

Lithium Electronic Scale

Leading the Way in Accuracy®

Instruction Manual

Thank you for purchasing a Taylor® scale. We strive to provide you with a high quality bath scale that meets your needs. Your opinion and experience with our product is important to us. If you are pleased with your Taylor product, please take a moment to share your thoughts with others by writing an on-line review. If you have questions or are not satisfied with your purchase, please contact us at www.prodsupport@taylorusa.com or call 1-866-843-3905.

Please read this instruction manual carefully before use. Keep these instructions handy for future reference.

General Operation

- 1. There is a strip under the Lithium battery cover to prevent battery drain in shipping. Please remove the strip before continuing with these instructions. Also, some models have a static cling label on the lens to prevent scratching. Please remove before use.
- 2. Your scale has been set at the factory to read weight in pounds. You may select kilograms units of measurement by moving the slide switch on the bottom of the scale.
- 3. Place scale on flat, hard surface. Carpeted or uneven floors may affect accuracy.
- **4.** Step onto the scale and remain still. The scale will count up to your weight and beep.
- **5.** Step onto the scale platform and remain still. The display will count up to your weight. The scale will beep when the weight is locked. Your weight is now displayed.
- **6.** The scale will turn off automatically.

Battery Information

Your Taylor® scale has a lithium battery installed to provide extra long energy life for your scale. Under heavy usage (Health Club, Wellness Clinic, etc.) the battery may eventually need to be replaced.

Battery Replacement

- 1. Use a 3 volt CR2032 lithium battery (as installed).
- Remove screw (or screws) from the battery compartment cover on the bottom of the scale and remove the cover.
- 3. Remove the old battery from the compartment.
- 4. Place the new battery with the "+" sign up into the battery compartment.
- 5. Replace the battery compartment cover and screw(s).

NOTE: Please recycle or dispose of battery per local regulations.

WARNING: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.

PRECAUTION: Do not dispose of battery in fire. Batteries may explode or leak. Remove the battery if the scale will not be used for a long period of time.

Low Battery

Your Taylor® scale is equipped with a low battery indicator. It will display "LO" or readings will grow dim or become irregular if the battery needs replacement.

Trouble Shooting

In Case of Difficulty...

- 1. Place your feet in the same position every time you weigh yourself. Stand still during measurement.
- 2. Weigh yourself without clothing whenever possible. Clothes can vary in weight.
- 3. Move the scale to a location where it won't be bumped. If your scale is bumped while being activated or while in use, an inaccurate reading may occur.
- **4.** For the most consistent readings, weigh yourself at the same time of day. Allow for weight fluctuations due to food or drink in your system.
- 5. The maximum capacity of this scale is 440 lbs / 200 kgs / 31 st 6 lbs. Should "O-Ld" appear on the display during a weighing, this indicates that the maximum weighing capacity of the scale has been exceeded. Remove the weight immediately; otherwise, permanent damage may occur.

Precautions

- Clean exposed parts with a soft, slightly damp cloth. To remove stains, use a mild soap. Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays. Do not attempt to lubricate or open scale casing as this will void your warranty.
- 2. Although your scale is designed to be maintenance-free, it contains sensitive electronic parts. Avoid rough treatment. Do not drop, kick, or jump on it. Treat it with care to ensure the best performance.
- 3. This scale is designed to read weights between 35 and 440 lbs, 15 and 200 kgs, 3 and 31st 6 lbs. To prevent damage, do not place more than 440 lbs / 200 kgs / 31st 6 lbs on it.
- **4.** Do not store scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store scale on its side.
- **5.** This scale is an extremely sensitive weighing device. In order to prevent run down of the battery, do not store anything on the scale.
- **6.** Do not dispose of batteries in fire. Batteries may explode or leak. Remove the battery if the scale will not be used for a long period of time.

Reaching Target Weight

Maintaining proper weight is essential to healthy living. Obesity has been linked to a higher risk of heart disease, diabetes and some forms of cancer. The Body Mass Index (BMI) is the most widely accepted measurement of weight according to health professionals. Use the chart below to determine your own BMI by matching your height in the left hand column with your weight in the center. Anyone, male or female, with a BMI of 25 to 29 is considered over weight and a body mass index of 30 is considered obese. Remember to eat right and exercise.

Body Mass Index

		Body Weight (pounds)						Overweight					Obese					
	58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	16.
	59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	17.
	60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	17
	61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	18.
	62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	19
	63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	19
	64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	20
	65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	21
	66	118	124	130	136	142	148	155	161	167	173	179	186	192	. 198	204	210	21
formation meaning	67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	22.
	68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
	69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	23
	70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	24.
	71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	25
	72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	25
	73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	26.
	74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	27.
	75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	27.
	76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	28
		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Five (5) Year Limited Warranty

This scale is warranted against defects in materials of workmanship (excluding batteries) for five (5) years for the original purchaser from date of retail purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair. Do not return to retailer. For product support & warranty information: Please contact us with proof of purchase (purchase receipt) at:

Taylor Precision Products, Inc. 2220 Entrada Del Sol, Suite A Las Cruces, New Mexico 88001 USA Phone: 1-866-843-3905

Email: www.prodsupport@taylorusa.com

There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state. For additional product information, or warranty information outside the USA, please contact us through www.taylorusa.com.

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Not legal for trade

Made to our exact specifications in China.

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