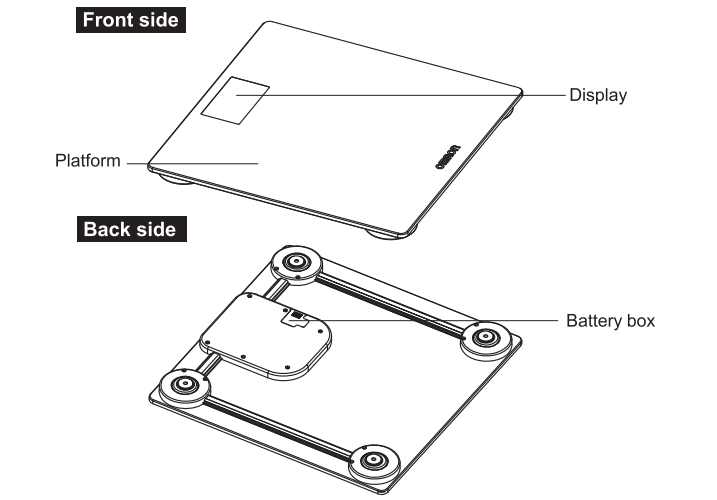




Digital Weight Scale
Model HN-286









- Thank you for purchasing Omron Digital Weight Scale HN-286. Be sure to read the instruction manual before use and practice the instructions.
- For safe use of this product, please read the "Safety Precautions" on the Instruction Manual firstly.
- Please take good care of the Instruction Manual for future reference.







Notes on Safety





- The warning sign and legend shown here are to ensure proper and safe use of products, and to prevent harm or damage to the user or others.
- Warning sign and its meaning shown as follows.




Warning sign	Meaning
 Warning	Casualties may occur during wrong use.
 Caution	Personal injury or article damage may occur during wrong use.

Legend	
 Disassembling prohibited	⊘ operation prohibited or not allowed. Prohibited matters are indicated inside or around ⊘ in forms of text or picture. The left picture means "Disassembly prohibited".
 Mandatory:	● mandatory (rules must be followed). Mandatory matters are indicated inside or around ● in forms of text or picture. The left picture means "generally mandatory issues".




Warning	
● Do not step on the edge of the scale. • You may fall and get injured, and accuracy cannot be guaranteed.	 Prohibited
● Do not put on wet floors, including tiles or other slippery surfaces. • You may slip and get injured.	 Prohibited
● In case you are in a diet or exercise program for weight loss, do not judge by yourself. Please follow the guidance of a doctor or specialist. • Self-judgement may be detrimental to your health.	 Mandatory
● Please use indoor.	 Mandatory

Warning	
● Do not step on the scale with wet feet. • You may slip and get injured.	 Mandatory
● Do not jump to the scale or bounce on it. • You may slip and get injured. • The scale may be damaged by the impact of weight beyond specified scope.	 Prohibited
● Do not put your fingers into the gap or the inside of the scale. • You may get injured.	 Prohibited
● Do not disassemble the scale. • The scale may be damaged during disassembling.	 Disassembling prohibited
● If battery fluid gets into eyes or touches skin, clothing, rinse with plenty of water immediately. • It may lead to blindness or injury. Please seek professional medical treatment.	 Mandatory
● Do not throw the battery into fire. • It may rupture and cause injuries.	 Prohibited

Caution	
● Please place it on a solid flat surface before use. • Or else you may slip and get injured, and cause measurement errors.	 Mandatory
● Do not place the scale upright against the wall or heavy objects on it, as measurement error or unit damage may occur. ● Please place it beyond the reach of infants and young children to avoid danger. ● When used by customers with tinea pedis or other skin diseases, it shall be disinfected to avoid cross infection. ● The scale is for home use only. ● Do not use mobile phone near the scale, which may cause inaccurate measurement. ● Do not use single hand to hold the unit because its glass surface is smooth.	 Prohibited
● Do not put in damp and moist environment, under direct sunlight, or near air conditioning or fires. • Malfunction may ensue.	 Prohibited
● Do not wash the scale with water. • It is likely to cause faults.	 Prohibited

● The weight scale is for home use. • Do not use for purposes other than measuring body weight.	 Prohibited
● People with disabilities, or who are physically frail, should always be assisted by another person when using this unit. Use a handrail or so when stepping on the unit.	 Mandatory
● It may not measure correctly on soft ground such as on a carpet. Please put it on a solid and flat surface.	 Mandatory

Tips

● Be sure to use the specified type of batteries.	
● When installing the battery, do not mistake the directions of ⊕ ⊖ pole.	
● During out-of-service period (about 3 months or above) of the product, remove the battery.	
● When discarding the battery, please follow relevant provisions on environmental protection.	

Product Features

- (1) High precision: the smallest display unit is 0.1Kg.
- (2) Large-size Display: 38mm x 77mm
- (3) High standard toughened glass is used on the surface of the weight scale.
- (4) Automatic startup feature (for immediate measurement), and automatic power off features (power is cut off 16 seconds after measurement).

About the Accuracy

- | | | |
|--|---------------|--|
| (1) Rigorous test will be exercised before delivery. The accuracy of a newly produced scale ensured by the manufacturer is as shown in the right table. | The weight | The accuracy of a newly produced scale ensured by the manufacturer |
| | 5kg-60kg | ±400g |
| | 60.1kg-100kg | ±600g |
| (2) The scale is manufactured for measuring body weight.
Note: According to the Measurement Law, the product can not be used for measuring tradable goods or be used as other weighting apparatus for test purpose. | 100.1kg-180kg | ±1% |
- (3) The measurement range of the scale is 5kg-180kg.




Correct Method of use

Battery placement

Please put in one 3V lithium battery before use.
The scale depends on the attached battery. Please pull out the battery insulation film before use and change the battery when it low power.

- 1 Open the battery cover.
- 2 Put one 3V lithium battery into the battery box (positive pole upward) and then tightly close the battery box.




When you install the battery for the first time

1	Full display after battery placement	
2	Display after 1-2 seconds Make initial setup (zero adjustment before measurement)	
3	Place the scale horizontally on a flat ground. The power turns off after the scale displays the value automatically (Note: the value 1.5 is for instance) Note: If it is not placed horizontally, incorrect measurement may occur.	



Measurement

The scale will show the value when the user stands stably on the center of platform.
When (kg) is displayed, the measurement ends. The scale will be automatically turned off after 16 seconds. If you stand in an unstable manner, the display value will flash and automatically shut down 10 seconds later.

Error Display

Error symbol	Cause	Solutions
	The battery is running out	Change the battery
	The weight measured is beyond the measurement scope	
	Measurement error	Repeat Measurement

About the battery

- (1) If the display shows  it means the battery is running out. Please replace the battery.
- (2) The battery is one 3V lithium battery.
- (3)  sign may not appear when old battery is used.
- (4) Battery life is approximately 1 year (measured 4 times a day).
- (5) Remove the battery when not using the unit for a long time. In addition the unit with installed battery is not used for long time, it may cause battery leakage and product failure.

Maintenance and Storage

- Do not use gasoline, thinner or hot water to clean it. Use a soft cloth with mild detergent to carefully wipe the stains on the scale and then wipe it with another soft cloth.
- If an item is placed on the weight scale for a long time, it may result in inaccurate measurements or damage the scale.
- Please don't place it upright because that result inaccurate measurements.
- In order to measure more accurately, this product has the function of auto zero adjustment. If the measurement result is inaccurate due to placing heavy objects on it or placing it upright against the wall, this scale can carry through zero adjustment automatically after every measurement, please measure again.

Troubleshooting

Problem	What to check	Corrections
Fail to turn on	Is the scale placed on uneven ground?	Please measure on hard level ground.
	Is the battery running out?	Change the battery.
	Is battery polarity ⊕ ⊖ placed correctly?	Please insert ⊕ ⊖ battery according to the right direction.
Weight showed is unusually light or heavy	Is the scale placed on uneven ground?	Please measure on hard level ground.

Specifications

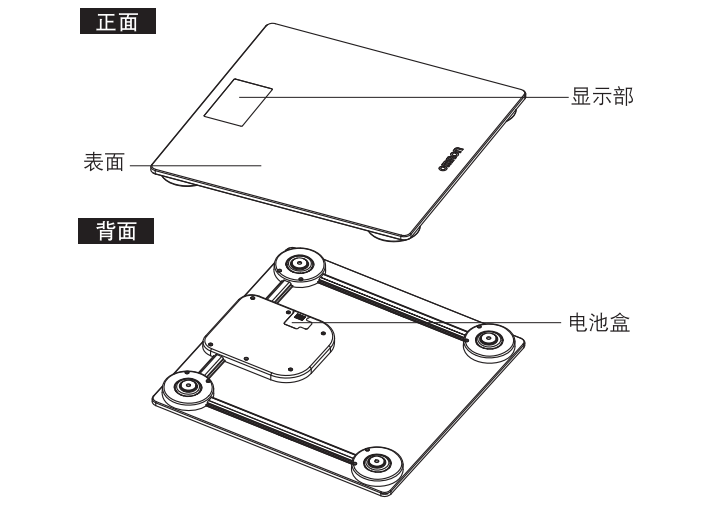
Product Name	Digital Weight Scale
Model	HN-286
Weight Range	5kg - 180kg
Minimum Displaying Unit	0.1kg
Power	1 battery 3V lithium battery (CR2032 type)
Operating Temperature and Humidity	+5°C-+35°C/ 30%RH-85%RH
Storage Temperature and Humidity	-20°C-+60°C/ 10%RH-95%RH
Atmospheric Pressure for Operation	860hPa-1060hPa
Atmospheric Pressure for Transportation and Storage	700hPa-1060hPa
Battery Life	Approximately 1 year (measured 4 times a day)
Dimensions	Approximately (L)300mm x (W)300mm x (H)18mm
Weight	Approximately 1.5Kg (including battery)
Accessories	Instruction manual, a trial battery

※ Specifications are subject to change without prior notice.

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电子体重计

型号 HN-286



- 感谢您购买 OMRON 电子体重计HN-286。使用前请务必阅读使用说明书，并正确使用。
- 为了能够安全的使用本产品，请您先仔细阅读使用说明书上的「安全注意事项」。
- 阅读后请妥善保管，以便随时查阅、参考。

安全注意事项

- 此处所示警告记号与图例，用于确保正确安全地使用产品，并防止对用户或他人造成危害或带来损坏。
- 警告记号及其内容如下。

警告记号	内 容
	警告 表示错误使用时，有可能发生人员伤亡。
	注意 表示错误使用时，有可能发生人员伤害或物品损坏。

图例	
	记号是表示禁止(不允许的事情)。具体的禁止内容在⊘中或者附近用文字或图画表示。左图是表示“禁止拆卸”。
	记号是表示强制(必须遵守的事情)。具体强制内容在●中或者附近用文字或图画表示。左图是表示“一般的强制”。

警告	
●请勿踩在体重计的边缘上。 ·有可能摔倒受伤，或无法保证精度。	 禁止
●请勿放于瓷砖或湿地板等易滑的地方使用。 ·有可能滑倒受伤。	 禁止
●在进行减肥、运动治疗等情况下，不要自我判断，请务必接受医生或专家的指导。 ·自我判断有可能对健康不利。	 强制
●请在室内进行使用。	 强制

警告	
●请勿湿脚踩在体重计上。 ·有可能滑倒受伤。	 强制
●请勿跳上体重计或在体重计上跳动。 ·有可能摔倒受伤。 ·体重计可能因所受冲击超出使用范围而受损。	 禁止
●请勿将手指放进体重计的间隙或里面。 ·有可能受伤。	 禁止
●请勿拆卸本体体重计。 ·有可能损坏本体体重计或引起故障。	 禁止拆卸
●如果电池液进入眼睛或沾到皮肤、衣服上，请立即用大量的清水冲洗。 ·有可能导致失明或受伤。请接受专业医生的治疗。	 强制
●请勿将电池投入火中。 ·有可能因破裂而导致受伤。	 禁止

注意	
●请放置在平整坚实的地面上使用。 ·否则有可能摔倒受伤，或产生测量误差。	 强制
●请勿立于墙壁侧或竖直放置，以及在本体体重计上放置重物，否则可能产生测量误差，或者损坏本体体重计，引起故障。 ●请不要置于婴幼儿能触及处，以免发生危险。 ●同患有足癣等皮肤病的顾客共同使用时，请消毒，以免交叉感染。 ●本体体重计家庭中使用，请不要用于其它用途。 ●请不要在本体重计附近使用手机等，有可能不能准确测量。 ●玻璃表面较为光滑，请勿单手进行抓放。	 禁止
●请勿置于潮湿、水中、阳光直射处，或空调风直吹处以及近火处。 ·有可能引起故障。	 禁止
●本体体重计请勿水洗。 ·有可能引起故障。	 禁止

●本体体重计为家庭用体重计。 ·请勿用于测量体重以外的其它用途。	 禁止
●行动不便的用户使用本体体重计时， 请由他人协助或使用扶手。	 强制
●在地毯等柔软地面上不能正确测量， 请放在坚实平整的地面上使用。	 强制

提 示	
●请务必使用指定型号的电池。	
●安装电池时，请勿弄错⊕/⊖极朝向。	
●长时间（约3个月以上）不使用时，请将电池取出。	
●废弃电池时，请依照城市有关环境保护的规定进行处理。	

产品的特点

- (1) 高精度：最小显示单位0.1Kg
- (2) 大型显示屏：38mm×77mm
- (3) 体重计表面采用高级钢化玻璃
- (4) 自动开机功能（直接上称测量），自动关闭电源（测量完成后约16秒钟电源自动切断）

关于精度

(1) 本体体重计经严格检验后出货。	所称重量	出厂时的制造商保证精度
	5kg~60kg	±400g
	60.1kg~100kg	±600g
制造商确保出厂时的精度如右表所示。		100.1kg~180kg ±1%
(2) 本体体重计是为测量体重而制造的。 请注意：根据计量法不能用于物品的买卖，也不能用作检验物品重量的器具。		
(3) 本体体重计的测量范围为5kg~180kg。		

正确的使用方法

■ 安装电池

请在使用前放入1颗 3V锂电池。
本体体重计所附电池为试用电池,使用前请将电池绝缘片拔掉，电池电量不足时请更换。

- 1 打开电池盖。
- 2 将1颗3V锂电池放入电池盒内(正极朝上)，再盖紧电池盒盖即可。

■ 首次安装电池时

1 安装电池后，全显示。	
2 1-2秒钟后显示 进行初期设置(测量前零点调整)	
3 将体重计水平放置在平整的地面上。 自动显示数值后电源自动关闭。（注意:1.5为示意值） 注意：若没有水平放置，则有可能不能正确测量。	

■ 测量

用户直接站到体重计的中央进行测量，稳定后显示体重值，当【KG】显示时，为测量结束。 16秒钟后自动关机。 如果不稳定，显示值会闪烁，超过10秒钟将自动关机。	
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错误显示说明

错误符号	原因	对策
	电池即将耗尽	更换电池
	体重在测量范围外	
	测量错误	重新测量

关于电池

- (1) 若显示说明电池快耗尽了，请更换新电池。
- (2) 电池是1颗3V锂电池。
- (3) 旧电池可能连也不显示。
- (4) 电池寿命约1年（1天测量4次）。
- (5) 长时间不使用时，请将电池取出保管。此外，装入电池长时间不使用，有可能因电池漏液引起故障。

保养与保管

●请勿用汽油、稀释剂、热水擦拭。 体重计的污渍请用沾有中性清洁剂的软布仔细擦拭，然后用其它软布擦净。	
●若体重计上长时间放置物品，可能会造成测量结果不准确，或者损坏本体体重计，引起故障。	
●请不要立起来放置 有可能造成测量结果不准确。	
●为了更精确测量，本产品具有自动零点调整的功能。 如果放置重物或立起来等情况引起测量结果不准确,由于每次测量结束后本产品会自动进行零点调整,请再次测量即可。	

认为异常时

异常情况	确认点	改正方法
无法开机	是否在凹凸不平的地面上进行测量？	请在坚实平整的地面上测量。
	电池是否已消耗完？	请更换新电池。
	电池的⊕/⊖极方向是否正确？	请按⊕/⊖方向正确装入电池。
体重显示异常或异常轻时	是否在凹凸不平的地面上进行测量？	请在坚实平整的地面上测量。

规格

产品名称	电子体重计
型号	HN-286
称重范围	5 kg ~ 180 kg
最小显示单位	0.1 kg
电源	1颗 3V 锂电池 (CR2032型)
使用环境温湿度	+5°C~+35°C, 30%R ~85%RH
保存环境温湿度	-20°C~+60°C, 10%R ~95%RH
运行大气压强	860hPa~1060hPa
运输和保存大气压强	700hPa~1060hPa
电池寿命	约 1 年（1 天测量 4 次）
外形尺寸	长约 300mm x 宽约 300mm x 高约 18mm
重量	约 1.5 kg（含电池）
附属品	使用说明书、试用电池 1 颗

※可能有不预先通知的变更, 请见谅。

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