

FORA

FORA W310 / W320 Weight Scale

English

IMPORTANT SAFETY PRECAUTIONS

Thank you for purchasing the FORA W310 / W320 Weight Scale. This instruction manual provides important information which helps you use this device smoothly. If you have any other questions regarding this product, please contact the place of purchase.

1. Use this device **ONLY** for the intended use described in this manual.
2. Read all the instructions and information in this manual before using this device.
3. Do **NOT** use the device if it is not working properly or damaged.
4. Consult your physician or healthcare provider before beginning a weight loss or exercise program.
5. Consult your physician before using this device if you are pregnant.
6. Do **NOT** step on the edge of the weighing platform or jump on the weighing platform.
7. Do **NOT** step on the weighing platform when your body or feet are wet.

8. Do not use the device on slippery surfaces such as wet floors.
9. Do NOT use cell phones, microwaves or other devices that generate strong electrical or electromagnetic fields near the device. This may result in an operational failure.
10. Do NOT disassemble or try to modify the device.

KEEP THESE INSTRUCTIONS IN A SAFE PLACE

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BEFORE YOU BEGIN

Body Mass Index

The Body Mass Index (BMI) is a number that is often called upon to evaluate body weight.

$$\text{BMI} = \frac{\text{body weight (Kg)}}{(\text{height(m)})^2}$$

$$\text{BMI} = \frac{\text{body weight (lb)} \times 703}{(\text{height(in)})^2}$$

Recommended Measurement Time

To obtain an accurate reading, we recommend that you always take the measurement in the same environment and at the same time of day. Avoid taking measurements under the following conditions:

- Immediately after a bath or exercise
- After drinking alcohol or a large amount of water
- Less than 2 hours after a meal

If you take a measurement under any of the above conditions, the calculated body composition may be significantly different from the actual composition due to changes in water content in the body.

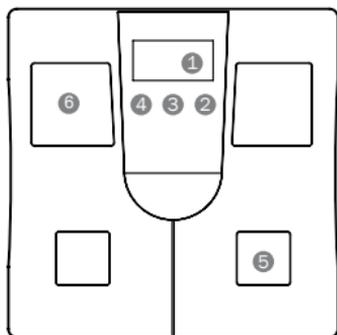
Contents of the System

Your new FORA W310/ W320 kit contains:

1. Weight Scale
2. Owner's Manual
3. Warranty Card
4. Four 1.5V Alkaline Batteries

Scale Overview

(W310) Front



W310a-RS232



W310b-Bluetooth

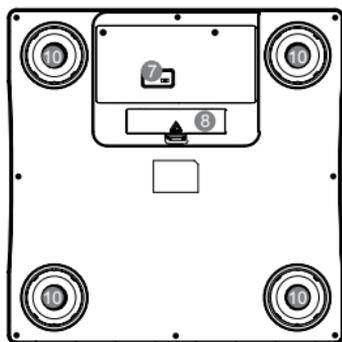


W310c-USB Cable



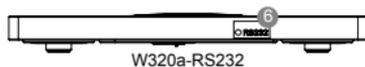
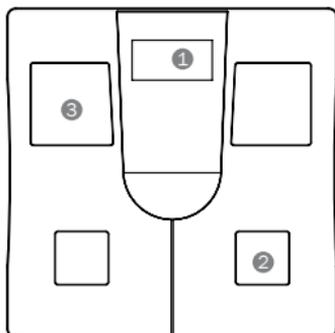
W310d-No communication

(W310) Back



- 1 LCD Screen
- 2 Down Button
- 3 SET Button
- 4 UP Button
- 5 Heel Position
- 6 Toe Position
- 7 Weight Unit Switch
- 8 Battery Cover /
Compartment
- 9 Data Port
- 10 Supporting Stand

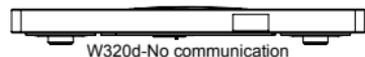
(W320) Front



W320a-RS232

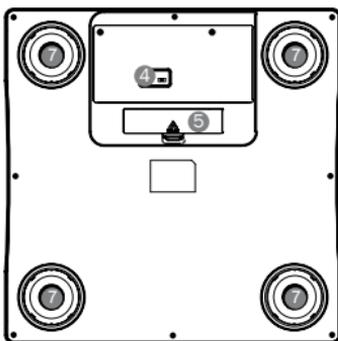


W320c-USB Cable



W320d-No communication

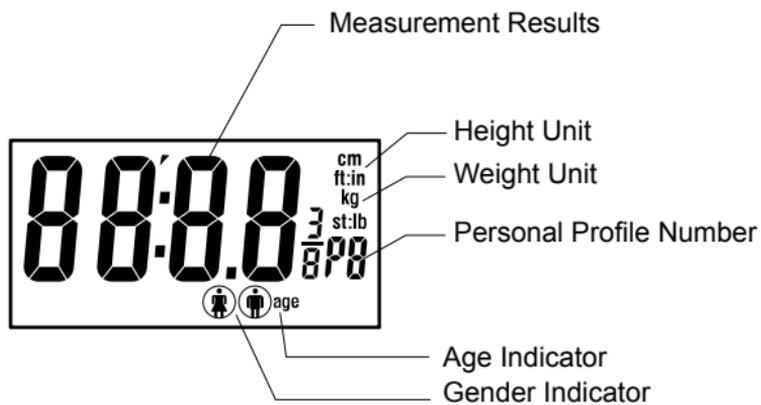
(W320) Back



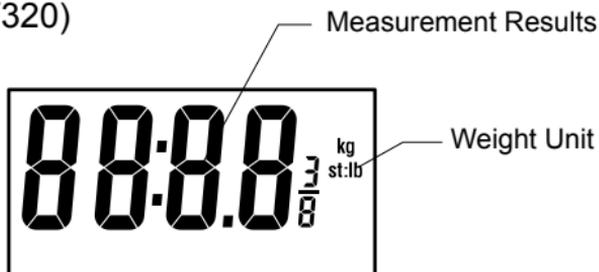
- ① LCD Screen
- ② Heel Position
- ③ Toe Position
- ④ Weight Unit Switch
- ⑤ Battery Cover /
Compartment
- ⑥ Data Port
- ⑦ Supporting Stand

Screen Display

(W310)



(W320)



SETTING THE SCALE

Before using the scale for the first time, input these settings. To ensure accuracy, make sure you complete the steps below and save the desired settings.

► Setting the Unit of Weight

The unit of weight can be set to lb (pounds), st (stones) or kg (kilograms).

You can select the unit of weight by sliding the switch to the desired unit indication.



When the weight unit is set to pounds or stones, the unit of height will be automatically set to feet and inches. When the weight unit is set to kilograms, the unit of height will be automatically set to centimeters.

► Adjusting Scale Settings (for W310 only)

Start with the scale off. Press **SET** to turn the scale on. All default settings appear on the LCD. The default settings are as follows:

Item	Gender	Height	Age
Setting	Female	165cm / 5'4"	25

1. Select the personal profile number.

Press ▲ or ▼ to select a number from P0 to P9. Press SET



2. Enter the personal profile data.

Press ▲ or ▼ to select the gender of male or female. Press SET.



Press ▲ or ▼ to set the height between 100 cm and 220 cm / 3' 3" and 7' 3". Press SET



Press ▲ or ▼ to set the age between 10 and 80. Press SET.



3. Press SET to exit the setting mode.

If you make a mistake before you have finished setting, repeat the steps from " Select the personal profile number. "

TAKING MEASUREMENTS

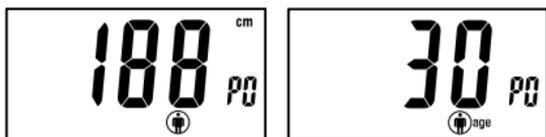
Before Measuring

- Place the scale on a hard, flat surface. Soft or uneven flooring (e.g. carpets, rugs) may cause the scale to give an inaccurate weight reading.
- Take the measurement with dry feet, and position your feet correctly on the electrodes. Remove your shoes and socks before stepping onto the scale.
- Step onto the scale with your feet parallel to each other and your weight evenly distributed.
- Weigh yourself on the same scale at the same time every day, before breakfast or before getting dressed.

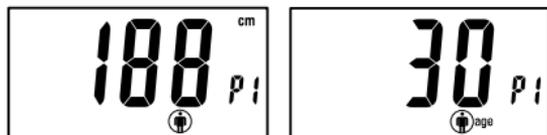
Measuring Body Mass Index (BMI)(for W310 only)

1. Press **SET** or tap on the weighing platform to turn on the scale.

The scale displays the profile setting of the last user.



Press ▲ or ▼ to select the number.

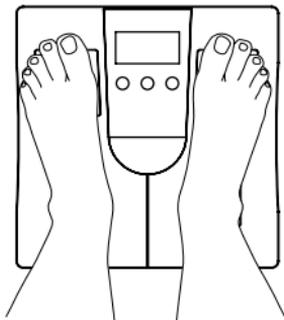


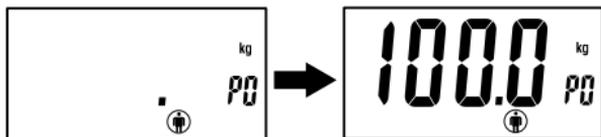
2. The scale displays the profile setting of the last user. Wait for “0.0 kg” to appear on the LCD.



3. **Step onto the weighing platform.**

Stand still and distribute your weight evenly while the scale is measuring your weight.



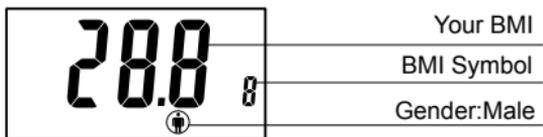
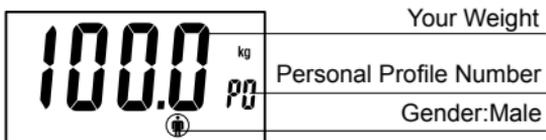


When the value is stabilized, it will flash three times and the scale will then calculate your BMI.



4. Display the Result.

The scale shows your measurement results as follows:



5. Step off the weighing platform.

The result is saved in the scale memory (W310a, W310b, W310c) and the scale turns itself off automatically.

Measuring Weight only (for W320)

1. Tap on the weighing platform to turn on the scale.

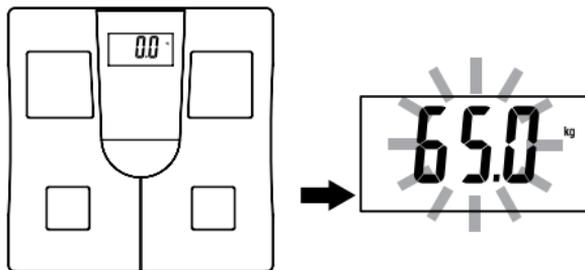
Wait for "0.0 kg" to appear on the LCD.



NOTE

The scale will not work properly if you step on the scales before it shows . If this happens, please start from the beginning.

2. Step onto the weighing platform.



3. Step off the weighing platform.

Your weight is displayed on the LCD screen. The result is saved in the scale memory (W320a,W320c) and the scale turns itself off automatically.

SCALE MEMORY

Your scale stores measurement results with the corresponding personal profile number in the scale memory.

Results in memory can be transmitted to the personal computer by either cable or wireless connection for model W310a, W310b, W310c, W320a, and W320c.

This allows you to transmit and review your measurement data on a computer for up to 135 sets of measurement results.

During the data transmission, "PCL" appears on the LCD.



MAINTENANCE

Your scale is supplied four 1.5V AAA alkaline batteries.

► Low Battery Signal

The scale will display the message shown to alert you when the scale power is running low. This means it is about time to replace the battery.



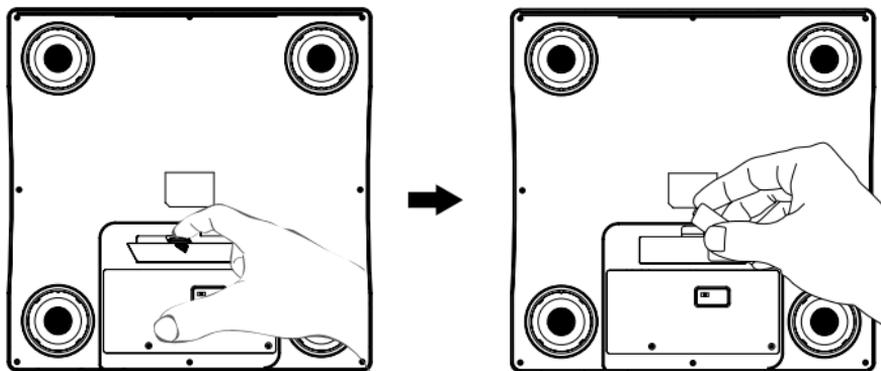
WARNING!

If the incorrect type of battery is used, it may cause damage to the scale.

► Replacing the Battery

When replacing the battery, make sure that the scale is turned off.

1. Press the edge of the battery cover and lift it up.
2. Remove the old batteries and replace them with four 1.5V alkaline batteries
3. Close the battery cover.



NOTE

- Replacing the battery does not affect the test results stored in memory.
- Properly dispose of the batteries according to your local environmental regulations.
- Batteries may leak chemicals if left unused for a long time. Remove the battery if you are not going to use the device for an extended period (i.e. 3 months or more).

► **Cleaning**

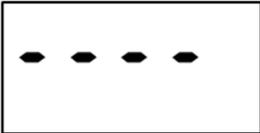
1. To clean the outside of the scale, wipe it with a slightly dampened cloth and water or a mild cleaning agent, then dry the device with a soft dry cloth. Do NOT immerse the device in water.
2. Do NOT use chemical or organic solvents to clean the scale.
3. Wipe the scale clean at once if any grease, sauce, vinegar, juice or other substances that may cause damage are spilt on the scale.

► **Scale Storage**

- Storage condition: -4°F -140°F (-20°C - 60°C), below 95% relative humidity.
- Avoid dropping the scale or heavy impact.
- Avoid direct sunlight and high levels of humidity.

SYSTEM TROUBLESHOOTING

► Error Messages

MESSAGE	WHAT IT MEANS	WHAT TO DO
	The weighing subject exceeds the maximum capacity of the device.	Remove the weighing subject from the platform to avoid damage.
	The weighing subject is under detectable range.	Review the instructions and repeat the measurement.

If you follow the recommended action but the problem persists, or if error messages other than the ones shown above appear, please contact local customer service. Do not attempt to repair the device by yourself and do not try to disassemble the scale under any circumstances.

SPECIFICATIONS

General Information	
Model no.	W310/ W320
Power source	Four 1.5V AAA alkaline batteries
Dimensions & Weight	338 (L) x 338 mm (W) x 35.7 mm (H), 2300g without batteries
Size of LCD	83 (L) x 43(W) (mm)
LCD	backlit LCD
Range	Gender: Male / Female Height: 3' 3" to 7' 3" / 100 to 220 cm Age: 10 to 80 Weight: 6.61 to 396 lb / 3 to 180 kg
Operating conditions	41°F - 104°F (5 °C - 40 °C), below 85% R.H.
Storage conditions	-4°F - 140°F (-20 °C - 60 °C), below 95% R.H.
Battery life	At least 180 measurements (3 minutes each time) or at least 6 months on standby.
User profile	10 individuals (for W310)
Immediate memory recall	Shows the last measurement user profile when entering the memory mode (for W310)
Weight unit	lb / kg / st
Transmission	
For FORA W310a	RS232 interface cable
For FORA W310b	Bluetooth
For FORA W310c	USB cable
For FORA W320a	RS232 interface cable
For FORA W320c	USB cable

This device has been tested to meet the electrical and safety requirements of: IEC/EN 61010-1, IEC/EN 61326, EN 301 489-17, EN 300 328.

FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

Federal Communications Commission (FCC) Statement

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.

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 of the device.

FCC RF Radiation Exposure Statement:

1. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator radiation source and your body.

