

# Digital Home Health Scale

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*Model DHH-10*

## Operation Manual



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# 1.0 Introduction

The DHH-10 Digital Home Health Scale is efficiently designed to provide accurate, reliable and repeatable weight measurements.



Manuals and additional resources are available on the Rice Lake Weighing Systems website at [www.ricelake.com](http://www.ricelake.com)

Warranty information can be found on the website at [www.ricelake.com/warranties](http://www.ricelake.com/warranties)

## 1.1 Safety

### Safety Signal Definitions:



*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.*



*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.*



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



*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.*



*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.*

## **1.2 FCC Compliance**

### **United States**

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

### **Canada**

This digital apparatus does not exceed the Class A limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la Class A prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministère des Communications du Canada.

## 2.0 Assembly

This sections provides an overview of DHH-10 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 two 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  $\pm$  orientation.



### Note

**Gently tap the top of the scale and then wait for scale to display 0.0 before stepping onto the 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

1. If the scale fails to power on, check whether batteries are properly installed.
2. Insert or replace batteries.
  - If you cannot resolve the problem, please contact your dealer for help

### Power Off Failure

1. 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.
2. Reinstall the batteries.
  - If you cannot resolve the problem, please contact your dealer for help

### Low Battery Indication

1. If **Lo** displays, battery power is low.
2. Install new batteries.

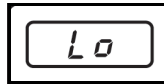


Figure 2-2. Low Battery Indication

### Battery Life

The following table reflects average battery life if the device is used twice per day:

Scale	Battery Life
DHH-10	12 Months

Table 2-1. Battery Life

## 2.2 Unit Conversion

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

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



Figure 2-3. DHH-10 KG/LB Button

2. Push the KG/LB button to switch scale between kg and lb units of measurement.

## 3.0 Operation

This sections provides an overview of DHH-10 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. Tap the top of the scale and wait for 0.0 to display.
3. Gently step onto the scale.
4. 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.
5. Step off of the scale. Scale will automatically shut off after about 12 seconds.

#### Overload Indication

Scale overload (maximum weight capacity is indicated on the back of the scale).

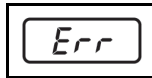


Figure 3-1. Overload Indication

#### **IMPORTANT**

**Step off the scale to avoid damage.**

#### Re-Weigh Indication

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

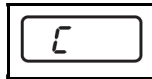


Figure 3-2. Re-Weigh Indication

# 4.0 Conformity



## EU DECLARATION OF CONFORMITY

EU-KONFORMITÄTSERKLÄRUNG  
DÉCLARATION UE DE CONFORMITÉ

Rice Lake Weighing Systems  
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**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

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