

Grundig PS 5040

Grundig PS 5040 Personal Scale Instruction Manual

Model: PS 5040

1. INTRODUCTION

Thank you for choosing the Grundig PS 5040 Personal Scale. This manual provides essential information for the safe and effective use of your new scale. Please read these instructions thoroughly before first use and keep them for future reference. This scale is designed for personal use to measure body weight and, potentially, body composition metrics.

2. SAFETY INFORMATION

- Always place the scale on a hard, flat, and stable surface. Uneven surfaces can affect accuracy.
- Do not use the scale on wet or slippery floors to prevent falls.
- The glass surface can be slippery when wet. Ensure your feet and the scale surface are dry before use.
- Do not jump on the scale or drop heavy objects on it.
- Keep the scale away from water and high humidity. Do not immerse it in water.
- This scale is intended for household use only and not for medical diagnosis or treatment.
- Keep batteries out of reach of children. If swallowed, seek immediate medical attention.
- Dispose of batteries according to local regulations.

3. PACKAGE CONTENTS

- Grundig PS 5040 Personal Scale
- Instruction Manual

Note: Batteries are not included and must be purchased separately.

4. PRODUCT OVERVIEW

The Grundig PS 5040 is a sleek digital personal scale designed for accurate weight measurement. It features a clear digital display and user-friendly controls.



Figure 4.1: Top view of the Grundig PS 5040 Personal Scale, showing the black glass platform and silver accents.



Figure 4.2: Close-up of the digital display showing '0.0 kg' and the 'SET', Up, and Down control buttons.



Figure 4.3: Underside view of the scale, indicating the location of the battery compartment.

5. SETUP

1. **Unpack the Scale:** Carefully remove the scale from its packaging.
2. **Install Batteries:** Locate the battery compartment on the underside of the scale (refer to Figure 4.3). Open the cover and insert the required batteries (e.g., AAA or CR2032, typically 2 or 3 depending on model) ensuring correct polarity (+/-). Close the battery cover securely.
3. **Placement:** Place the scale on a firm, flat, and stable surface. Avoid carpets or soft flooring, as this can affect accuracy.
4. **Initial Calibration (Zeroing):** After installing batteries or moving the scale, step onto the scale briefly until the display shows a reading, then step off. The display should return to '0.0 kg' (or your selected unit). This indicates the scale has calibrated itself.

6. OPERATING INSTRUCTIONS

6.1. Basic Weight Measurement

1. Ensure the scale is on a flat, stable surface and shows '0.0 kg'.
2. Step onto the scale barefoot, standing still with your weight evenly distributed.
3. Your weight will be displayed. The reading will flash or stabilize, then lock.
4. Step off the scale. The scale will automatically turn off after a few seconds.

6.2. Unit Conversion (kg/lb/st)

The scale typically allows switching between metric (kilograms) and imperial (pounds/stones). Look for a button on the underside of the scale or use the 'SET' button and arrow keys on the top surface (refer to Figure 4.2) to cycle through units. Press the unit button or use the 'SET' button to confirm your selection.

6.3. User Profile Setup (for Body Composition Measurement)

If your PS 5040 model includes body composition analysis (e.g., body fat, muscle mass), you will need to set up user profiles. The 'SET' and arrow buttons (Up/Down) are used for this purpose.

1. **Enter Setup Mode:** Press the 'SET' button. The display will likely show a user number (e.g., P01).
2. **Select User Number:** Use the Up/Down arrow buttons to select an empty user profile (e.g., P01-P10). Press 'SET' to confirm.
3. **Enter Personal Data:** The display will prompt you to enter data such as:
 - Gender (Male/Female) - Use Up/Down, then 'SET'.
 - Height (cm/inches) - Use Up/Down, then 'SET'.
 - Age (years) - Use Up/Down, then 'SET'.
 - Activity Level (if applicable) - Use Up/Down, then 'SET'.
4. **Save Profile:** Once all data is entered, the scale will save the profile and return to '0.0 kg'.

6.4. Measuring Body Composition

1. Step onto the scale barefoot. The scale will first display your weight.
2. If multiple users are set up, the scale may automatically recognize you or prompt you to select your

user profile using the Up/Down arrows. Confirm with 'SET'.

3. Remain still. The scale will send a low electrical current through your body (imperceptible) to measure impedance.
4. The display will cycle through your body composition metrics (e.g., Body Fat %, Muscle Mass %, Water %, Bone Mass %).
5. Step off the scale. The scale will turn off automatically.

7. MAINTENANCE

- **Cleaning:** Wipe the scale surface with a slightly damp cloth and mild detergent if necessary. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** If the display shows 'Lo' or becomes dim, it's time to replace the batteries. Follow the instructions in Section 5.2.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on	Dead or incorrectly installed batteries.	Check battery polarity or replace batteries.
Inaccurate readings	Scale on uneven surface; not calibrated; moved recently.	Place on a hard, flat surface. Step on and off to re-calibrate.
Display shows "Lo"	Low battery power.	Replace batteries.
Display shows "Err" or "OL"	Overload (weight exceeds maximum capacity).	Step off the scale. Do not exceed the maximum weight capacity.
Body composition readings are inconsistent	Not standing still; feet not making good contact; incorrect user profile data.	Ensure bare feet are clean and dry. Stand still. Verify user profile data (height, age, gender).

9. SPECIFICATIONS

- **Brand:** Grundig
- **Model:** PS 5040
- **Material:** Glass
- **Dimensions:** 34.5 x 34 x 4 cm (approx. 13.6 x 13.4 x 1.6 inches)
- **Weight:** 798.32 g (approx. 1.76 lbs)
- **Power Source:** Batteries required (not included)
- **Measurement Units:** Kilograms (kg), Pounds (lb), Stones (st) - *(Unit conversion capability based on typical scale features and display)*

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your purchase or visit the official Grundig website. You may also contact the retailer where you purchased the product for assistance.

Grundig Store: [Visit the Grundig Store on Amazon.nl](#)