

Digital Home Health Scale

Model DHH-10/DHH-10BT

Operator Manual



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accurate at the time of publication. Rice Lake Weighing Systems reserves the right to make
changes to the technology, features, specifications and design of the equipment without notice.

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1.0 Introduction

The *DHH-10/DHH-10BT* is efficiently designed to provide accurate, reliable and repeatable weight measurements.



Figure 1-1. DHH-10/DHH-10BT Top View

1.1 Safety

Safety Signal Definitions:



DANGER

Indicates an imminently hazardous situation that, if not avoided, will result in death or serious injury. Includes hazards that are exposed when guards are removed.



WARNING

Indicates a potentially hazardous situation that, if not avoided could result in serious injury or death. Includes hazards that are exposed when guards are removed.



CAUTION

Indicates a potentially hazardous situation that, if not avoided, could result in minor or moderate injury.



IMPORTANT

Indicates information about procedures that, if not observed, could result in damage to equipment or corruption to and loss of data.

General Safety



Do not operate or work on this equipment unless this manual has been read and all instructions are understood. Contact any Rice Lake Weighing Systems dealer for replacement manuals.



WARNING

Failure to heed may result in serious injury or death.

Do not transport the scale while someone is standing on it.

To avoid cross contamination, the scale should be cleaned regularly. Do not use chemical or abrasive cleaning agents.

Avoid contact with excessive moisture.

Do not jump on the scale.

Do not place fingers into slots or possible pinch points.

Do not use in the presence of flammable materials.

Use the scale only to determine weight of people while standing.

Do not make alterations or modifications to the scale.

People with disabilities, or who are physically frail, should always be assisted by another person when using this scale.

Do not use the scale on slippery surfaces, such as a wet floor.

Do not use this scale when the body/feet are wet, such as after taking a bath.

Weight exceeding the maximum capacity may damage the scale.

Do not drop the scale or subject it to violent shocks.

For accurate weighing, the scale must be placed on a flat, stable surface.

2.0 Assembly

Place the shipping container in an open area with room for unpacking. Ensure the shipping container is free of any outside damage. If there is damage, do not open the shipping container, take pictures of the damage and notify Rice Lake Weighing Systems and the shipper immediately.

IMPORTANT

Retain the original shipping materials and container should the product need to be returned. The product must be properly packed with sufficient packing materials prior to being moved or shipped.

Damage caused by improper packaging is not covered by the warranty.

2.1 Scale Setup

Use the following sections to set up the scale.

2.1.1 Battery Installation

Requires 2 AAA batteries (included).

1. Open the battery compartment cover on the back of the scale.
2. Remove the red tab before use.



Figure 2-1. Battery Compartment

3. Install batteries with negative end of batteries against the spring in +/- orientation.



Note *Wait for scale to display 0.0 before stepping on scale.*

2.1.2 Battery Troubleshooting

If you are having difficulty turning off or on the scale, there may be an issue with battery placement or battery power.

Power On Failure

If the scale fails to turn on, check whether batteries are properly installed.

Insert or replace batteries.

If you cannot resolve the problem, please contact your dealer for help.

Power Off Failure

If the scale will not turn off or if auto shut-off takes more than 12 seconds, remove the batteries for three or more seconds, then reinstall the batteries.

If you cannot resolve the problem, please contact your dealer for help.

Low Battery Indication



If *Lo* is shown on the display, battery power is low. Install new batteries.

Battery Life

Scale	Battery Life (Twice Per Day)
DHH-10	12 Months
DHH-10BT	5 Months

Table 2-1. Battery Life

2.2 Unit Conversion

To convert between kilogram (kg) and pound (lb) units:

1. Locate the KG/LB button on the back of the scale next to the battery compartment.

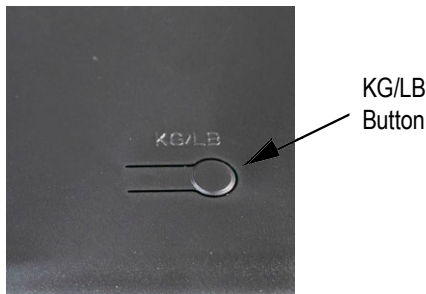


Figure 2-2. DHH-10/DHH-10BT KG/LB Button

2. Push the KG/LB button to switch scale between kg-lb unit of measure.

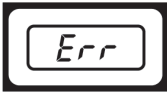
3.0 Operation

The following sections explain *DHH-10/DHH-10BT* operation.

3.1 *DHH-10* Scale Operation

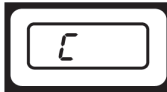
The following steps are for *DHH-10* operation.

1. To ensure accuracy, place the scale on a hard surface. Make sure there are no objects beneath the scale before weighing.
2. Gently step on the scale, the scale will automatically turn on.
3. Stand evenly on the scale without moving and wait until the weight shown on the display is stable and locked. The display will flash three times when it is locked.
4. When you step off the scale, it will automatically shut off in about 12 seconds.



Overload Indication

Scale overload (maximum weight capacity is indicated on the back of the scale). Step off to avoid damage.



Re-Weigh Indication

Weight reading error. Wait for the scale to turn off and repeat the weighing process.

3.2 DHH-10BT Wireless Scale Operation

The following sections are for *DHH-10BT* operation. The sections explain how to connect and operate your wireless scale with the AccuroFit application.

3.2.1 Wireless Scale Connection

1. Turn on Bluetooth in your smart device's settings.
2. Download the AccuroFit app.

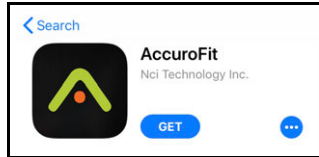


Figure 3-1. AccuroFit App



Note The AccuroFit application is available for Apple® and Android™.



3. Create an account and set up a profile.
4. A “Choose your device” message will pop up. Choose a device if you have one or press “skip for now”.

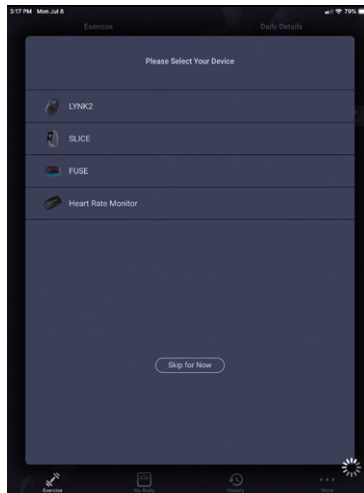


Figure 3-2. Select Device Screen

5. Press “My Body” at the bottom of the screen.

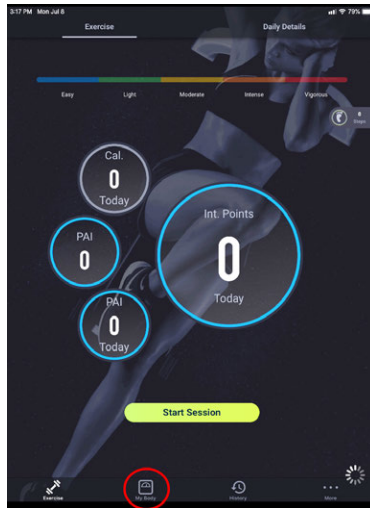


Figure 3-3. My Body Screen

6. Make sure you are near the scale and press “Connect To Scale”.
7. The message, “please select your scale type” will appear. Select “Bluetooth Scale” and press “Continue”.

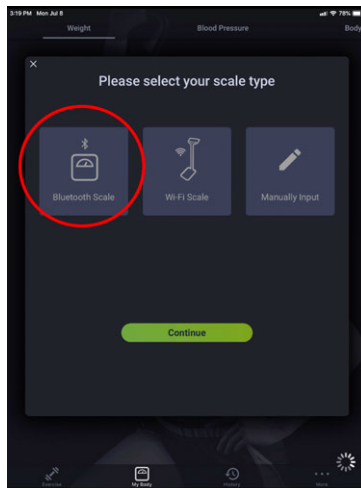


Figure 3-4. Bluetooth Scale Selection Screen



Note You must connect to the scale before every weigh-in.

3.2.2 Wireless Scale Operation

1. To ensure accuracy, place the scale on a hard, flat surface. Make sure there are no objects beneath the scale before weighing.
2. Make sure other smart devices in the area that also have the AccuroFit app installed have Bluetooth turned off (the smart device closest to the scale will receive the new weight measurement).
3. Open the AccuroFit app and navigate to the “Weight” screen by pressing “My Body”.
4. Make sure Bluetooth on your smart device is turned on. Press “Connect To Scale”.
5. Wait for “Please step on the scale” message to appear in the top center of the app screen before stepping on the scale.

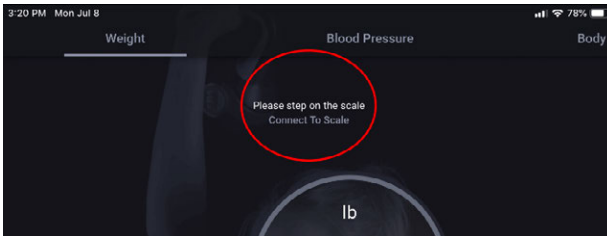


Figure 3-5. Step on Scale Message

6. Gently step on the scale, the scale will automatically turn on.



Note

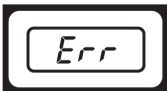
A “Read Timeout” Message will appear in the top center of screen if more than 30 seconds is taken to step on scale. If this message appears, re-connect scale.

7. Stand evenly on the scale without moving and wait until your weight on the display is stable and locked. The display will flash three times when it is locked. Your current weight will simultaneously be saved to your AccuroFit account and will appear on the app screen.
8. A “Please step off the scale” and “Successful” message should appear in the top center of the app screen.
9. When you step off the scale, it will automatically shut off in approximately 12 seconds.



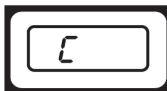
Note

You must connect to the scale before every weigh-in.



Overload Indication

Scale overload (maximum weight capacity is indicated on the back of the scale). Step off to avoid damage.



Re-Weigh Indication

Weight reading error. Wait for the scale to turn off and repeat the weighing process.

3.2.3 Wireless Scale Troubleshooting

If you are having difficulty operating with wireless, there may be an issue with Bluetooth connection or app and wireless scale connection.

Bluetooth Connection Failure

Turn Bluetooth OFF and then ON on your smart device to re-establish the connection. If the problem persists, restart your smart device.

App and Wireless Scale Connection Failure

Make sure your smart device is within range of the scale and your Bluetooth is turned ON. To reconnect the scale, use the following steps:

1. Open the AccuroFit app.
2. Press the “connect to scale” button on the “Weight” screen.
3. Gently step on scale.
4. If the scale does not respond, check the batteries in the scale as they may need replacing.
5. If the weight is not updating on the app, check the top center of the “weight” screen. If there is a “Read Timeout” message displayed, re-connect the scale.

4.0 Conformity



EU DECLARATION OF CONFORMITY

EU-KONFORMITÄTSERKLÄRUNG
DÉCLARATION UE DE CONFORMITÉ

Rice Lake Weighing Systems
230 West Coleman Street
Rice Lake, Wisconsin 54868
United States of America

RICE LAKE
WEIGHING SYSTEMS

Type/Typ/Type: DHH-10, DHH-10BT Digital floor scale

English We declare under our sole responsibility that the products to which this declaration refers to, is in conformity with the following standard(s) or other regulations document(s).

Deutsch Wir erklären unter unserer alleinigen Verantwortung, dass die Produkte auf die sich diese Erklärung bezieht, den folgenden Normen und Regulierungsbestimmungen entsprechen.

Francais Nous déclarons sous notre responsabilité que les produits auxquels se rapporte la présente déclaration, sont conformes à la/aux norme/s suivante ou au/aux document/s normatif/s suivant/s.

EU Directive	Certificates	Standards Used / Notified Body Involvement
2014/30/EU EMC	-	EN 55014-1:2006+A1:2009+A2:2011, EN 55014-2:1997+A1:2001+A2:2008, EN 55032:2015, EN 55035:2017
2014/53/EU RED	-	EN 50663:2017, EN 62479:2010, EN 62368-1:2014+A11:2017, EN 301489-1:2019, EN 300328:2019
2011/65/EU RoHS	-	EN 50581:2012

Signature: Brandi Harder

Place: Rice Lake, WI USA

Type Name: Brandi Harder

Date: April 16, 2020

Title: Quality Manager

5.0 FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

