

RL-330HHD Series Health Dial Scale

Operation Instructions

The Rice Lake RL-330HHD Series Dial Scale is lightweight and easy to use. It is accurate, sturdy and safe for all home based patients or for individual use.



Manuals are available from Rice Lake Weighing Systems at www.ricelake.com/manuals

Warranty information is available at www.ricelake.com/warranties



Figure 1. Scale Model RL-330HHD

Observe the following precautions to prevent personal injury to the user and damage to the scale.

- Do not transport the scale while someone is standing on it.
- Do not drop the scale or subject it to violent shocks.
- Place the scale on a flat, stable surface for accurate weighing.
- Do not exceed the weight maximum capacity (330 lb/150 kg).
- Use this scale for personal use only. Not for commercial or industrial use.
- This scale is not waterproof. Avoid exposing the scale to excessive moisture.
- Never place the scale close to heat radiating appliances.
- This scale should not be used by individuals with restricted physical or intellectual abilities unless they are supervised by a person responsible for their safety.

Scale Setup and Weighing

Use the following steps to set up the Rice Lake RL-330HHD Series scale:

1. Remove the scale from packaging.
2. Place the scale on a flat, firm surface. Ensure that the floor surface is free from moisture to avoid slipping.
3. Adjust the weight indicator to 0.0 by using the zero adjuster located near the bottom of the scale (see [Figure 2](#)).

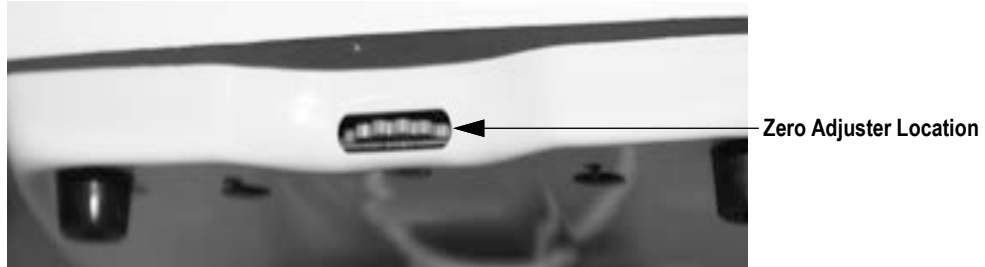


Figure 2. Zero Adjuster Location

4. Step on the scale and distribute weight evenly over the scale platform. Weight will display in both lb and kg.



NOTE: For accurate weighing results, always weigh at the same time of day wearing the same clothing attire.

Scale Maintenance

Periodically wipe the scale surface down with a damp cloth to remove any dust. For thorough cleaning, apply some mild detergent with a cloth. Store the dial scale in a clean and dry location.



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