

For best results:

- ① Place scale on a flat and even surface.
- ② Please stand on the scale as illustrated.



- ③ Do not use scale on thick carpet.
- ④ Always be sure the scale reads zero before stepping on.
- ⑤ If the scale does not read zero, use the zero adjustment dial to adjust the scale back to zero.
- ⑥ Use water on a cloth to wipe the scale clean.
- ⑦ Do not use abrasive or chemical cleaning materials.
- ⑧ Do not use oil or grease on the internal mechanical system.

If you need assistance, please call our customer service number at 1-847-640-9241(USA and Canada only) or visit www.tanita.com .