

SANITAS

SBG 17

(D) *Gebrauchsanleitung*
Glas-Diagnosewaage

(GB) *Operating Instructions*
Glass diagnostic scale

(F) *Mode d'emploi*
Pèse-personne
impédancemètre en verre

(I) *Istruzioni per l'uso*
Bilancia diagnostica in vetro

(RUS) *Инструкция по применению*
Стекланные диагностические
весы



Service-Adresse:



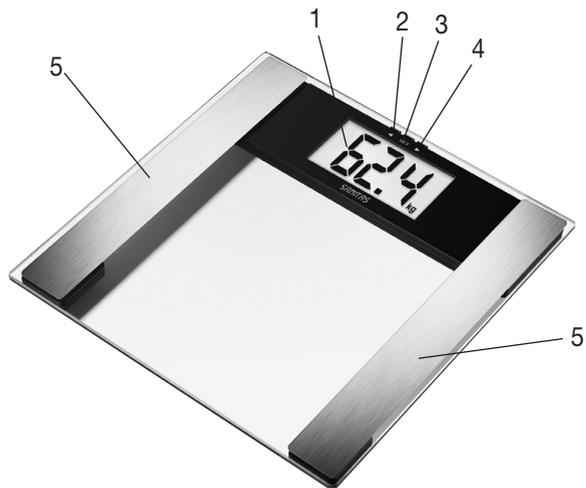
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[D] Deutsch

1. Display
2. „Ab“-Taste
3. „Set“-Taste
4. „Auf“-Taste
5. Elektroden

[GB] English

1. Display
2. "Down" key
3. "SET" key
4. "Up" key
5. Electrodes

[F] Français

1. Ecran
2. Touche "bas"
3. Touche réglage
4. Touche "haut"
5. Electrodes

[I] Italiano

1. Display
2. Tasto Giù
3. Tasto SET
4. Tasto Su
5. Elettrodi

[RUS] Русский

1. Дисплей
2. Кнопка „Уменьшить“
3. Кнопка „Set“
4. Кнопка „Увеличить“
5. Электроды

Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

1. Important notes – keep for later use!

1.1 Safety notes:

- **The scales must not be used by persons with medical implants (e.g. heart pace-makers). Otherwise their function could be impaired.**
- Do not use during pregnancy.
- Caution! Do not stand on the scale with wet feet and do not step on the scale when its surface is wet – danger of slipping!
- Batteries are highly dangerous if swallowed. Keep batteries and scale out of reach of small children. If batteries are swallowed, get medical help immediately.
- Keep children away from packing materials (danger of suffocation).
- Batteries must not be charged or reactivated by other means, taken apart, thrown into a fire or short-circuited.



1.2 General notes:

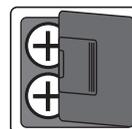
- Not intended for medical or commercial use.
- Please note that measuring tolerances are possible due to technical reasons because the scale has not been calibrated.
- Ages 10 ... 100 years and height settings from 100 ... 220 cm (3-03"–7-03") can be preset. Load capacity: max. 150 kg (330 lb, 24 st). Result in steps of 100g (0.2 lb, 1/4 st). Measurements of body fat, body water and muscle density in steps of 0.1%.
- When supplied to the customer, the scale is set to weigh and measure in "kg" and "cm". To the rear of the scales, there is a switch where you can select 'pound' and 'stone' (lb, st).
- Place the scale on a firm level floor; a firm floor covering is required for correct measurement.
- The scale should be cleaned occasionally with a damp cloth. Do not use abrasive detergents and never immerse the scale in water.
- Protect the scale against hard knocks, moisture, dust, chemicals, major temperature fluctuations and heat sources which are too close (stove, heating radiators).
- Repairs may only be carried out by customer service or authorized dealers. Before submitting any complaint, first check the batteries and replace them if necessary.
- Please dispose of the blanket in accordance with the directive 2002/96/EG – WEEE (Waste Electrical and Electronic Equipment). If you have any queries, please refer to the local authorities responsible for waste disposal.



2. Operation

2.1 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 battery must be replaced (1 x 3V lithium battery CR2032). The used, completely drained standard and rechargeable batteries must be disposed of in



specially marked collection containers, at toxic waste collection points or electrical product retailers. You are legally obligated to dispose of the batteries.

Note: Batteries containing pollutants are marked with the following symbols: Pb = Battery contains lead, Cd = Battery contains cadmium, Hg = Battery contains mercury.



2.2 Measuring weight only

Step briefly and forcefully on the weighing area of your scale.

The entire display is shown (image 1) until "0.0" (image 2) is displayed.

Stand on the scale without moving about and distribute your weight evenly on both legs. The scale immediately begins to measure your weight. Your measured weight is displayed shortly after this (Fig 3). The scale switches off a few seconds after you step down from it.



Fig. 1



Fig. 2



Fig. 3

2.3 Measuring weight, body fat, body water and muscle percentage

First your personal parameters must be stored;

- Briefly step onto the scale first and wait until the display "0.0" (Fig. 2) appears. Then press "SET". Now the first memory preset flashes in the display (Fig. 4). Select the desired preset by pressing the buttons "up" ► or "down" ◀ and confirm the desired preset with the "SET" button.
- In the following steps you also select your desired settings with the "up" ► or "down" ◀ buttons and confirm with "SET":
- Now the height in cm flashes (Fig 5).
- The age ("Age") in years flashes (Fig 6).
- The gender setting appears to set "Woman" or "Man" (Fig 7).
- The setting for your individual level of activity and fitness subsequently appears (Fig 8).
- The values you've just set are displayed again consecutively.



Fig. 4



Fig. 5



Fig. 6



Fig. 7



Fig. 8

Explanation of the 5 levels of activity:

- **Fitness 1:** No physical activity while overweight
- **Fitness 2:** Little physical activity while overweight
- **Fitness 3:** No or little physical activity
(Less than 20 min of physical exercise twice a week, e.g. going for a walk, light gardening, gymnastic exercises)
This mode should also be selected before the start of a training or dietary program. After approx. 6–10 weeks you can switch to the next level of activity.
- **Fitness 4:** Moderate physical activity
(20 minutes of physical exercise 2 to 5 times a week, e.g. jogging, cycling, tennis etc.)
This mode should be selected as soon as you notice a general improvement in your well-being/fitness in the course of a training/dietary program. After 8–12 weeks of continuous training/diet, you can change to the next level of activity.
- **Fitness 5:** Intensive physical activity
(Daily intensive training or physical work, e.g. intensive running, construction work etc.) For this mode you should have an overall high level of mobility, endurance and power and maintain this level over a longer period of time.

Performing the measurement:

- Step briefly on the weighing area of your scale.
- Select the memory preset where your basic personal data are stored by pressing the ► or ◀ button repeatedly. The data are displayed consecutively until “0.0” (Fig. 2) appears.
- Step onto the scale barefoot and make sure you’re standing on both electrodes. First your body weight is determined and displayed.
- Remain on the scale and avoid moving; your body fat is being analysed. This may take a few seconds.



Fig. 9



Fig. 10



Fig. 11

The following data are displayed:

- Body fat percentage BF in % (Fig. 9)
- Water percentage ≈ in % (Fig. 10)
- Muscle percentage ← in % (Fig. 11)
- Now all measured values are displayed consecutively and the scale switches off.

2.4 Tips for using the scale

Important when measuring body fat/body water/muscle percentage:

- The measurement may only be carried out while barefoot and it is helpful if the soles of your feet are slightly damp. Completely dry soles can result in unsatisfactory results, as they have insufficient conductivity.
- Your feet, legs, calves and thighs must not touch each other, as otherwise the measurement cannot be performed correctly.
- Stand still during the measurement.
- Wait several hours (6-8) after unusually strenuous activity.
- Wait approx. 15 minutes after getting out of bed so that the water in your body can be distributed.

The measurement is not reliable for:

- Children under approx. 10 years of age.
- Persons with fever, undergoing dialysis, with symptoms of edema or osteoporosis.
- Persons taking cardiovascular medication. Persons taking vasodilating or vasoconstricting medications.
- Persons with substantial anatomical deviations in the legs relative to their total height (leg length considerably shorter or longer than usual).

Body fat guide

The following body fat levels provide you with a guideline (for further information, please consult your doctor!).

A lower level is often found in athletes. Depending on the type of sports, the intensity of training and the person’s physical constitution, levels can be achieved that are even lower than the specified guidelines.

Women

Age	Very good	Good	Average	Poor
<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	<21%	21–26%	26.1–31%	>31.1%

Men

Age	Very good	Good	Average	Poor
<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	<16%	16–21%	21.1–26%	>26.1%

based on: “Principles + Labs for Physical Fitness and Wellness. 1st edition, Copyright 1999”

According to the World Health Organization (WHO 2001), the **percentage of body water** should lie within the following ranges:

Women: 50–55%

Men: 60–65%

Children: 65–75%

In persons with a high percentage of body fat, the percentage of body water very frequently lies below the specified guidelines.

As the **percentage of muscle** differs from individual to individual, there are no generally valid guidelines.

3. Incorrect measurement

If the scale detects an error during weighing, “FFFF” 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 150 kg (330 lbs) was exceeded.	– Only weigh the maximum permissible weight.
– 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 55%).	– Repeat weighing barefoot. – Slightly moisten the soles of your feet if necessary.