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Beurer BF180

Beurer BF180 Diagnostic Bathroom Scale User Manual

Model: BF180 (Type 749.09)

INTRODUCTION

Thank you for choosing the Beurer BF180 Diagnostic Bathroom Scale. This scale provides comprehensive body analysis, including body weight, body fat, body water, bone mass, and Body Mass Index (BMI). It also calculates your Basal Metabolic Rate (BMR) to offer personalized calorie consumption recommendations. Please read this manual thoroughly before initial use to ensure safe and correct operation.



Image: The Beurer BF180 Diagnostic Bathroom Scale, showcasing its sleek design.

IMPORTANT SAFETY INFORMATION

- This scale is not suitable for persons with medical implants (e.g., pacemakers).
- Do not use during pregnancy.
- Always place the scale on a firm, level surface. Avoid carpets or soft flooring.
- Step onto the scale with bare, dry feet for accurate body analysis measurements.
- Clean the scale with a damp cloth; do not use abrasive cleaners or immerse in water.
- Keep batteries out of reach of children. Replace all batteries simultaneously.
- Maximum weight capacity is 180 kg (396 lb / 28 st).

PACKAGE CONTENTS

- 1x Beurer BF180 Diagnostic Bathroom Scale

- 1x User Manual
- Batteries (may be included or require separate purchase)

SETUP

1. Battery Installation

1. Open the battery compartment on the underside of the scale.
2. Insert the required batteries (e.g., 2x CR2032 or AAA, check compartment for type) ensuring correct polarity (+/-).
3. Close the battery compartment securely.

Note: If the display does not activate, check battery orientation or replace with fresh batteries.

2. Unit Selection

On the underside of the scale, locate the unit switch. Select your preferred unit of measurement: kilograms (kg), pounds (lb), or stones (st).

3. User Profile Setup

The BF180 scale allows for multiple user profiles to store personal data for accurate body analysis. Follow these steps to set up a profile:

1. With the scale off, press the "SET" button (or similar, refer to scale markings).
2. Use the arrow buttons to select a user memory slot (P1, P2, etc.).
3. Confirm with "SET".
4. Enter your personal data:
 - **Height:** Use arrow buttons to adjust, confirm with "SET".
 - **Age:** Use arrow buttons to adjust, confirm with "SET".
 - **Gender:** Select male/female, confirm with "SET".
 - **Activity Level:** Select your activity level (e.g., sedentary, active, very active), confirm with "SET".
5. The scale will save your profile and return to standby mode.



Image: Close-up view of the Beurer BF180 scale's display and control buttons, used for setting up user profiles and selecting units.

OPERATING THE SCALE

1. Taking a Measurement

1. Place the scale on a hard, flat surface.
2. Step onto the scale with bare, dry feet. Ensure your feet are positioned correctly on the electrodes.
3. The scale will automatically turn on (Quick-Start technology) and begin measuring.
4. First, your weight will be displayed.
5. Then, the scale will cycle through your body analysis values: body fat percentage, body water percentage, muscle percentage, bone mass, and BMI.
6. The scale will automatically switch off after a few seconds.

For consistent results, measure at the same time of day, preferably in the morning before breakfast or exercise.

2. User Recognition

The scale attempts to recognize the user based on their weight. If multiple users have similar weights, the scale may prompt you to select your user profile (P1, P2, etc.) using the arrow buttons before displaying full analysis data.

3. Understanding Your Results

- **Body Weight:** Your total weight.
- **Body Fat (%):** Percentage of total body weight that is fat.
- **Body Water (%):** Percentage of total body weight that is water.
- **Muscle Mass (%):** Percentage of total body weight that is muscle.
- **Bone Mass (kg):** The weight of your bones.

- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **BMR (Basal Metabolic Rate):** The minimum number of calories required to keep your body functioning at rest. This helps in personalized calorie consumption recommendations.

MAINTENANCE

1. Cleaning

Clean the scale regularly with a slightly damp cloth. Do not use abrasive cleaning agents or immerse the scale in water. Ensure the surface is dry before storage or next use.

2. Battery Replacement

When the battery indicator appears on the display, or if the scale does not turn on, replace all batteries with new ones of the correct type. Refer to the "Battery Installation" section for instructions.

3. Storage

Store the scale in a dry, cool place, away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the scale when not in use.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on / Display is blank.	Batteries are low or incorrectly inserted.	Check battery polarity. Replace all batteries with new ones.
Inaccurate readings.	Scale on uneven surface; feet not bare/dry; scale moved recently.	Place scale on a hard, flat surface. Ensure bare, dry feet. If moved, allow scale to calibrate for a few seconds before use.
"Err" or other error message on display.	Weight exceeds maximum capacity; measurement error.	Ensure weight is within 180 kg limit. Step off, wait for scale to turn off, then try again.
Body analysis data not displayed.	Feet not making proper contact with electrodes; user profile not set up.	Ensure bare, dry feet are fully on the electrodes. Set up your user profile as described in the "Setup" section.

SPECIFICATIONS

- **Model:** BF180 (749.09)
- **Brand:** Beurer
- **Measurement Type:** Body Weight, Body Fat, Body Water, Muscle Mass, Bone Mass, BMI, BMR
- **Weight Capacity:** 180 kg (396 lb / 28 st)
- **Readout Accuracy:** +/- 0.2 pounds (approx. 0.1 kg)
- **Display Type:** LCD
- **Material:** Stainless Steel, Glass

- **Item Weight:** Approximately 1.54 Grams (*Note: This value appears unusually low and may refer to a component or be a data entry error.*)
- **Special Features:** Quick-Start Technology, Automatic Switch-Off, User Memory
- **Power Source:** Batteries (type not specified in product data, typically CR2032 or AAA)
- **Dimensions:** Slim design, 19 mm thick



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Image: Side view of the Beurer BF180 Diagnostic Bathroom Scale, illustrating its slim 19mm profile.

WARRANTY

The Beurer BF180 Diagnostic Bathroom Scale comes with a manufacturer's warranty. Please refer to the warranty card included with your product or visit the official Beurer website for detailed warranty terms and conditions. The EU spare part availability duration is stated as 1 year.

CUSTOMER SUPPORT

For technical assistance, troubleshooting not covered in this manual, or warranty claims, please contact Beurer customer support. Contact information can typically be found on the official Beurer website or on the product packaging.

Website: www.beurer.com