

Digital Home Health Scale

Model DHH-10/DHH-10BT

Operation Manual



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Contents

1.0	Introduction	1
	1.1 Safety.....	1
2.0	Assembly	2
	2.1 Scale Setup	2
	2.1.1 Battery Installation	2
	2.1.2 Battery Troubleshooting	3
	2.2 Unit Conversion	3
3.0	Operation	4
	3.1 DHH-10 Scale Operation	4
	3.2 DHH-10BT Wireless Scale Operation	5
	3.2.1 Wireless Scale Connection	5
	3.2.2 Wireless Scale Operation	7
	3.2.3 Wireless Scale Troubleshooting	8
4.0	Conformity	9
5.0	FCC Statement.....	10



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 can be viewed or downloaded from the Rice Lake Weighing Systems website at www.RiceLake.com/manuals.

Warranty information can be found at www.RiceLake.com on the product page.

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.

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

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

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.

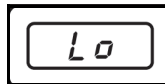


Figure 2-2. Low Battery Indication

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. 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).

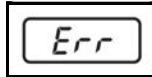


Figure 3-1. Overload Indication

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.

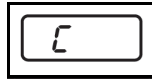


Figure 3-2. Re-Weigh Indication

3.2 DHH-10BT Wireless Scale Operation

The following sections are for DHH-10BT operation. The sections explain how to connect and operate 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.

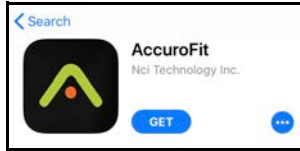


Figure 3-3. AccuroFit App



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



3. Create an account and set up a profile.
4. **Please Select Your Device** displays. Choose a device if or select **Skip for Now**.

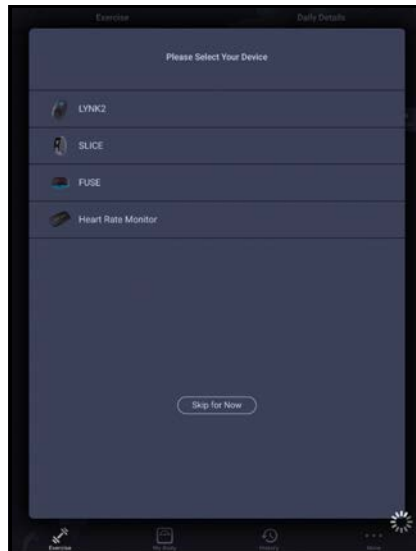


Figure 3-4. Select Device Screen

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

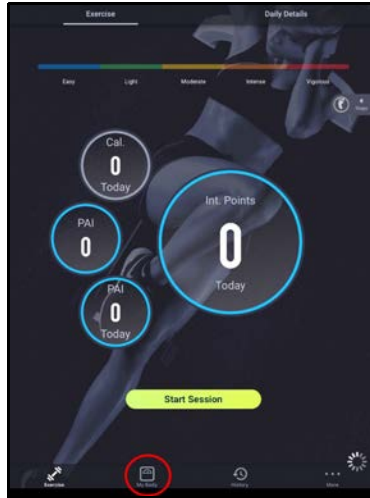


Figure 3-5. My Body Screen

6. Make sure you are near the scale and press **Connect To Scale**.

7. **Please select your scale type** displays.

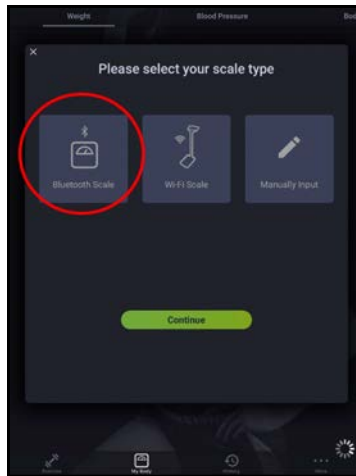


Figure 3-6. Bluetooth Scale Selection Screen

8. Select **Bluetooth Scale**.

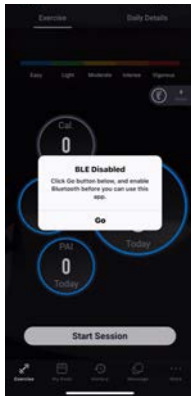
9. Select **Continue**.



Note Connect to the scale before every weigh-in.

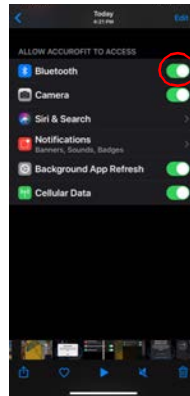
3.2.2 Wireless Scale Operation

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 on your 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 within your smart device settings.

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**.

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

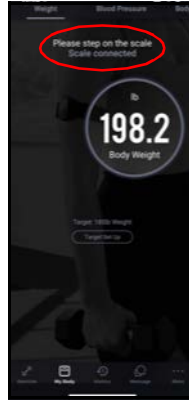


Figure 3-9. Step on Scale Indication

8. 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.

9. 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. The current weight is simultaneously saved to your AccuroFit account and will appear on the app screen.
10. A **Please step off the scale** and **Successful** message should appear in the top center of the app screen.
11. 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.

3.2.3 Wireless Scale Troubleshooting

If you are having difficulty operating with wireless, there may be a connection issue with the 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.

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



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.



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