

Digital Home Health Scale

Model DHH-10/DHH-10BT

Operation Manual



An ISO 9001 registered company
© Rice Lake Weighing Systems. All rights reserved.

Rice Lake Weighing Systems® is a registered trademark of
Rice Lake Weighing Systems.

All other brand or product names within this publication are trademarks or registered
trademarks of their respective companies.

All information contained within this publication is, to the best of our knowledge, complete and
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.

The most current version of this publication, software, firmware and all other product updates
can be found on our website:

www.ricelake.com

Contents

1.0	Introduction	1
	1.1 Safety.....	1
	1.2 FCC Compliance.....	2
2.0	Assembly	3
	2.1 Scale Setup.....	3
	2.1.1 Battery Installation.....	3
	2.1.2 Battery Troubleshooting.....	4
	2.2 Unit Conversion.....	4
3.0	Operation	5
	3.1 DHH-10 Scale Operation.....	5
	3.2 DHH-10BT Wireless Scale Operation.....	6
	3.2.1 Wireless Scale Connection.....	6
	3.2.2 Wireless Scale Operation.....	8
	3.2.3 Wireless Scale Troubleshooting.....	10
4.0	Conformity	11



Technical training seminars are available through Rice Lake Weighing Systems. Course descriptions and dates can be viewed at www.ricelake.com/training or obtained by calling 715-234-9171 and asking for the training department.



Rice Lake continually offers web-based video training on a growing selection of product-related topics at no cost. Visit www.ricelake.com/webinars.

1.0 Introduction

The DHH-10/DHH-10BT 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

Warranty information can be found on the website at 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/DHH-10BT 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.

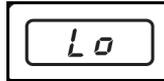


Figure 2-2. Low Battery Indication

Battery Life

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

Scale	Battery Life
DHH-10	12 Months
DHH-10BT	5 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/DHH-10BT 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/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. 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).

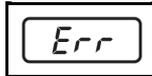


Figure 3-1. Overload Indication

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.

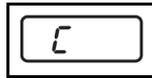


Figure 3-2. Re-Weigh Indication

3.2 DHH-10BT Wireless Scale Operation

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

3.2.1 Wireless Scale Connection

1. Download the AccuroFit app.

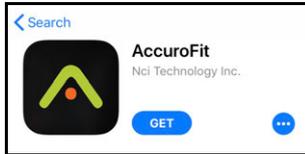


Figure 3-3. AccuroFit App



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



2. Turn on Bluetooth® in the settings of the smart device.
3. Create an account and set up a profile in the AccuroFit application.
4. **Please Select Your Device** displays. Choose a device or select **Skip for Now**.

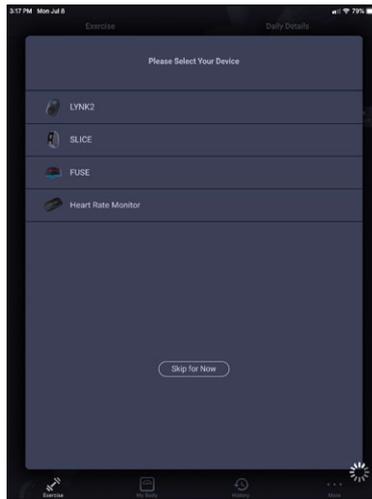


Figure 3-4. Select Device Screen

- Press **My Body** at the bottom of the screen.

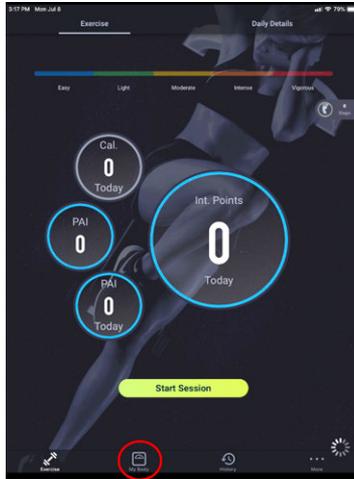


Figure 3-5. My Body Screen

- Make sure the scale is near and press **Connect To Scale**.
- Please select your scale type** displays.

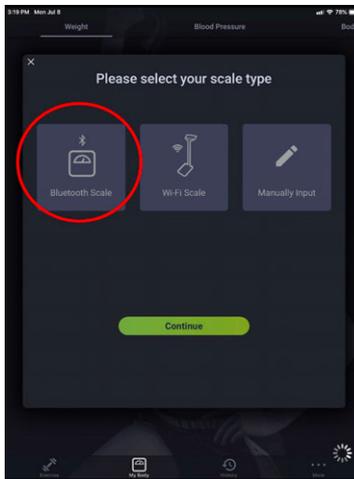


Figure 3-6. Bluetooth Scale Selection Screen

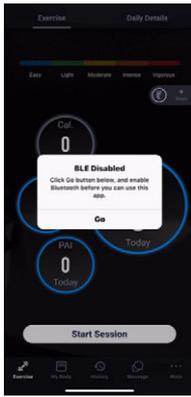
- Select **Bluetooth Scale**.
- Select **Continue**.



Note Connect to the scale before every weigh-in.

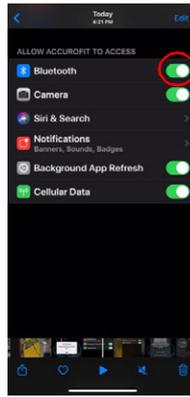
3.2.2 Wireless Scale Operation

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.
4. Press **My Body** to navigate to the **Weight** screen.
5. Enable Bluetooth in the settings of the smart device.



This message only displays if Accurofit is not granted Bluetooth permissions.

Figure 3-7. BLE Disabled



This example shows settings of an iOS device. Settings vary depending on the smart device.

This setting must be enabled for the scale to be able to send the weight data to the application.

Figure 3-8. Bluetooth Enabled



Note

Ensure Bluetooth permissions are granted to the AccuroFit application and Bluetooth is enabled on the smart device. Both can be found in the settings of the smart device.

If Bluetooth is not enabled and if Bluetooth permissions are not granted to AccuroFit, the smart device will not connect to AccuroFit.

6. Press **Connect To Scale**.

- Wait for **Please step on the scale** message to appear in the top center of the app screen before stepping on the scale.

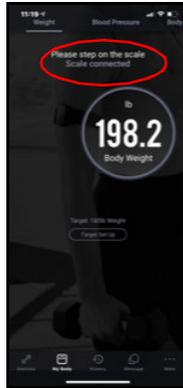


Figure 3-9. Step on Scale Indication

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



Note

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

- Stand evenly on the scale without moving and wait until the weight on the display is stable and locked. The display will flash three times when it is locked. The current weight is simultaneously saved to the AccuroFit account and will appear on the app screen.
- A **Please step off the scale** and **Successful** message should appear in the top center of the app screen.
- Step off of the scale. Scale will automatically shut off after about 12 seconds.



Note

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

3.2.3 Wireless Scale Troubleshooting

If you are having difficulty operating with wireless, there may be a connection issue with the smart device's connection to either AccuroFit or to the scale.

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.



When using an IOS device to connect, do not attempt to view the Bluetooth connection in the app or phone settings, because this can prevent the app from seeing the scale. If the scale doesn't connect, close the app completely, reopen the app and connect directly through the app.

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



© Rice Lake Weighing Systems Specifications subject to change without notice.
Rice Lake Weighing Systems is an ISO 9001 registered company.

230 W. Coleman St. • Rice Lake, WI 54868 • USA

U.S. 800-472-6703 • Canada/Mexico 800-321-6703 • International 715-234-9171 • Europe +31 (0)26 472 1319