

SALTER[®]

SINCE 1760



For more information, scan the QR code or visit our website: health.salter.com

Smart Scale

Instruction Manual

Please retain instructions for future reference.

Safety Instructions

BATTERY WARNING: KEEP OUT OF THE REACH OF CHILDREN.

This product contains no user serviceable parts. Only a qualified electrician should attempt repairs.

Do not place, store or use the product near direct sunlight or direct heat sources or in a damp/high humidity environment.

This product is a high precision device; handle it with care.

This product is intended for domestic use only.

CAUTION: DO NOT USE THE ANALYSER FUNCTION IF YOU HAVE A PACEMAKER OR OTHER MEDICAL DEVICE FITTED. IF IN DOUBT, CONSULT YOUR DOCTOR.

Battery Safety

This product is supplied with 3 x AAA batteries. Only batteries of the same or equivalent type as those recommended should be used with this product.

Batteries are to be inserted with the correct polarity.

Exhausted batteries should be removed from the product to avoid leakage.

Care and Maintenance

Wipe the exterior of the scale with a soft, damp cloth and allow it to dry thoroughly.

Never immerse the scale in water or any other liquid. Do not use harsh or abrasive cleaning detergents or scourers to clean the scale, as this could cause damage.

Before First Use

Remove the plastic isolator tab from the battery compartment (if present) prior to use.

Make sure the batteries are inserted following the correct polarity.

Position the scale on a firm flat surface.

For use on carpet attach enclosed carpet feet.

Switching On the Smart Scale

Position the scale on a flat, level surface. Press the centre of the platform and make sure no weight is on the scale. [0.00/ZERO] will be displayed. To select a weight unit (kg, st or lb) press > or <. The scale will switch off and is now ready for use.

NOTE: THE SETUP PROCESS MUST BE REPEATED IF THE SCALE IS MOVED. AT ALL OTHER TIMES STEP STRAIGHT ONTO THE SCALE.

Using the Smart Scale to take Weight Readings

STEP 1: Step on to the platform and stand still.

STEP 2: After 2–3 seconds the weight reading will be displayed.

STEP 3: Step off the platform; the weight reading will be displayed for several seconds before the scale turns off.

Pairing a Mobile Device

STEP 1: Download and install the Salter Health app on a mobile device.

STEP 2: Turn on Bluetooth in the settings menu on the mobile device.

STEP 3: Open the Salter Health app and follow the on screen instructions to set up a profile.

STEP 4: Once an account is set up navigate to the Settings menu in the app.

STEP 5: Select 'Add Device'.

STEP 6: Select 'SA00144 Scale' from the list of devices.

STEP 7: Follow the instructions shown on the mobile device to finish setup.

STEP 8: Repeat Steps 1–7 for each user and mobile device.

NOTE: EACH USER NUMBER CAN ONLY BE PAIRED WITH ONE MOBILE DEVICE. RESULTS WILL BE AVAILABLE ON THE PAIRED DEVICE ONLY.

Personal Data Entry Without the App

STEP 1: Press the centre of the platform and make sure no weight is on the scale. [0.00/ZERO] will be displayed.

STEP 2: Select kg, st or lb weight mode by pressing > or <.

STEP 3: Press . While the user number is flashing, select a user number by pressing > or <. Press again to confirm the selection.

STEP 4: The height display will flash. Press > or < to select the correct height. Press to confirm.

STEP 5: The age display will flash. Press > or < to select the correct age. Press to confirm.

STEP 6: The male or female symbol will flash. Press > or < to choose between 'Male' , 'Female' , 'Male Athlete' or 'Female Athlete' .

Press to confirm.

STEP 7: The display will show the chosen settings then switch off. The memory is set.

STEP 8: Repeat Steps 1–7 for a second user, or to change user details.

NOTE: IF AGE IS SET BETWEEN 6–12 YEARS, CHILD MODE WILL AUTOMATICALLY BE SELECTED. IN CHILD MODE ONLY WEIGHT, BODY FAT, BODY WATER AND BMI ARE DISPLAYED.

ATHLETE MODE: IF THE AGE IS SET BETWEEN 15–50 YEARS ATHLETE MODE IS AVAILABLE. AN ATHLETE IS DEFINED AS A PERSON WHO IS INVOLVED IN INTENSE PHYSICAL ACTIVITY OF APPROXIMATELY 12 HOURS A WEEK AND WHO HAS A RESTING HEARTBEAT OF APPROXIMATELY 60 BEATS PER MINUTE OR LESS.

Using the Smart Scale


This scale uses BIA (Bio Impedance Analysis) technology which passes a small electrical impulse through the body to distinguish fat from lean tissue. The electrical impulse cannot be felt and is perfectly safe. Contact with the body is made via stainless steel pads on the glass platform.

NOTE: DURING PREGNANCY A WOMAN'S BODY COMPOSITION CHANGES CONSIDERABLY IN ORDER TO SUPPORT THE DEVELOPING CHILD. UNDER THESE CIRCUMSTANCES, BODY FAT PERCENTAGE READINGS COULD BE INACCURATE AND MISLEADING. PREGNANT WOMEN SHOULD THEREFORE ONLY USE THE WEIGHT FUNCTION.

For more information, visit salter.com/understanding-your-measurements





STEP 1: Position the scale on a flat, level surface.


STEP 2: Press the centre of the platform and make sure no weight is on the scale. [0.00/ZERO] will be displayed.


STEP 3: Press . Select the user number by pressing > or <.

STEP 4: The LCD display will show the saved data for that user, followed by a zero reading.

STEP 5: With **bare feet**, step onto the platform and stand still. Feet must be in contact with the metal pads on the platform and evenly spaced.

STEP 6: User weight, body fat percentage , body water percentage , body mass index  and muscle mass  will be displayed.

STEP 7: If the user number is paired with a mobile device,  will be displayed and the data will be sent to the paired mobile device.

STEP 8: If the device is out of range or the app is closed  will be displayed and the data will be saved on the scale and transferred next time the scale is used.

NOTE: TO RECEIVE DATA THE SALTER HEALTH APP MUST BE OPEN. THE SALTER HEALTH APP WILL NOT RECEIVE DATA IF IT IS CLOSED, OR BLUETOOTH IS TURNED OFF.

Warning indicators

Lo – Replace the batteries.

Err – Weight exceeds maximum capacity. Unstable weight. Stand still.

Err2 – Out of range, incorrect operation or poor feet contact.

Specifications

Product code: SA00144

Display: Backlit LCD

Battery: 3 x 1.5 V AAA batteries (included)

Operating frequency: 2.4 GHz

Max RF output: < 20 dBm

Units: kg/st/lb

Declaration of Conformity

UP Global Sourcing UK Ltd. hereby declares that this product is in compliance with the essential requirements and other provisions of directive 2014/53/EU.

The declaration of conformity may be consulted at UP Global Sourcing UK Ltd., **UK**, Victoria Street, Manchester OL9 0DD/**Germany**, Edmund-Rumpler Straße 5, 51149 Köln or online at salter.com/declaration-letters. Model No. SA00144

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Disposal of Waste Batteries and Electrical and Electronic Equipment

This symbol on the product, its batteries or its packaging means that this product and any batteries it contains must not be disposed of with household



waste. Instead, it is the user's responsibility to hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment. This separate collection

and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical and electronic equipment, which could be caused by inappropriate disposal. Some retailers provide take-back services which allow the user to return exhausted equipment for appropriate disposal. It is the user's responsibility to delete any data on electrical and electronic equipment prior to disposal. For more information about where to drop batteries, electrical and electronic waste off, please contact the local city/municipality office, household waste disposal service, or the retailer.

If this product does not reach you in an acceptable condition, please contact our Customer Services Department at salter.com. Please have your delivery note to hand as details from it will be required. If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

To be eligible for the extended guarantee, go to guarantee.upgs.com/salter and register your product within 30 days of purchase.



Manufactured by:
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MADE IN CHINA.

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