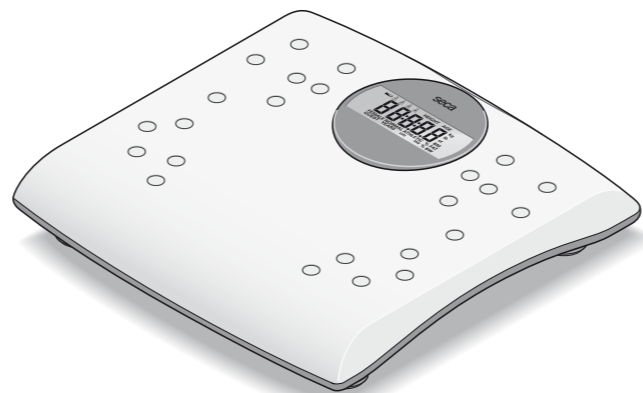


seca

seca 804



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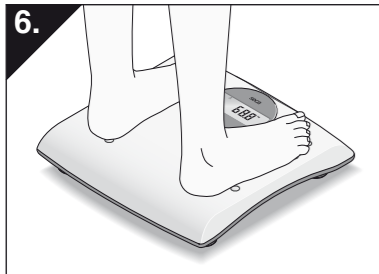
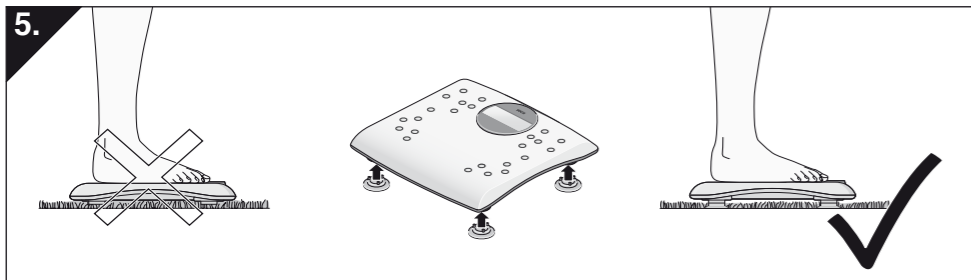
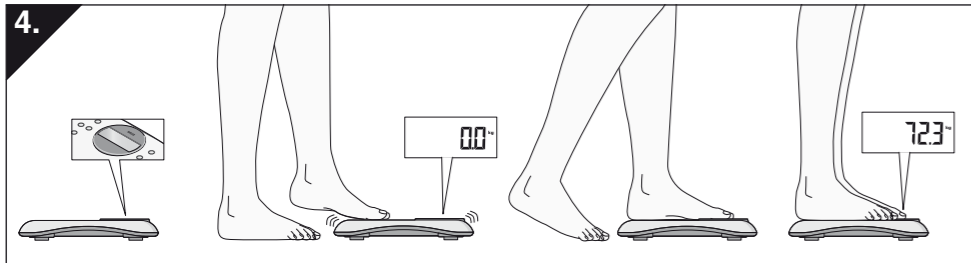
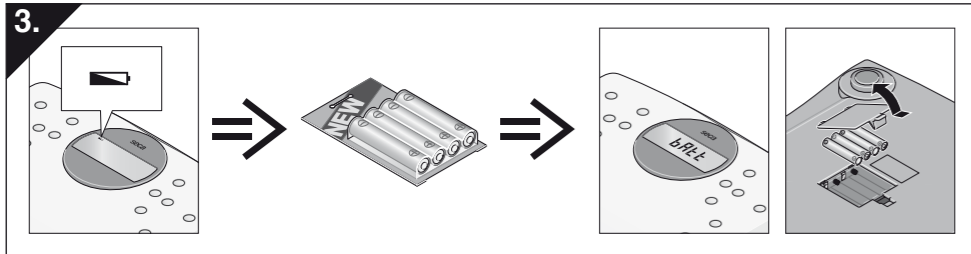
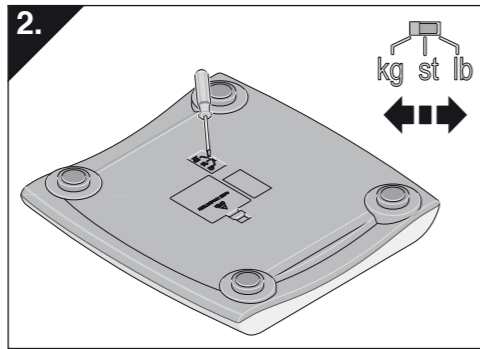
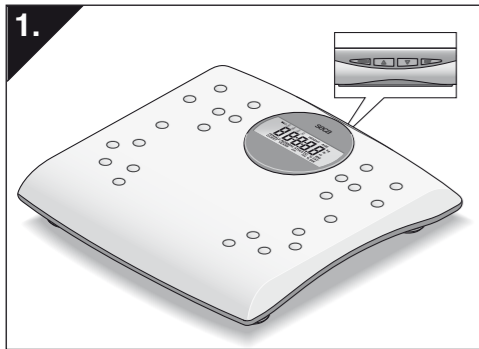
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All contact data under www.seca.com

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Precision for health

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1. Congratulations!

By purchasing the **seca 804** electronic personal scale, you have acquired a highly-accurate and sturdy piece of equipment.

seca has been putting its experience at the service of health for over 150 years now, and as market leader in many countries of the world, is always setting new standards with its innovative developments for weighing and measuring.

In addition to determining weight conventionally, the **seca 804** can also calculate Body Mass Index and body composition

(proportion of body tissue made up of fat and water). For this purpose, an imperceptible, harmless AC current is passed through the body.

The weight display can be switched between kilogrammes (kg), pounds (lb) and stones (st). Weight is determined within a few seconds.

The scale is of a very sturdy construction and will give you long and loyal service. It is easy to operate and the large display is easy to read.

2. Safety

Before using the new scale, please take a little time to read the following safety instructions.

- Follow the safety instructions in the instruction manual.
- Keep the operating manual and the declaration of conformity contained therein in a safe place.
- You must not use this scale if you wear a cardiac pacemaker, an insulin pump or other electronically-controlled medical device. Their function could be impaired.
- Do not expose the scale to excessive moisture.
- Do not drop the scale or subject it to violent shocks.
- Have repairs carried out exclusively by authorised persons.
- Use only the type of battery stated (see "Changing the batteries" on page 17).


3. Before you start...

Unpacking

Remove the packaging and place the scale on a firm, level surface.

Power supply

The scale is powered exclusively by batteries.

The LC display has a low power consumption – 8.000 weighing operations can be performed with one set of batteries. When  or **bAtE** appear in the display, you should change the batteries. You require 4 AAA-type 1.5 V batteries.

All the illustrations are on the foldout flap at the front.

- Carefully turn over the scale so that the base of the scale is accessible (see Fig. 3).
- Push the battery compartment closure towards “Battery” and open the cover.
- Insert the new batteries in the battery compartment.

Check that the polarity is correct.

- Close the cover.
- Then turn the scale back up the right way.

Switching the weight display


The weight display can be switched between kilogrammes (kg) and pounds (lb) or between kilogrammes (kg) and stones (st) (see Fig. 2). Once you switch back on, weighing will be performed using the new unit of measurement.

4. Setting up and aligning the scale

- Place the scale on a level surface.
- Ensure that only the feet of the scale are in contact with the floor. The scale may not be in contact at any other point.
- If an uneven floor (e.g. thick-pile carpet) contacts the base of the scale, push on the carpet feet supplied (see Fig. 5).

5. Operation

Simple Weighing

- Step gently onto the scale (see Fig. 4). The vibration switch starts the scale. **SECR**, **888888** and **00** appear consecutively in the display. The scale is then automatically set to zero and ready to use.
- If necessary, switch the weight display (see “Switching the weight display” on page 11).
- Stand on the scale and keep still. Once weight has been determined, the scale will also try to measure body composition, which can be seen by the symbol  moving across the display. You can now simply get off the scale (the scale will briefly show an error message).
- Read the weighing result off the digital display.
- If a load greater than 150 kg or 330.6 lb is placed on the scale, **StOP** appears in the display.

Automatic switch-off/economy mode

The scale switches off automatically after 20 seconds.

Weighing with measurement of BMI, body fat and body water


The **seca 804** can also calculate the following body data in addition to weight: Body Mass Index, body fat and body water proportion. For this purpose, an imperceptible, harmless AC electric current is passed through the body and the measured values classified by weight, gender, build and height. These data must previously have been entered in the scale (see “Storing personal data” on page 12).

So that your values are determined correctly and are comparable with one another over several days, please note the following instructions:

- You should perform the measurement barefoot, otherwise there is insufficient contact with the sensors (in this case **Err 2** will appear in the display). If you have very dry skin, moisten your feet slightly to improve conductivity.
- Stand as still as possible during measurement.
- Position both feet so that they are as much in contact with the sensors as possible (see Fig. 6).
- Enter your height as exactly as possible. An error of just 2.5 cm will lead to a deviation of 1 litre body water in the calculation!
- Wherever possible, perform the measurements each day at the same time and under the same conditions, e.g. 15 minutes after getting up. Measurements taken directly after sleeping give implausible results, because body water is distributed differently throughout the body during sleep.
- Measurements taken directly after strenuous physical exercise also give implausible results. Take a relatively long break (approximately 2-3 hours) before measuring.
- Heavy meals or drinking of alcohol also give implausible results.
- In the following cases, exact measurements cannot be performed using the **seca 804**: during pregnancy or if your body contains medical implants such as artificial joints, metal plates or screws. In such cases, you should have your doctor carry out a differential diagnostic examination to obtain correct results.

Storing personal data

The **seca 804** can store personal data for up to four different people. In addition, it is possible to perform a measurement in so-called Guest Mode (see “Measuring in Guest Mode” on page 14). The four personal memories are each assigned to one of the four keys **MENU**, **▲**, **▼** or **SET**, and can subsequently be selected using these keys when the scale is switched on.

- Switch on the scale using the one of the four keys (**MENU**, **▲**, **▼** or **SET**) to the memory of which the personal data is to be assigned.
SECA, **88888** and **00** appear consecutively in the display. The scale is then automatically set to zero and ready to use. The display likewise shows the symbol for the selected personal memory, e.g. .
- Keep the **MENU** key depressed until **HEIGHT** appears in the display. The display will show the most recently-entered height.
- You can change the value in the increments shown by the graduations in the display using arrow keys **▲** and **▼**.
- Once the correct value has been set, briefly press the **SET** key. The menu for gender and build appears.
- Use arrow keys **▲** and **▼** to select your gender and your build:
MALE NORMAL: male, normal build, (exercising a maximum of twice a week for 30 minutes),

FEMALE NORMAL: female, normal build, (exercising a maximum of twice a week for 30 minutes),

MALE ATHLETIC: male and athletic,

FEMALE ATHLETIC: female and athletic.

- Confirm your selection by briefly pressing the **SET** key.

The menu for entering age appears.

- You can increase or decrease the value using arrow keys **▲** and **▼**.
- Once the correct value has been set, briefly press the **SET** key. This concludes data entry for the personal data for one person.

Measuring with automatic person recognition

The **seca 804** can use the weight to recognise whether the person standing on the scale matches one of the stored sets of data in the four people memories. So it is not always necessary to bend down to switch on the scale using one of the keys. To do this, the measured weight is compared with the stored weights and, if it is within a certain tolerance, it is then linked to the appropriate personal memory. The current weight is then stored again and used as the basis for subsequent measurements. As a result, the scale is always updated if you lose weight continuously - while on a diet, for example.

Note:

When you get on the scale the first time after storing your personal data, you must first switch on the scale using the key assigned to your data. The scale can then assign your weight to your personal data.

- Step gently onto the scale. The vibration switch starts the scale.

SECA, **88888** and **00** appear consecutively in the display. The scale is then automatically set to zero and ready to use.

- Step onto the scale barefoot and stand still (see Fig. 6)

The scale measures your weight and subsequently starts measuring the electrical resistance of your body tissue. While the measurement is being taken, the symbol **▣** moves across the display.

- After measurement, the scale compares the measured weight with the

stored weights. If it cannot clearly assign it, all personal memory symbols for which the weights stored are close to the measured weight flash on the display.

- If the scale cannot clearly assign your weight, now press the key (**MENU**, **▲**, **▼** or **SET**) which is assigned to your personal data.
- Following successful measurement, the values for BMI, body fat and body water are displayed three times consecutively. The scale then switches off.
- Compare your values with the categories on pages 14 and 15.

Note:

If your determined weight is close to the stored weight of another person, it could be the case that your measured values are assigned to a different personal memory. Check whether the correct personal memory symbol is being displayed during the measurement. If necessary, switch on the scale using the **MENU**, **▲**, **▼** or **SET** key assigned to your personal memory before measuring if automatic person recognition does not work.

Measuring in Guest Mode

If all personal memories are already occupied, or if you would like to obtain one-off values for BMI, body fat and body water for another person, you can perform the measurement in so-called Guest Mode.:

- Switch on the scale by pressing the **MENU** and **SET** keys simultaneously. **SECA**, **8.8.8.8.8** and **0.0** appear consecutively in the display. The scale is then automatically set to zero and the display shows **GUEST**.
- Keep the **MENU** key depressed until **HEIGHT** appears in the display. The display will show the last height entered.
- You can change the value in the increments shown by the graduations in the display using arrow keys **▲** and **▼**.
- Once the correct value has been set, briefly press the **SET** key. The menu for gender and build appears.
- Use arrow keys **▲** and **▼** to select your gender and your build:
 - MALE NORMAL: male, normal build, (exercising a maximum of twice a week for 30 minutes),
 - FEMALE NORMAL: female, normal build, (exercising a maximum of twice a week for 30 minutes),
 - MALE ATHLETIC: male and athletic,
 - FEMALE ATHLETIC: female and athletic.
- Confirm your selection by briefly pressing the **SET** key. The menu for entering age appears.
- You can increase or decrease the value using arrow keys **▲** and **▼**.
- Once the correct value has been set, briefly press the **SET** key. This concludes data entry for the personal data for a guest. Step onto the scale barefoot and stand still (see Fig. 6). The scale determines your weight and subsequently measures the electrical resistance of your body tissue. During measuring, the symbol **▣** moves across the display.
- After successful measurement, the values for BMI, body fat and body water are displayed three times consecutively. The scale then switches off.
- Compare your values with the categories on pages 14 and 15.

Evaluation of body fat and body water values

The body fat and body water values shown as a percentage of body weight below are guideline values from the World Health Organisation (WHO).

Body fat:

Women				
Age	Underweight	Healthy Zone	Overweight	Obese
Age 20 – 40	below 21%	21 – 33%	33 – 39%	above 39%
Age 41 – 60	below 23%	23 – 35%	35 – 40%	above 40%
Age 61 – 79	below 24%	24 – 36%	36 – 42%	above 42%

Men				
Age	Underweight	Healthy Zone	Overweight	Obese
Age 20 – 40	below 8%	8 – 19%	19 – 25%	above 25%
Age 41 – 60	below 11%	11 – 22%	22 – 27%	above 27%
Age 61 – 79	below 13%	13 – 25%	25 – 30%	above 30%

Body water

Women	50 – 55%
Men	60 – 65%
Children	65 – 75%

Note:

People with a high body fat value very often have a body water value below that of the WHO guidelines. Sportsmen and women with little body fat and high muscle mass often exhibit values above these guidelines. In infants, water makes up 75 % of body weight. This proportion then drops to 65 % by the end of the growth period and in old age is nearer 55 %. (Source: Schmidt, Thews, Physiologie des Menschen [Human physiology], 25th edition, Springer-Verlag in Berlin and Heidelberg, 1993).

The measured values will only give indications of possible irregularities in the water and fat values of your body. The precision of the measurement depends on various influencing factors. If you notice deviations from the standard values, please ask your doctor for a differential diagnostic examination.

Evaluating Body Mass Index for adults:

Compare the value determined with the categories quoted below which correspond to those used by WHO, 2000.

- **BMI below 18.5:**

Warning, this patient weighs too little. There could be a tendency to anorexia. An increase in weight is recommended to improve well-being and performance. If in doubt, consult a specialist.

- **BMI between 18.5 and 24.9:**

The patient is of a normal weight. He can stay as he is.

- **BMI between 25 and 30 (pre-obese):**

The patient is slightly to moderately overweight. He should cut his weight if he is already ill (e.g. diabetes, hypertension, gout, fat metabolism disorders).

- **BMI over 30:**

Weight reduction is essential. Metabolism, cardiovascular system and bones are all under strain. A consistent diet, plenty of movement and behavioural training are all recommended. If in doubt, consult a specialist.

6. Cleaning

Clean the surface and the housing as required using a domestic cleaning agent or commercially-available disinfectant. Follow the manufacturer's instructions.

Under no circumstances use abrasive or acid cleaners, white spirit, benzene or the like for cleaning. Such substances can damage the high-quality surfaces.

7. What do I do if...

... no weight display comes on?

- Is the scale switched on?
- Check the batteries.



... does not appear before weighing?

- Start the scale again after it switches off automatically – there must not be any load on the scale – and only its feet should be in contact with the floor.

... the message appears when measuring body fat and body water values?

- You should carry out the measurement barefoot, otherwise there is insufficient contact with the sensors. If you have very dry skin, moisten your feet slightly to improve conductivity.

... the values for body fat and body water deviate significantly from the standard values?

- Stand as still as possible during measurement.
- Place both feet as completely on the sensors as possible (see Fig. 6).
- Have you entered your height correctly? Switch on the scale with the key assigned to your personal memory and then press one of the arrow keys  and . The symbol for your personal memory will flash and the entered data will be shown. Check this and amend if necessary (see “Storing personal data” on page 12).
- In the following cases, measurement will give implausible results: during pregnancy or if your body contains medical implants such as artificial joints, metal plates or screws. In such cases, you should have your doctor carry out a differential diagnostic examination to obtain correct results.
- People with a high body fat value very often have a below-average body water value.
- Very athletic people with little body fat and high muscle mass often exhibit values above the guidelines. In this case, select the ‘Athletic’ option for your build.

... the values for body fat and body water deviate significantly between different measurements?

- Wherever possible, perform measurements each day at the same time and under the same conditions, e.g. 15 minutes after getting up.
- Measurements taken directly after sleeping give implausible results because body water is distributed differently throughout the body during sleep.
- Measurements taken directly after strenuous physical exercise also give implausible results. Take a relatively long break before measuring.
- A heavy meal or drinking alcohol also give implausible results.

... one segment is illuminated constantly or not at all?

- The relevant segment has a fault. Inform Servicing.

... the display shows ?

- Battery voltage is running low. Change the batteries in the next few days.

... appears in the display?


- Batteries are empty. Put in new batteries.

... appears in the display?

- Maximum load has been exceeded.

8. Servicing

Changing the batteries

When  or **bAtE** appear in the display, you should change the batteries. You require 4 AAA-type 1.5 V batteries.

- Carefully turn over the scale so that the base of the scale is accessible (see Fig. 3).
 - Push the battery compartment closure towards "Battery" and open the cover.
 - Remove exhausted batteries and insert new batteries in the battery compartment.
- Check that the polarity is correct.**
- Close the cover.
 - Then turn the scale back up the right way.

9. Technical data

Dimensions

width: 315 mm
height: 44 mm
depth: 300 mm

Height of figures 20 mm

Weight approx. 1.3 kg

Temperature range +10 °C to +40 °C

Maximum load 150 kg / 330.6 lb / 23:8 st

Minimum load 2 kg / 4.4 lb

Graduations

0 up to 150 kg 100 g
up to 330.6 lb 0.2 lb

Measurement ranges

Body fat 4.0 to 80.0 % in 0.1 % increments
Body water 4.0 to 80.0 % in 0.1 % increments
Height 100 to 220 cm in 1 cm increments
39.5 inches to 86.5 inches in 0.5 inch increments

Power supply Battery

Batteries 4 type AAA 1.5 V batteries

Weighing precision greater than $\pm 0,6$ %

10. Disposal

Disposing of the device



Do not dispose of the device in domestic waste. The device must be disposed of properly as electronic waste. Follow the national regulations which apply in your case. For further information, contact our service department at:

service@seca.com

Batteries

Do not throw used batteries away in domestic waste. Dispose of batteries at collection points in the vicinity. When buying new batteries, select those low in harmful substances and containing no mercury (Hg), cadmium (Cd) or lead (Pb).

11. Warranty

A two-year warranty from date of delivery applies to defects attributable to poor materials or workmanship. All moveable parts - batteries, cables, mains units, rechargeable batteries etc. - are excluded. Defects which come under warranty will be made good for the customer at no charge on production of the receipt. No further claims can be entertained. The costs of transport in both directions will be borne by the customer should the equipment be located anywhere other than the customer's premises. In the event of transport damage, claims under warranty can be

honoured only if the complete original packaging was used for any transport and the merchandise secured and attached in that packaging just as it was when originally packed. All the packaging should therefore be retained.

A claim under warranty will not be honoured if the equipment is opened by persons not expressly authorised by seca to do so.

We would ask our customers abroad to contact their local sales agent in the event of a warranty matter.