

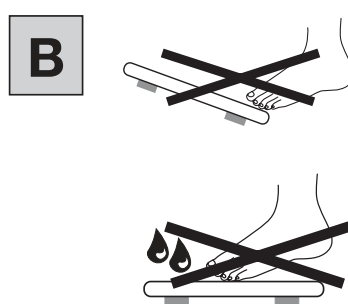
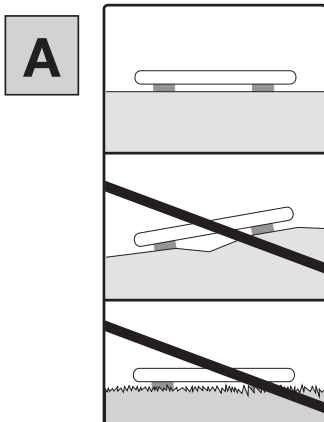
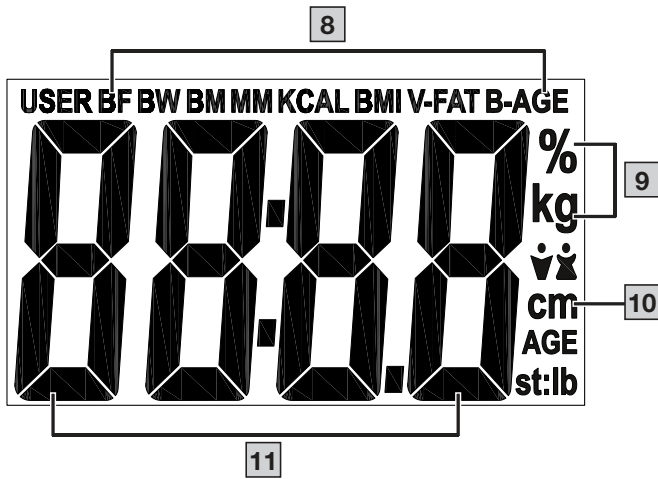
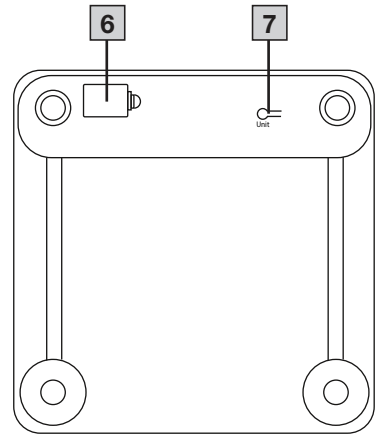
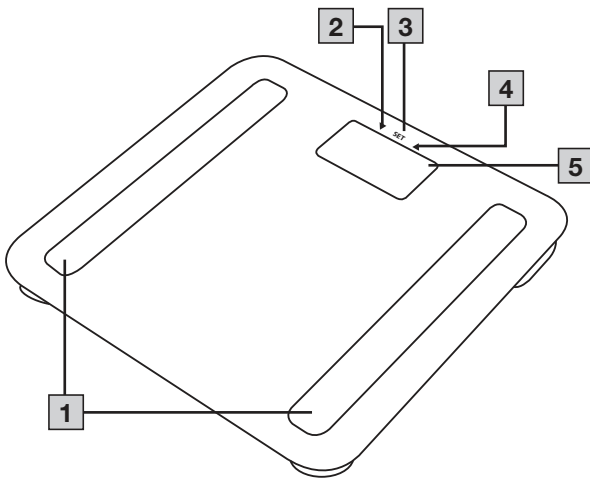
beurer

BF 183



EN Diagnostic bathroom scale
Instructions for use

CE





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.

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FUNCTIONS OF THE DEVICE

This digital scale is intended for weighing and providing a diagnosis of your personal fitness data. It is intended for private use.

The scale is equipped with the following functions, which can be used by up to 10 different people:

- Body weight measurement and BMI
- Body fat percentage calculation
- Body water content
- Muscle percentage
- Visceral fat and metabolic age

The scale also includes the following additional functions:

- Switch between kilograms "kg", pounds "lbs" and stones "st"
- Automatic switch-off function
- Low battery indicator

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 183 diagnostic bathroom scale
- 1 x lithium battery 3V CR 2032
- These instructions for use
- 1x warranty leaflet

2. IMPORTANT SAFETY NOTES

⚠ WARNING

- Intended use: the device is only intended for weighing humans and for recording your personal fitness data. The device is only intended for private use and not for medical or commercial purposes. The device must only be used for the purpose for which it was designed and in the manner specified in these instructions for use.
- **The device may not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.**
- **Do not use the device during pregnancy.**
- Danger of tipping! Never place the scale on an uneven surface (see Figure **A**). Never step onto the outer edge of the scale on just one side (see Figure **B**).



- Danger of slipping! Do not step onto the scale with wet feet (see Figure **B**). Do not step onto the scale when the surface is wet. Do not step onto the scale wearing socks.
- Please note that measuring tolerances are possible for technical reasons as this scale is not calibrated for use in a professional medical context.
- This scale works on the principle of B.I.A. (bioelectrical impedance analysis). When this measurement of the electrical resistance (impedance) is considered alongside constants and/or individual values (age, height, gender), the body fat percentage and other variables in the body can be calculated. Please note that the values calculated by the diagnostic bathroom scale only represent an approximation of the actual medical analytical values for the body. Only a specialist doctor can precisely establish the body fat, body water, muscle percentage and other body parameters using medical methods (e.g. computer tomography).
- Obtain professional advice from appropriately qualified personnel (e.g. a doctor) when undertaking any treatment or diet to address being overweight or underweight. The health values determined using the scale can assist the qualified personnel in their diagnoses.
- Inaccurate or implausible results may occur when determining body fat in children, performance athletes or people with medical/physical limitations (e.g. oedema symptoms, osteoporosis, people who are taking cardiovascular medication or medication which changes the vascular system, people with major anatomical abnormalities on the legs).
- Inaccurate or implausible results may occur when determining the heart rate if there is insufficient circulation in the legs, excessive venous stasis, vascular constriction or extensive leg oedemas.
- Repairs may only be carried out by Beurer Customer Services or authorised retailers. Never open the scale yourself.
- The scale's maximum capacity is 180 kg / 396 lb / 28 st. The results for weight measurement are displayed in 100 g increments (0.2 lb, 1/4 st).
- Measurements of body fat, body water and muscle content are displayed in increments of 0.1%. The measurements for BMI and visceral fat are displayed without units; the metabolic age is displayed in years.
- 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).

Safety notes on handling batteries

- Always insert the batteries correctly, taking into account the polarity (+ / -). Keep batteries clean and dry and away from water. Always select the correct battery type.
- Never short-circuit batteries and battery compartment contacts.
- Never charge, forcibly discharge, heat, disassemble, deform, encapsulate or modify batteries.
- Never weld or solder on batteries.
- Never mix batteries of different manufacturers, capacities (new and used), size and type within a device.
- **Risk of explosion!** Failure to comply with the points mentioned above can result in personal injury, overheating, leakage, venting, breakage, explosion or fire.
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth.

- If your skin or eyes come into contact with battery fluid, rinse 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.
- Never allow children to replace batteries without adult supervision.
- Store batteries away from metal objects in a well-ventilated, dry and cool place.
- Never expose batteries to direct sunlight or rain.
- Remove batteries from the device if it is not going to be used for a long period of time.
- Dispose of discharged batteries immediately and properly. Never dispose of batteries in fire.
- When disposing of batteries, keep batteries with different electrochemical systems separate.

Storage and maintenance

The accuracy of the measurements and service life of the device depend on its careful handling:



- The device should be cleaned from time to time. Do not use any abrasive cleaning products and never submerge the device in water.
- Make sure that no liquids come into contact with the scale. Never submerge the scale in water. Never rinse it in running water.
- Do not place any objects on the scale when it is not in use.
- Do not press the button violently or with pointed objects.
- Do not expose the scale to high temperatures or strong electromagnetic fields (e.g. mobile telephones).
- Protect the device from knocks, damp, dust, chemicals, marked temperature fluctuations and nearby sources of heat (ovens, heaters).

General tips

- As far as possible, weigh yourself at the same time every 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.

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).

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, death or serious injury will occur.


	Product information Note on important information
	Observe the instructions for use
	The electronic device must not be disposed of with household waste
	Do not dispose of batteries containing hazardous substances with household waste
	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard
	CE labelling This product satisfies the requirements of the applicable European and national directives.
	The products demonstrably meet the requirements of the Technical Regulations of the EAEU.
	United Kingdom Conformity Assessed Mark
	The device may not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.
	Manufacturer
	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	Importer symbol
	Do not load the scale beyond 180 kg/396 lb/28 st.
	Danger of slipping: do not step on the scale with wet feet.
	Danger of tipping: position yourself in the centre of the weighing surface.
	Place the scale on an even surface. No carpet.

4. DEVICE DESCRIPTION


The associated drawings are shown on page 3.

- 1

Electrodes
- 2

-button
- 3

SET button
- 4

-button
- 5

Display
- 6

Battery compartment
- 7

UNIT-button
- 8

Measured value
- 9

Measurement unit
- 10

Body data

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 fails to operate, remove the battery completely and insert it again. Your scale is equipped with a "replace battery" indicator. When the scale is operated with a battery which is too weak, "Lo" appears in the display field and the scale automatically switches off. In this case the batteries must be replaced (1 x 3 V lithium battery CR2032).

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



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.

- Place the scale on an even hard surface; a hard surface is crucial for achieving accurate measurements.
- 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.
- Start configuring the settings by pressing the SET button. The first memory space flashes in the display.
- Press the  button to select the desired memory space and confirm by pressing the SET button.
- You can now implement the following settings:

User data	Set values
Users/persons	P-1 to P-10
Height	100 to 220 cm (3'-03" to 7'-03")
Age	10 to 100 years
Gender	Male (), female ()

- The values that you have set here are then displayed again one after another. The scale then switches itself off automatically at this point.

7. USAGE


7.1 Taking measurements

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

Measuring weight only

Step onto the scale. Stand still with your weight distributed equally on both feet. The scale begins to take measurements straight away. If the display appears continuously, the measurement has finished. If you step off the weighing area, the scale switches off after a few seconds.

Performing measurement and diagnosis

- Press the SET button and select the memory space where you would like to save your basic personal data by pressing the  button the appropriate number of times. These are displayed in sequence until "0.0 kg" and the selected gender appear.
- Step onto the scale with bare feet and make sure that you are standing still with equal weight distribution. Stand on the stainless steel electrodes with both feet.
- Remain on the scale and avoid moving; it is now performing your body fat and body water analysis. This may take a few seconds.



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 **FAT** in %
- Water percentage **BW** in %
- Muscle percentage **MUS** in %
- BMI**
- Visceral fat value **V-FAT**
- Metabolic age **AGE**
- Now all measured values are displayed consecutively and the scale switches off.

Switching off the scale

The scale switches itself off automatically.

7.2 Evaluating the results

For a simpler and more easy to understand classification, your values are interpreted directly on the display.

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.

Visceral fat (organ fat/abdominal fat)

Visceral fat denotes fat that surrounds the internal organs within the abdominal cavity. Visceral fat is suspected of contributing to conditions such as high blood pressure or diabetes.

Visceral fat is shown in the display as a value between 1 and 59.

Visceral fat percentage value	Rating
1–9	Your visceral fat percentage is in the normal range.
10-14	Your visceral fat percentage is in the elevated range.
15-59	Your visceral fat percentage is too high.

Body water content

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

Male

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

Female

Age	Poor	Good	Very good
10–100	<45%	45–60%	>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	<31%	31–36%	>36%
50–59	<29%	29–34%	>34%
60–69	<28%	28–33%	>33%
70–100	<27%	27–32%	>32%

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: $\text{body mass index} = \text{body weight} : \text{height}^2$. The measurement unit for BMI is $[\text{kg}/\text{m}^2]$. 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		18.5-25
Overweight	Overweight	25.1-29.9
Obese (overweight)	Class I obesity	30-34.9
	Class II obesity	35-39.9
	Class III obesity	≥ 40

Metabolic age

Metabolic age, also known as biological age, may differ from your actual/calendar-based age. It shows your “internal” age and gives you an indication of your state of health.

Genes play a role here, but also a healthy lifestyle (balanced diet, activity etc.). Your weight also affects your biological age – the higher your body mass index, the worse it is for your fitness.

Temporal context of the results

 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 tallied (muscle tissue also contains components made of body water).

8. CLEANING AND MAINTENANCE

The device should be cleaned from time to time. This should be done using a damp cloth and, if necessary, a small amount of detergent.

- 
- Never use abrasive solvents or cleaning products!
 - Never submerge the device in water!
 - Do not clean the device in a dishwasher!

9. WHAT IF THERE ARE PROBLEMS?

If the scale detects an error during weighing, “Err2” or “Err” appears in the display.
If you step onto the scale before “0.0” appears in the display, the scale will not operate properly.

Possible causes of errors	Remedy
The maximum load-bearing capacity of 180 kg was exceeded.	Only weigh the maximum permissible weight.
Not standing still.	Stand as still as possible.
The electrical resistance between the electrodes and the soles of your feet 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 80%).	Repeat weighing barefoot. Slightly moisten the soles of your feet if necessary.
The proportion of water is outside the measurable range (less than 43% or greater than 75%).	Please repeat the measurement barefoot. Dampen the soles of your feet slightly.

10. DISPOSAL

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



For environmental reasons, do not dispose of the device in the household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country.
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.



11. TECHNICAL SPECIFICATIONS

Model:	BF 183
Dimensions:	30 x 30 x 1.8 cm
Weight:	1549 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% + 0.1kg), 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/SERVICE

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



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