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Beurer BF 220

Beurer BF 220 Body Composition Digital Scales User Manual

Model: BF 220

INTRODUCTION

Thank you for choosing the Beurer BF 220 Body Composition Digital Scales. This manual provides important information regarding the setup, operation, maintenance, and troubleshooting of your new scales. Please read these instructions carefully before first use and keep them for future reference.

The Beurer BF 220 scales are designed to measure body weight, body fat, body water, and muscle rate, providing a comprehensive overview of your body composition.

SAFETY INFORMATION

- Always place the scales on a firm, level surface to ensure accurate measurements.
- Do not use the scales in areas with high humidity or near water.
- The scales are for personal use only and not intended for medical or commercial purposes.
- Clean the scales with a damp cloth; do not use abrasive cleaning agents.
- Keep out of reach of children.
- Individuals with pacemakers or other medical implants should not use the body composition analysis function. Consult your doctor before use.
- The maximum load capacity is 180 kg. Do not exceed this limit.

PACKAGE CONTENTS

- 1 x Beurer BF 220 Body Composition Digital Scales
- 1 x Instruction Manual
- Batteries (not always included, check product packaging)

SETUP

1. Battery Installation

Locate the battery compartment on the underside of the scales. Insert the required batteries, ensuring correct polarity (+/-). Close the battery compartment securely.

2. Unit Selection (Kg/Lb/St)

After battery installation, or by pressing a dedicated button (often on the underside or near the display), you can select your preferred unit of measurement: kilograms (kg), pounds (lb), or stones (st). The scales feature a Kg/Lb/St selector.

3. Initial Placement

Place the scales on a hard, flat, and stable surface. Avoid carpets or uneven flooring, as this can affect accuracy.

OPERATING INSTRUCTIONS

Basic Weighing

1. Step onto the scales barefoot. The scales will automatically turn on due to the "Automatic start" feature.
2. Stand still until your weight is displayed and stabilizes.
3. The scales will automatically turn off after a few seconds of inactivity ("Automatic stop").

Body Composition Measurement

The Beurer BF 220 scales can determine weight, body fat, body water, and muscle rate using bioelectrical impedance analysis (BIA). For accurate results, ensure your feet are clean and make good contact with the brushed stainless steel electrodes.

1. Step onto the scales barefoot.
2. Wait for your weight to be displayed.
3. The scales will then proceed to measure and display your body fat, body water, and muscle rate sequentially.
4. For consistent results, measure at the same time of day, preferably in the morning before breakfast or exercise.

MAINTENANCE

Cleaning

Clean the scales regularly with a slightly damp cloth. Do not use harsh or abrasive cleaning agents, as these can damage the surface or electrodes. Do not immerse the scales in water.

Storage

Store the scales in a dry, cool place. Avoid extreme temperatures and direct sunlight. If not in use for an extended period, it is recommended to remove the batteries to prevent leakage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
"Err" or "OL" displayed	Overload or measurement error.	The maximum load capacity is 180 kg. Ensure the weight does not exceed this limit. Step off and then back on the scales.
Inaccurate readings	Scales on an uneven surface, low battery, or movement during measurement.	Place scales on a firm, level surface. Replace batteries if low. Stand still during measurement.
No display	Batteries are dead or incorrectly inserted.	Check battery polarity and replace batteries if necessary.
Body composition not measured	Feet not making proper contact with electrodes, or user has medical implants.	Ensure feet are clean and make full contact with the stainless steel electrodes. If you have medical implants, this function may not work or is not recommended.

SPECIFICATIONS

- **Model:** Beurer BF 220
- **Measurement Functions:** Weight, Body Fat, Body Water, Muscle Rate
- **Display:** XXL white illuminated LCD screen, 40 mm number size
- **Surface Material:** Safety glass (32 x 32 cm, 8mm thick)
- **Electrodes:** Brushed stainless steel
- **Load Capacity:** 180 kg
- **Readout Accuracy:** 100 g
- **Dimensions:** Approximately 32 x 32 x 2.5 cm (L x W x H)
- **Features:** Automatic start and stop, Kg/Lb/St selector, Overload indicator, Backlit Display
- **Item Weight:** 2.3 Kilograms
- **GTIN:** 04211125748135



This image displays the Beurer BF 220 Body Composition Digital Scales, highlighting its dimensions. The scale measures 32 cm in length, 32 cm in width, and has a height of 2.5 cm. The display shows '6.24 kg'.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided with your purchase or visit the official Beurer website. Keep your proof of purchase for any warranty claims.

For further assistance, you may contact Beurer customer service directly.

