

# TANITA

Monitoring Your Health

## InnerScan™ Body Composition Monitor



### Model : BC-531

#### **GB** Instruction Manual

Read this Instruction Manual carefully and keep it for future reference.

#### **D** Bedienungsanleitung

Lesen Sie sich diese Bedienungsanleitung bitte sorgfältig durch und bewahren Sie sie zum späteren Nachschlagen auf.

#### **F** Mode d'emploi

A lire attentivement et à garder en cas de besoin.

#### **NL** Gebruiksaanwijzing

Deze handleiding aandachtig lezen en voor naslagdoeleinden bewaren.

#### **I** Manuale di Istruzioni

Leggere attentamente questo manuale di istruzioni e conservarlo per consultazioni future.

#### **E** Manual de instrucciones

Lea detenidamente este manual de instrucciones y guárdelo para futura referencia.

#### **P** Manual de instruções

Leia cuidadosamente este manual e guarde-o para futura referência.

EP 0 455 014  
U.S.Patent No. 5,415,176  
U.S.Patent No. 6,473,641  
U.S.Patent No. 6,477,409  
U.S.Patent No. 6,480,736  
U.S.Patent No. 6,487,445  
U.S.Patent No. 6,532,385  
U.S.Reissue Patent No. 37,954  
Other patents pending

#### **Tanita UK Ltd.**

The Barn, Philpots Close, Yiewsley,  
Middlesex, UB7 7RY UK  
Tel: +44 (0)1895 438577  
Fax: +44 (0)1895 438511  
www.tanita.co.uk

#### **Tanita Corporation**

14-2, 1-Chome, Maeno-Cho  
Itabashi-Ku, Tokyo, Japan 174-8630  
Tel: +81(0)-3-3968-2123  
Fax: +81(0)-3-3967-3766  
www.tanita.co.jp  
ISO 9001 Certified

#### **Tanita Europe GmbH**

Dresdener Strasse 25  
D-71065 Sindelfingen  
Germany  
Tel: +49 (0)-7031-6189-6  
Fax: +49 (0)-7031-6189-71  
www.tanita.de

#### **Tanita Corporation of America Inc.**

2625 South Clearbrook Drive  
Arlington Heights, IL 60005 USA  
Tel: +1-847-640-9241  
Fax: +1-847-640-9261  
www.tanita.com

#### **Tanita France S.A.**

Villa Labrouste  
68 Boulevard Bourdon  
92200 Neuilly-Sur-Seine France  
Tel: +33 (0)-1-55-24-99-99  
Fax: +33(0)-1-55-24-98-68  
www.tanita.fr

#### **Tanita Health Equipment H.K. Ltd.**

Unit 301-303 3/F Wing On Plaza  
62 Mody Road, Tsimshatsui East  
Kowloon, Hong Kong  
Tel: +852 2838 7111  
Fax: +852 2838 8667

©2004 Tanita Corporation  
BC5317801

**GB Table of Contents**

|   |   |
|---|---|
| Introduction                                  | 1 |
| Features and Functions                        | 1 |
| Preparations Before Use                       | 1 |
| Getting Accurate Readings                     | 2 |
| Automatic shut-down function                  | 2 |
| Switching the weight mode                     | 3 |
| Switching and storing personal data in memory | 3 |
| Taking body composition readings              | 4 |
| programming the guest mode                    | 5 |
| Taking weight measurement only                | 5 |
| Troubleshooting                               | 5 |

**D Inhaltsverzeichnis**

|  |    |
|--|----|
| Einleitung                                   | 6  |
| Merkmale und Funktionen                      | 6  |
| Vorbereitungen vor Gebrauch                  | 6  |
| So erhalten sie genaue messwerte             | 7  |
| Automatic Shut-Down Funktion                 | 7  |
| Einstellung und speichern persönlicher daten | 8  |
| Messung der körperzusammensetzung            | 9  |
| Einprogrammieren des gastmodus               | 10 |
| Nur-gewicht-fuktion                          | 10 |
| Fehlersuche                                  | 10 |

**F Table des matières**

|   |    |
|---|----|
| Introduction  | 11 |
| Caractéristiques  | 11 |
| Avant utilisation   | 11 |
| Comment obtenir des résultats exacts                          | 12 |
| Fonction d'arrêt automatique                                  | 12 |
| Reglage et enregistrement des données personnelles en mémoire | 13 |
| Relevés de composition corporelle                             | 14 |
| Programmation du mode invité                                  | 15 |
| Lecture du poids uniquement                                   | 15 |
| Dépannage   | 15 |

**NL Inhoudsopgave**

|  |    |
|--|----|
| Introductie  | 16 |
| Eigenschappen en functies                                  | 16 |
| Vorbereidingsmaatregelen                                   | 16 |
| Afleen nauwkeurigheid                                      | 17 |
| Automatische uitschakeling                                 | 17 |
| Persoonlijke gegevens instellen en opslaan in het geheugen | 18 |
| lochaamsamentelling aflezen                                | 19 |
| Gaststand programmeren                                     | 20 |
| Alleen gewicht bepalen                                     | 20 |
| Foutopsporing  | 20 |

**I Indice**

|   |    |
|---|----|
| Introduzione  | 21 |
| Caratteristiche e funzionalità                                  | 21 |
| Preparazioni prima dell'uso                                     | 21 |
| Rilevamento di valori accurati                                  | 22 |
| Funzione di spegnimento automatico                              | 22 |
| Configurazione e memorizzazione di dati personali nella memoria | 23 |
| Effettuazione delle letture dalla composizione corporea         | 24 |
| Gaststand programmeren  | 25 |
| Misurazione del Solo-Peso                                       | 25 |
| Risoluzione dei problemi  | 25 |

**E Índice de materias**

|   |    |
|---|----|
| Introducción  | 26 |
| Prestaciones y funciones  | 26 |
| Preparaciones antes del uso                                     | 26 |
| Cómo obtener lecturas exactas                                   | 27 |
| Función de apagado automático                                   | 27 |
| introducción y almacenamiento de datos personales en la memoria | 28 |
| Cómo realizar las mediciones de composición corporal            | 29 |
| Programación del modo invitado                                  | 30 |
| Cómo obtener lecturas de peso solamente                         | 30 |
| Resolución de fallos  | 30 |

**P Tabela de conteúdo**

|   |    |
|---|----|
| Introdução                                      | 31 |
| Características e funções                       | 31 |
| Preparativos antes do uso                       | 31 |
| Obtendo leitura precisa                         | 32 |
| Função desligamento automático                  | 32 |
| Programar e armazenar dados pessoais na memória | 33 |
| Efectuar leituras de composição corporal        | 34 |
| Programando modo Convidado                      | 35 |
| Somente a leitura do peso                       | 35 |
| Localizando defeitos                            | 35 |

**INTRODUCTION**

Thank you for selecting a Tanita Body Composition Monitor. This monitor is one in a wide range of home healthcare products produced by Tanita.

This Instruction Manual will guide you through the setup procedures and outline the key features. Please keep it handy for future reference. Additional information on healthy living can be found on our website [www.tanita.com](http://www.tanita.com).

Tanita products incorporate the latest clinical research and technological innovations. All data is monitored by our Tanita Medical Advisory Board to ensure accuracy.

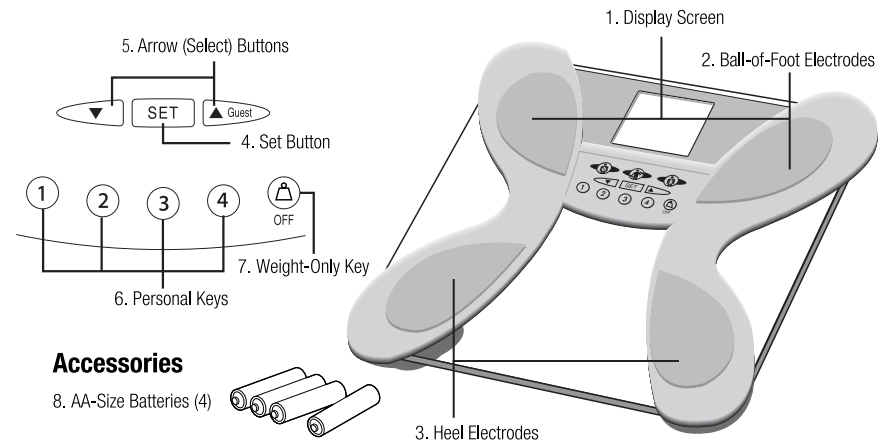
**Note:** Read this Instruction Manual carefully and keep it handy for future reference.

**▲ Safety Precautions**

Note that people with an electronic medical implant, such as a pacemaker, should not use a Body Composition Monitor as it passes a low-level electrical signal through the body, which may interfere with its operation.

Do not place this monitor on slippery surfaces such as a wet floor.

Recorded data may be lost if the monitor is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data. Tanita takes no responsibility for any kind of damage or loss caused by these monitor, or any kind of claim made by a third person.

**FEATURES AND FUNCTIONS****Measuring Platform****Accessories**

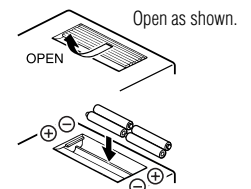
8. AA-Size Batteries (4)

**PREPARATIONS BEFORE USE****▲ Inserting the Batteries**

Open the battery cover on the back of the measuring platform. Insert the supplied AA-batteries as indicated.

**Note:** Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned the fluid may leak and damage floors. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.

Please note that since the batteries were inserted at the factory, their energy levels may have decreased.



Direction of the batteries.

## ▲ Positioning the Monitor

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

**Note:** To avoid possible injury, do not step on the edge of the platform.



## Handling Tips

This monitor is a precision instrument utilizing state-of-the-art technology.

To keep the unit in the best condition, follow these instructions carefully:

- Do not attempt to disassemble the measuring platform.
- Store the unit horizontally, and place it so that the buttons will not be pressed accidentally.
- Avoid excessive impact or vibration to the unit.
- Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
- Never submerge in water. Use alcohol to clean the electrodes and glass cleaner (applied to a cloth first) to keep them shiny; avoid soaps.
- Do not step on the platform when wet.
- Do not drop any objects onto the platform.

## GETTING ACCURATE READINGS

To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Be sure that your heels are correctly aligned with the electrodes on the measuring platform. Don't worry if your feet appear too large for the unit - accurate readings can still be obtained if your toes overhang the platform. It is best to take readings at the same time of day. Try to wait about three hours after rising, eating, or hard exercise before taking measurements.

While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.



Heels centered on electrodes

Toes may overhang measuring platform

**Note:** An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

## AUTOMATIC SHUT-DOWN FUNCTION

The automatic shut-down function shuts off the power automatically in the following cases:

- If you interrupt the measurement process. The power will shut down automatically within 10 to 20 seconds, depending upon the type of operation.
- If an extreme weight is applied to the platform.
- During programming, if you do not touch any of the keys or buttons within 60 seconds.\*
- After you have completed the measuring process.

\***Note:** If the power shuts off automatically, repeat the steps from "Setting and Storing Personal Data in Memory" (p.3).

## SWITCHING THE WEIGHT MODE

You can change the unit indication by using the switch on the back of the scale as shown in the figure.

**Note:** If weight mode is set to pounds or stone-pounds, the height programming mode will be automatically set to feet and inches. Similarly, if kilograms is selected, height will be automatically set to centimeters.

lb (pounds)



kg (kilograms)



st-lb (stone pounds)



## SETTING AND STORING PERSONAL DATA IN MEMORY

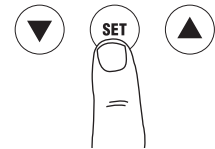
You will receive readings only if data has been programmed into one of the personal data memories or the Guest mode. The monitor can store personal details for up to 4 people.

### 1. Turn on the Power

Press the Set button to turn on the unit (once programmed, tapping a Personal Key turns on the unit.) The unit will beep to confirm activation, the Personal Key numbers (1,2,3,4) will be displayed, and the display will flash.

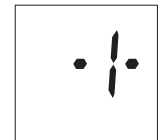
**Note:** If you don't operate the unit for sixty seconds after the unit has been turned on, the unit will turn off automatically.

**Note: If you make a mistake or want to turn the unit off before you have finished programming it, press the Weight-Only Key (▲) to force quit.**



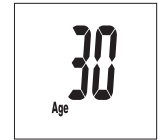
### 2. Select a Personal Key Number

Press the Up/Down buttons to select a Personal Key. Once you reach the Personal Key number you wish to use, press the Set button. The unit will beep once to confirm.



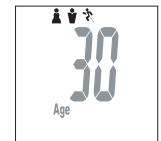
### 3. Set Age

The display defaults to Age 30 (range of user age is between 7-99). An arrow icon appears on the lower left side to indicate Age setting. Use the Up/Down buttons to scroll through numbers. When you reach your age, press the Set button. The unit will beep once to confirm.



### 4. Select Female or Male

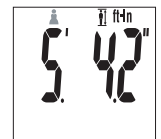
Use the Up/Down buttons to scroll through Female (♀) or Male (♂), Female/Athlete and Male/Athlete settings, then press the Set button. The unit will beep once to confirm.



### 5. Specify the Height

The display defaults to 5' 7.0" (170cm) (range of user is from 3' 4.0"–7' 3.0" or 100cm – 220cm). Use the Up/Down buttons to specify Height and then press the Set button. The unit will beep once to confirm.

The unit will beep twice and the display will flash all data (Male/Female, Age, Height, etc.) three times to confirm the programming. The power will then shut down automatically.



## TAKING BODY COMPOSITION READINGS

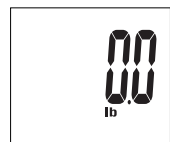
### 1. Select Personal Key and Step On

Press your pre-programmed Personal key.  
(Release the key within 3 seconds or the display will show "Error".)  
The unit will beep and the display will show the programmed date.

**The unit will beep again and the display will show "0.0".**

**Now step onto the platform.**

Note: If you step onto the platform before 0.0 appears the display will show Error and you will not obtain a reading. Furthermore, if you do not step onto the measuring platform within about 60 seconds after 0.0 appears, the power is shut-off automatically.



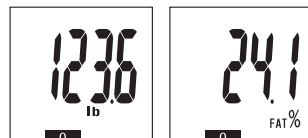
### 2. Obtain Your Readings

Your weight will be shown first.

Continue to stand on the platform.

"00000" will appear on the display and disappear one by one from left to right.

Your Body Fat percentage(%FAT) and Body Fat Range will appear on the display screen.



After your body fat percentage has been calculated, a black bar will flash along the bottom of the display, identifying where you fall within the Body Fat Ranges for your age and gender

**Note: Do not step off until Body Fat % is shown.**

To see other readings press each feature key while weight & Body Fat % is displayed.  
Press same feature key to display weight & Body Fat % again.

**Note: The following readings are applicable only to adults aged 18 years to 99 years.**



%TBW

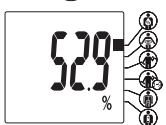



Muscle Mass  
/ Physique Rating

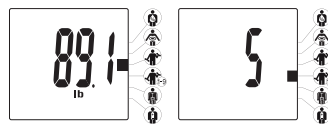


BMR / Metabolic Age

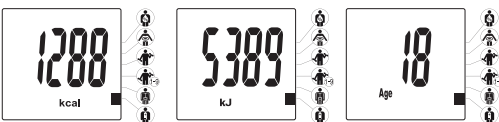
• Press  key to display Total Body Water % .



• Press  key to display Muscle Mass & Physique Rating.




• Press  key to display BMR & Metabolic Age.

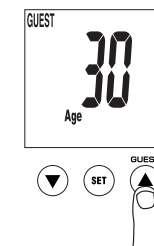


## PROGRAMMING THE GUEST MODE

Guest mode allows you to programme the unit for a one-time use without resetting a Personal data number.

Press  button to activate the unit. Then follow the steps:  
Set Age, Select Female or Male, and Specify Height.

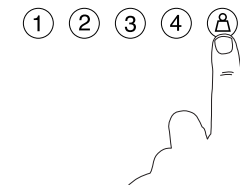
**Note:** If you step onto the platform before 0.0 appears the display will show Error and you will not obtain a reading.



## TAKING WEIGHT MEASUREMENT ONLY

### Select Weight-Only Key

Press the Weight-only key. After 2 or 3 seconds, 0.0 will appear in the display and the unit will beep. When 0.0 appears in the display, step onto the platform. The body weight value will appear. If you remain on the platform, the display will flash for about 30 seconds, and then the power will automatically turn off. If you step off the platform, the weight will continue to show for about 5 seconds, then 0.0 will appear and the unit will shut off automatically.



## TROUBLESHOOTING

**If the following problems occur ...then...**

- **A wrong weight format appears followed by kg, lb, or st-lb**

Refer to *Switching the Weight Mode* on p.3.

- **Lo appears on the display, or all the data appears and immediately disappears.**

Batteries are low. When this message appears, be sure to replace the batteries immediately, since weak batteries will affect the accuracy of your measurements. Change all the batteries at the same time with new AA-size batteries.

Note: Your settings will not be erased from the memory when you remove the batteries.

- **Error appears while measuring.**

Please stand on the platform keeping movement to a minimum.

The unit cannot accurately measure your weight if it detects movement.

The Body Fat Percentage is more than 75%, readings cannot be obtained from the unit.

- **The Body Fat Percentage reading does not appear or ----- appears after the weight is measured.**

Your personal data has not been programmed. Follow the steps on p.3.

Make sure socks or stockings are removed, and the soles of your feet are clean and properly aligned with the guides on the measuring platform.

- **OL appears while measuring.**

Reading cannot be obtained if the weight capacity is exceeded.

## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>