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> BLACK+DECKER Digital Bath Composition Smart Scale User Manual

BLACK+DECKER BD0017

BLACK+DECKER Digital Bath Composition Smart Scale User Manual

Model: BD0017

1. INTRODUCTION

Thank you for purchasing the BLACK+DECKER Digital Bath Composition Smart Scale. This advanced scale is designed to help you track your health and fitness progress by providing comprehensive body composition analysis. It measures weight, Body Mass Index (BMI), body fat, body water, muscle mass, bone mass, and offers a calorie recommendation. The scale features an innovative design, automatic user identification, and memory for up to 10 users.

2. SAFETY INFORMATION

- Always place the scale on a hard, flat, and stable surface. Carpets or uneven floors can affect accuracy.
- Do not use the scale on wet or slippery surfaces. Ensure your feet and the scale surface are dry before use.
- Do not jump on the scale. Step on and off gently.
- This scale is designed for household use only and is not intended for medical diagnosis or treatment.
- Keep the scale away from extreme temperatures, direct sunlight, and high humidity.
- Do not attempt to disassemble or repair the scale yourself. Contact customer support if issues arise.
- Individuals with pacemakers or other internal medical devices should consult a healthcare professional before using the body composition analysis features, as the scale uses bioelectrical impedance analysis (BIA).

3. PACKAGE CONTENTS

Upon opening the package, please ensure all items are present and in good condition:

- BLACK+DECKER Digital Bath Composition Smart Scale
- User Manual (this document)
- *(Batteries are typically not included, but if they were, they would be listed here.)*

4. SETUP

4.1 Battery Installation

The scale requires batteries for operation.

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the required batteries (e.g., 2 x AAA or 4 x AAA, check compartment for specific type) ensuring correct polarity (+ and -).
4. Close the battery compartment cover securely.

4.2 Initial Setup and Calibration

For accurate readings, the scale needs to be initialized after battery installation or if it has been moved.

1. Place the scale on a hard, flat, and stable surface (e.g., tile or hardwood floor). Avoid carpets.
2. Gently step on the scale with one foot to activate it. The display will show "0.0" or similar.
3. Step off the scale and wait for it to turn off automatically. This completes the initial calibration.



Figure 1: Top view of the BLACK+DECKER Digital Bath Composition Smart Scale, displaying "0.0 kg" on its LCD screen, ready for use.

4.3 Setting Up User Profiles (10 User Memory)

The scale can store personal data for up to 10 users, allowing for personalized body composition analysis.

1. Press the "SET" button to enter user setup mode.
2. Use the "▲" (Up) or "▼" (Down) buttons to select a user number (P1-P10). Press "SET" to confirm.
3. Set your gender (Male/Female) using "▲" or "▼", then "SET".
4. Enter your height (e.g., in cm or inches) using "▲" or "▼", then "SET".
5. Enter your age using "▲" or "▼", then "SET".
6. The scale will save the profile and return to weighing mode.

5. OPERATING INSTRUCTIONS

5.1 Basic Weight Measurement

To measure only your weight:

1. Ensure the scale is on a hard, flat surface.
2. Gently step onto the scale with bare feet, centering your weight. The scale will automatically turn on.
3. Stand still until your weight reading stabilizes and flashes on the LCD display.
4. Step off the scale. The reading will hold for a few seconds before the scale automatically turns off.



Figure 2: A user's bare feet positioned on the scale's electrodes, demonstrating proper stance for body composition analysis.

5.2 Body Composition Measurement

For a full body composition analysis (BMI, fat, water, muscle, bone, calorie recommendation):

1. Ensure you have set up your user profile as described in Section 4.3.
2. Step onto the scale with bare feet, ensuring your feet are in contact with the metal electrodes on the scale surface.
3. The scale will automatically identify your user profile based on your weight. If multiple users have similar weights,

you may need to select your profile using the "▲" or "▼" buttons after the weight is displayed.

4. Stand still. The scale will display your weight first, then cycle through your body composition metrics: Body Fat, Water, BMI, Muscle, Bone, and Calorie recommendation.
5. The readings will be displayed in sequence on the LCD.



Figure 3: Detailed view of the scale's LCD screen, illustrating the display of body fat percentage, BMI, and other composition data.

5.3 Changing Measurement Units

The scale can display weight in kilograms (kg), pounds (lb), or stones (st).

- Locate the unit switch button on the underside of the scale (often near the battery compartment).
- Press the button to cycle through the available units until your desired unit is displayed.

6. MAINTENANCE AND CARE

- **Cleaning:** Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse

the scale in water.

- **Storage:** Store the scale in a cool, dry place. Avoid placing heavy objects on the scale when not in use.
- **Battery Replacement:** If the display shows "Lo" or becomes dim, replace the batteries immediately. Remove batteries if the scale will not be used for an extended period.



Figure 4: A close-up side view of the scale, highlighting its tempered glass platform and slim design, which facilitates easy cleaning and storage.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Inaccurate Readings	<ul style="list-style-type: none"> Scale not on a hard, flat surface. Scale moved recently and not re-calibrated. Feet not properly placed on electrodes (for body composition). Low battery. 	<ul style="list-style-type: none"> Ensure scale is on a firm, level surface. Perform initial calibration (step on, step off). Ensure bare feet are centered on the electrodes. Replace batteries.
"Lo" or No Display	<ul style="list-style-type: none"> Low battery. Batteries incorrectly installed. 	<ul style="list-style-type: none"> Replace batteries. Check battery polarity.
"Err" Message	<ul style="list-style-type: none"> Weight exceeds maximum capacity (375 lbs / 170 kg). Measurement error during body composition analysis. 	<ul style="list-style-type: none"> Ensure weight is within limits. Step off, wait for scale to reset, then re-measure with bare feet.
Cannot Identify User	<ul style="list-style-type: none"> User profile not set up. Multiple users with very similar weight. 	<ul style="list-style-type: none"> Set up your user profile (Section 4.3). After weight is displayed, use "▲" or "▼" to select your profile.

8. SPECIFICATIONS

Feature	Detail
Model Number	BD0017
Weight Limit	375 Pounds (approx. 170 kg)
Material	Glass & Metal (Tempered glass platform)
Display	LCD Display
User Memory	10 Users
Body Composition Analysis	Body Fat, BMI, Body Water, Body Muscle, Body Bone, Calorie Recommendation
Sensor System	High Precision Sensor System
Dimensions (Approx.)	12.76 x 12.56 x 1.46 inches
Weight (Approx.)	3.75 Pounds

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your product or visit the official BLACK+DECKER website. You may also contact the manufacturer, Vandebilt Home, directly for assistance.

Manufacturer: Vandebilt Home

Brand: BLACK+DECKER



