read these instructions for use carefully. Observe the warnings and safety notes. Keep these instructions for use for future reference. Make the instructions for use accessible to other users. If the device is passed on, provide the instructions for use to the next user as well.

TABLE OF CONTENTS

1. INCLUDED IN DELIVERY

Check that the device packaging has not been tampered with and make sure that all contents are present. Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Services address.

- BF 180 diagnostic bathroom scale
- 2 x 3V CR 2032 batteries
- These instructions for use
- 1x warranty leaflet

2. IMPORTANT SAFETY NOTES

⚠ WARNING

- **The device may not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.**
- Do not use during pregnancy.
- Do not step onto the outer edge of the scale on just one side: danger of tipping!

- Swallowing batteries can be extremely dangerous. Keep the batteries and scale out of the reach of small children. Should a battery be swallowed, seek medical assistance immediately.
- Keep packaging material away from children (risk of suffocation).
- Important: do not step onto the scale with wet feet or if the surface of the scale is damp – danger of slipping!
- Please note that measuring tolerances are possible for technical reasons, as this scale is not calibrated for use in a professional medical context.
- Ages 10 to 99 years and height settings from 100 to 220 cm (3-03" to 7-03") can be preset.
- The scale's maximum capacity is 180 kg (396 lb / 28 st). The results for the weight measurement and bone mass calculation are displayed in 100-g increments (0.2 lb).
- Measurements of body fat, body water and muscle content are displayed in increments of 0.1%.
- The calorie requirement is indicated in increments of 1 kcal.
- When supplied to the customer, the scale is set to weigh and measure in "kg" and "cm". On the back of the scale, there is a toggle button where you can select „pounds" (lb) and „stones" (st).
- Place the scale on an even, hard surface; a hard surface is crucial for achieving accurate measurements.
- Repairs may only be carried out by Beurer Customer Services or authorised retailers. Before submitting a complaint, please check the batteries first and replace them if necessary.

Safety notes on handling batteries

⚠ WARNING

- **Risk of explosion! Risk of fire!** Failure to comply with the following points can result in personal injury or cause overheating, leakage, venting, breakage, explosion, or fire on the battery.
- This device contains non-rechargeable batteries which must not be charged.
- Do not throw batteries into a fire.
- Never charge, forcibly discharge, heat, disassemble, open, crush, deform, encapsulate, or modify batteries.
- Never short-circuit batteries or battery compartment contacts.
- Protect the batteries from direct sunlight, rain, heat, and water.
- Exposure of batteries to an environment with extremely high temperatures or an extremely low air pressure may result in explosion or leakage of flammable liquids and gases.
- Dispose of defective and discharged batteries immediately and properly (see chapter on disposal).
- Do not use modified or damaged batteries.
- Always select the correct battery type.
- Always insert the batteries correctly, taking into account the polarity (+ / -).
- Never mix batteries of different manufacturers, capacities (new and used), size, or type within a device.
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth.
- If fluid from a battery comes into contact with your skin or eyes, wash the affected areas with water and seek medical assistance.
- **Choking hazard!** Keep batteries out of the reach of children. Seek medical attention immediately if swallowed. Swallowing them may cause burns, severe internal injuries, and death.
- Never allow children to replace batteries without adult supervision.

⚠ CAUTION

- Store batteries in a well-ventilated, dry, and cool place in a non-conductive container in which the batteries cannot be short-circuited to each other or by other metal objects.
- Keep batteries clean and dry.
- Keep batteries away from water.
- If the device is not going to be used for a long period of time, remove the batteries from the battery compartment.

NOTICE

- Do not use rechargeable batteries.

3. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

⚠ WARNING Indicates a potentially impending danger. If it is not avoided, there is a risk of death or serious injury.
⚠ CAUTION Indicates a potentially imminent hazard. If it is not avoided, slight or minor injuries may result.
NOTICE Indicates a potentially harmful situation. If it is not avoided, the device or something in its vicinity may be damaged.

	The device may not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.
CE	**CE labelling** This product satisfies the requirements of the applicable European and national directives.
EAC	The products demonstrably meet the requirements of the Technical Regulations of the EAEU
	The electronic device must not be disposed of with household waste
Pb Cd Hg	Do not dispose of batteries containing hazardous substances with household waste
	Manufacturer
	Read the instructions
UK CA	United Kingdom Conformity Assessed Mark
B A	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard
RECYCLE	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	Importer

4. DEVICE DESCRIPTION

The associated drawings are shown on page 3.

1 Display

2 ∨ Sensor button on top side of scale

3 SET Sensor button on top side of scale

4 ∧ Sensor button on top side of scale

5 Electrodes

5. INITIAL USE

Inserting the batteries

If present, pull the battery insulating strip off the battery compartment cover or remove the battery's protective film and insert the battery according to the polarity. If the scale does not function, remove the batteries
completely and reinsert them.
As the battery compartment is secured with at least one screw, use an appropriate tool (screwdriver) for battery change.

Changing the weight unit

When supplied to the customer, the scale is set to weigh in "kg". Switch on the scale by briefly applying pressure to the standing surface with your foot (approx. 1-2 seconds). Wait until " 0.0 kg" appears in the display. To the rear of the scale, there is a button where you can select "pound" and "stones" (lb, st).

Positioning the scale A

Place the scale on an even, hard surface; a hard surface is crucial for achieving accurate measurements.

6. ENTERING USER DATA

To calculate your body fat percentage and additional body values, you must save the personal user data.
The scale has 10 user memory spaces which allow you and members of your family to save and access personal settings, for example.

1. **Place the scale on an even hard surface; a hard surface is crucial for achieving accurate measurements.**
2. Switch on the scale by briefly applying pressure to the standing surface with your foot (approx. 1-2 seconds). Wait until " 0.0 kg" appears in the display.
3. Start configuring the settings by pressing the button **SET**. The first memory space flashes in the display.
4. Press the ∧ /∨ button to select the desired memory space and confirm by pressing the button **SET**.
5. You can now implement the following settings:

User data	Set values
Users/persons	1 to 10
Height	100 to 220 cm (3'-03" to 7'-03")
Age	10 to 99 Jahre
Gender	male ( ), female ( )
Activity level	1 to 5

Activity levels

The medium-term and long-term perspective is decisive when selecting the activity level.

Activity level	Physical activity
1	None.
2	Low: little and light physical exertion (e.g. going for walks, light gardening, simple gymnastics).
3	Medium: physical exertion, at least 2 to 4 times a week for 30 minutes each.
4	High: physical exertion, at least 4 to 6 times a week for 30 minutes each.
5	Very high: intensive physical exertion, intensive training or hard physical work for at least 1 hour every day.

1. Modifying values: Press ∧ /∨ or press and hold for more rapid progress.
2. Confirming entries: Press the button **SET**.
3. After the values have been set and displayed again, "0.0" appears on the display together with the symbol for the selected gender / .
4. Then the scale is ready for measuring. If you do not carry out a measurement, the scale switches off automatically after several seconds.

7. USAGE

7.1 Taking measurements

Place the scale on an even, hard surface; a hard surface is crucial for achieving accurate measurements.

General tips

- As far as possible, weigh yourself at the same time of day (ideally in the morning), after having been to the toilet, on an empty stomach and without clothing, in order to obtain results which can be compared.
- Important point regarding the measurement: the calculation of body fat may only be made when barefoot; the soles of the feet may be lightly dampened where appropriate. Results may be unsatisfactory if the soles of the feet are completely dry or have a large amount of hard skin since conductivity will be impaired.
- Stand up straight and still during the measurement.
- Wait a few hours after any physical exertion to which your body is unaccustomed.
- Wait approx. 15 minutes after getting up so that the water stored in the body can disperse.
- Remember that only the long-term trend is important. Short-term changes in weight within a few days are normally caused by loss of fluids; however, body water plays an important role in terms of well-being.

Measuring weight, carrying out diagnostics

Switch on the scale (briefly step on the standing surface or press **SET**). Wait until "0.0" appears in the display.

- Press **SET**; the last selected user memory then flashes.
- All user values will then be shown in turn until "0.0" is shown on the display.
- Step onto the scale with bare feet and ensure that you are standing still with equal weight distribution and with both legs on the stainless steel electrodes.
- The measurements are displayed shortly afterwards.

NOTICE

Your feet, legs, calves and thighs must not touch each other. Otherwise the measurement cannot be performed correctly.The scale immediately begins to measure your weight.

The following data are displayed:

- Body weight in kg
- Body fat percentage **BF**, in %
- Water percentage , in %
- Muscle percentage , in %
- Bone mass (mineral content) , in kg
- Body mass index **BMI**
- Basal metabolic rate kcal, in kcal (**BMR**)
- Now all measured values are displayed consecutively and the scale switches off.

Only measuring weight

Step onto the scale wearing shoes. Stand still with your weight distributed equally on both feet. The scale begins to take measurements straight away.

Switching off the scale

The scale switches itself off automatically.

7.2 Evaluating the results

Body fat percentage

The following body fat percentages serve as a guideline (for further information please consult your doctor).

Male

Age	Low	Normal	Moderate	High
10 – 14	<11 %	11 – 16 %	16,1 – 21 %	>21,1 %
15 – 19	<12 %	12 – 17 %	17,1 – 22 %	>22,1 %
20 – 29	<13 %	13 – 18 %	18,1 – 23 %	>23,1 %
30 – 39	<14 %	14 – 19 %	19,1 – 24 %	>24,1 %
40 – 49	<15 %	15 – 20 %	20,1 – 25 %	>25,1 %
50 – 59	<16 %	16 – 21 %	21,1 – 26 %	>26,1 %
60 – 69	<17 %	17 – 22 %	22,1 – 27 %	>27,1 %
70 – 100	<18 %	18 – 23 %	23,1 – 28 %	>28,1 %

Female

Age	Low	Normal	Moderate	High
10 – 14	<16 %	16 – 21 %	21,1 – 26 %	>26,1 %
15 – 19	<17 %	17 – 22 %	22,1 – 27 %	>27,1 %
20 – 29	<18 %	18 – 23 %	23,1 – 28 %	>28,1 %
30 – 39	<19 %	19 – 24 %	24,1 – 29 %	>29,1 %
40 – 49	<20 %	20 – 25 %	25,1 – 30 %	>30,1 %
50 – 59	<21 %	21 – 26 %	26,1 – 31 %	>31,1 %
60 – 69	<22 %	22 – 27 %	27,1 – 32 %	>32,1 %
70 – 100	<23 %	23 – 28 %	28,1 – 33 %	>33,1 %

Values will often be lower for fitness enthusiasts. Depending on the sporting activities performed, the training intensity and the physical constitution, the results may still be below the stated standard values. Please note, however, that there may be a risk to health in the case of extremely low values.

Body water content

The body water content in % is normally within the following ranges:

Male

Age	Poor	Good	Very good
10 – 100	<50 %	50 – 60 %	>65 %

Female

Age	Poor	Good	Very good
10 – 100	<50 %	50 – 65 %	>60 %

Body fat contains relatively little water, therefore body water content may be below the standard values in persons with a high body fat percentage. On the other hand, endurance athletes may exceed the standard values due to having low levels of fat and a high muscle percentage.
The body water calculation performed using this scale is not suitable for drawing medical conclusions, for example in the case of age-related water retention. Consult your doctor where necessary. A high body water content is generally desirable.

Muscle percentage

The muscle percentage is normally within the following ranges:

Male

Age	Low	Normal	High
10 – 14	<44 %	44 – 57 %	>57 %
15 – 19	<43 %	43 – 56 %	>56 %
20 – 29	<42 %	42 – 54 %	>54 %
30 – 39	<41 %	41 – 52 %	>52 %
40 – 49	<40 %	40 – 50 %	>50 %
50 – 59	<39 %	39 – 48 %	>48 %
60 – 69	<38 %	38 – 47 %	>47 %
70 –100	<37 %	37 – 46 %	>46 %

Female

Age	Low	Normal	High
10 – 14	<36 %	36 – 43 %	>43 %
15 – 19	<35 %	35 – 41 %	>41 %
20 – 29	<34 %	34 – 39 %	>39 %
30 – 39	<33 %	33 – 38 %	>38 %
40 – 49	<32 %	31 – 36 %	>36 %
50 – 59	<31 %	29 – 34 %	>34 %
60 – 69	<30 %	28 – 33 %	>33 %
70 –100	<29 %	27 – 32 %	>32 %

Bone mass

Like the rest of our body, our bones are subject to natural growth, shrinking and ageing processes. Bone mass increases rapidly during childhood and reaches its peak between the ages of 30 and 40. As we age, our bone mass then begins to reduce. You can combat this reduction to an extent with the help of a healthy diet (particularly calcium and vitamin D) and regular physical exercise. The stability of your skeleton can be further increased by means of targeted muscle build-up.

Please note that this scale does not identify the total bone mass, but rather just the mineral content of the bone (without water content and without organic substances). It is very difficult to influence the bone mass, although it does fluctuate slightly within the scope of influencing factors (weight, height, age, gender). There are no recognised guidelines or recommendations.

⚠ IMPORTANT

Please do not confuse bone mass with bone density.

The bone density can only be determined by means of a medical examination (e.g. computer tomography, ultrasound). It is therefore not possible to draw conclusions on changes to bones and bone hardness (e.g. osteoporosis) using this scale.

BMR

The basal metabolic rate (BMR) is the amount of energy required by the body at complete rest in order to maintain its basic functions (e.g. when lying in bed 24 hours a day). This value is primarily dependent on weight, height and age.

It is displayed on the diagnostic bathroom scale in the kcal/day unit and is calculated using the scientifically recognised Harris-Benedict equation.

This is the amount of energy that is required by your body under all circumstances and must be re-supplied to the body in the form of food. If your energy intake is below this level in the longer term, this can result in damage to health.

Body mass index (BMI)

The body mass index (BMI) is a number that is often called upon to evaluate body weight. The figure is calculated from body weight and height. The formula is: body mass index = body weight : height^2. The measurement unit for BMI is [kg/m^2]. According to the BMI, weight is classified for adults (20 years and over) using the following values:

Category		BMI
Underweight	Severely underweight	< 16
	Underweight	16 – 16,9
	Slightly underweight	17 – 18,4
Normal weight		18,5 – 24,9
Overweight	Overweight	25 – 29,9
Obese (overweight)	Class I obesity	30 – 34,9
	Class II obesity	35 – 39,9
	Class III obesity	≥ 40

Limitations

When calculating body fat and the other values, unusual and implausible results may occur in the case of:

- Children under approx. 10 years of age.
- Performance athletes and body-builders.
- Persons with a fever, persons undergoing dialysis, persons with oedema symptoms and persons suffering from osteoporosis.
- Persons taking cardiovascular medicine (affecting the heart and vascular system).
- Persons taking vasodilative or vasoconstrictive medication.
- Persons with significant anatomical abnormalities in their legs compared with their overall body height (leg length significantly shorter or longer).

Temporal context of the results

NOTE

Please note that only the long-term trend is important. Brief deviations in weight within a few days are normally caused by loss of fluids.

The interpretation of the results is based on changes in total body weight, percentage of body fat, body water and muscle content, as well as on the length of time over which these changes occur.

Rapid changes within the scope of a few days are to be considered separately from medium-term changes (in the scope of weeks) and long-term changes (months).

It can be said as a basic rule that short-term changes in weight are almost entirely changes in water content, whereas medium-term and long-term changes may also relate to the fat percentage and the muscle percentage.

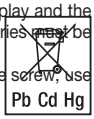
- If your weight drops in the short term but your body fat percentage increases or stays the same, you have only lost water, for example following a training session, visit to the sauna or a diet aimed only at fast weight loss.
- If your weight increases in the medium term and your body fat percentage drops or stays the same, you may have built up valuable muscle mass.
- If your weight and body fat percentage both fall at the same time, then your diet is working – you are losing fat mass.
- Ideally, you should support your diet with physical activity, fitness or strength training. This enables you to increase your muscle percentage in the medium term.
- Body fat, body water and muscle percentages should not be totalled (muscle tissue also contains components made of body water).

7.3 Other functions

Replacing the batteries/low battery indicator

Your scale is equipped with a low battery indicator. If you operate the scale with flat batteries, “Lo” will appear on the display and the scale will automatically switch off. In this case, the batteries must be replaced (2x 3V CR 2032).

As the battery compartment is secured with at least one screw, use an appropriate tool (screwdriver) for battery change.



NOTE

- When replacing the batteries, use batteries of the same type, make and capacity.
- Do not use rechargeable batteries.
- Use batteries free from heavy metals.

8. CLEANING AND MAINTENANCE

Clean the surface of the scale from time to time using a slightly damp cloth. Do not use the scale again until the surface is completely dry.

⚠ IMPORTANT

- Do not use any abrasive cleaning products.
- Never submerge the scale in water. Never rinse the scale under running water.
- Do not place any objects on the scale when it is not in use.
- Protect the scale from knocks, moisture, dust, chemicals, drastic changes in temperature and nearby sources of heat (ovens, heaters).

9. WHAT IF THERE ARE PROBLEMS?

If the scale encounters an error during measurement, the following is displayed:

Possible causes of errors	Remedy
The maximum load-bearing capacity of 180 kg was exceeded.	Only weigh the maximum permissible weight.
• Not standing still. • Scale is not positioned correctly.	• Stand as still as possible. • Place the scale on a firm, even surface.
The electrical resistance between the electrodes and the soles of your feed is too high (e.g. with heavily callused skin).	• Repeat weighing barefoot. • Slightly moisten the soles of your feet if necessary. Remove the calluses on the soles of your feet if necessary.
Your body fat lies outside the measurable range (less than 5% or greater than 75%).	• Repeat weighing barefoot. • Slightly moisten the soles of your feet if necessary.

10. DISPOSAL

For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country. Observe the local regulations for material disposal. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment).

If you have any questions, please contact the local authorities responsible for waste disposal.

You can obtain the location of collection points for old devices from the local or municipal authorities, local waste disposal companies or your retailer, for example.

The empty, completely flat batteries must be disposed of through specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the batteries.

The codes below are printed on batteries containing harmful substances:

Pb = Battery contains lead,
Cd = Battery contains cadmium,
Hg = Battery contains mercury.

11. TECHNICAL DATA

Model:	BF 180
Dimensions:	30 x 30 x 1.9 cm
Weight:	1650 g
Measurement range:	5 – 180 kg
Display:	The display can be read in increments of 0.1 kg.
Repetition accuracy:	The measuring tolerance for repeated measurements is +/- 0.4 kg (several measurements in direct succession on the same scale with position of scale and person the same as far as possible).
Absolute precision:	In comparison with a calibrated weight, the measured value is +/- 1% +0.1 kg. E.g. at 40 kg this corresponds to +/- 0.5 kg; at 100 kg this corresponds to +/- 1.1 kg.

Subject to technical changes.

12. WARRANTY

Further information on the warranty and warranty conditions can be found in the warranty leaflet supplied.

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