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1byone ONE Digital Body Weight Scale (B089SZG65L)

1byone ONE Digital Body Weight Scale User Manual

Model: B089SZG65L

1. Safety Information

Please read all instructions carefully before using the 1byone ONE Digital Body Weight Scale. Retain this manual for future reference.

- Do not use this scale if you have a pacemaker or other internal medical device.
- Consult your physician or doctor before making changes to your diet, exercise plan, or physical activities.
- Place the scale on a hard, flat surface. Avoid placing it on soft surfaces like carpet, as this can affect accuracy.
- The scale surface is made of tempered glass. To prevent slipping, ensure the surface is dry before stepping on.
- Do not jump on the scale or use it for purposes other than body weight measurement.
- Keep the scale away from water and extreme temperatures.
- This scale is designed for household use only.

2. Product Overview

The 1byone ONE Digital Body Weight Scale is designed for accurate and consistent body weight measurements. It features a sleek design and user-friendly operation.

2.1 Key Features

- High-precision sensors for accurate measurements.
- Large, backlit LED display for easy reading.
- Automatic On/Off function.
- Automatic calibration.
- Unit conversion (kg/lb/st:lb).

- Low battery indication.
- Durable tempered glass platform.
- Maximum capacity: 440 lbs (200 kg).

2.2 Components

The package includes:

- 1byone ONE Digital Body Weight Scale
- 2 x AAA Batteries
- Measuring Tape (may be included)



Figure 1: Advanced Features of the Scale. This diagram illustrates the key functionalities including automatic power management, unit conversion, low battery alerts, and the bright LED display.



Figure 2: Underside of the Scale. This image shows the anti-skid pads for stability, the battery compartment, and the unit conversion button located on the back of the scale.

3. Setup

3.1 Battery Installation

1. Open the battery compartment cover on the back of the scale.
2. Insert the two AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

3.2 Initial Calibration

For the first use or after moving the scale, it is recommended to calibrate it:

1. Place the scale on a hard, flat surface.
2. Step onto the scale briefly, then step off. The display will show '0.0' or a similar reading, indicating calibration is complete.

3.3 Unit Conversion

To change the unit of measurement (pounds, kilograms, or stone/pounds):

- Locate the 'UNIT' button on the back of the scale (refer to Figure 2).
- Press the button to cycle through the available units (lb, kg, st:lb). The selected unit will be displayed on the screen.

4. Operating Instructions

4.1 Taking a Measurement

1. Ensure the scale is on a hard, flat surface.
2. Gently step onto the scale with bare feet. The scale will automatically turn on.
3. Stand still on the platform. Your weight will be displayed on the LED screen.
4. The scale will automatically turn off after a few seconds of inactivity.



Figure 3: Proper Foot Placement. This image illustrates how to stand on the scale for an accurate reading, highlighting its compact and modern design.

4.2 Measurement Tips

- For consistent results, weigh yourself at the same time each day, preferably in the morning before meals or exercise.
- Ensure your feet are centered on the scale platform.
- Avoid moving or shifting your weight during measurement.

5. Maintenance and Care

- Clean the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.

- If the scale will not be used for an extended period, remove the batteries to prevent leakage.
- Store the scale in a cool, dry place.
- Avoid dropping the scale or subjecting it to strong impacts, as this may damage the sensors.

6. Troubleshooting

Problem	Possible Cause	Solution
No display / Low battery indicator	Batteries are dead or incorrectly installed.	Replace batteries or ensure correct polarity.
Inaccurate readings	Scale is on an uneven or soft surface; not calibrated; moved recently.	Place on a hard, flat surface. Perform initial calibration (step on, then off).
'Err' or other error message	Overload (weight exceeds maximum capacity); internal error.	Ensure weight is within 440 lbs (200 kg). Step off and try again. If persistent, contact support.

7. Specifications

Feature	Detail
Product Dimensions	10.24 x 10.24 x 0.79 inches
Weight	2.2 Pounds
Batteries	2 AAA batteries (included)
Weight Limit	440 Pounds (200 kg)
Display Type	LED Digital
Special Feature	Auto On/Off, Unit Conversion, Low Battery Indicator
Manufacturer	1 BY ONE

8. Warranty and Support

The 1byone ONE Digital Body Weight Scale is manufactured by 1 BY ONE. For warranty information or technical

support, please refer to the contact details provided with your purchase or visit the official 1byone website.
Please retain your proof of purchase for warranty claims.

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