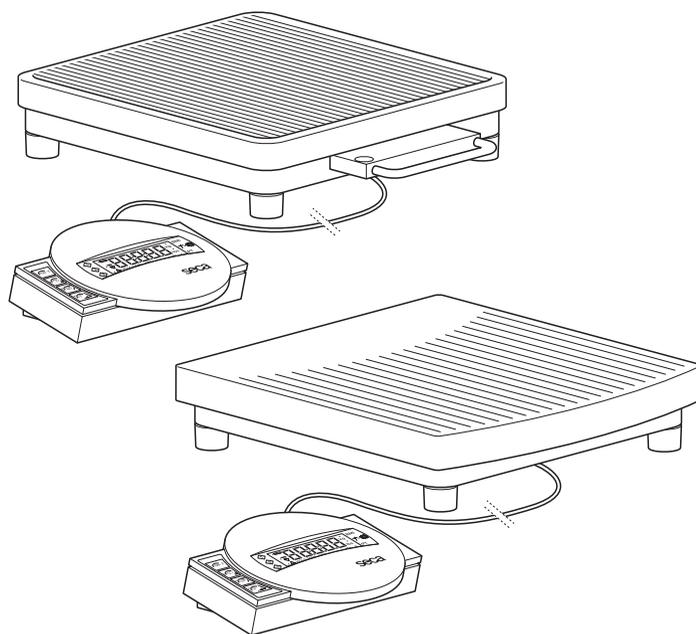# seca 882
seca pragma 883

Instruction manual and guarantee

1. Congratulations!

In the **seca 882**/**seca pragma 883** electronic personal scale you have purchased a highly-accurate piece of equipment which is also sturdy, easy to look after and space-saving.

seca has been putting its experience at the service of health for over 150 years, and as market leader in many countries of the world, is always setting new standards with its innovative weighing and measuring developments.

A patented system allows seca electronic personal scales to determine weight more accurately than ever before. They have a number of supplementary functions in addition to the conventional determination of weight.

For example, by taking height into account, they can help determine and achieve your personal ideal weight and check how close you are to your target weight.

For use in orthopaedics, limit values can be set for strain. An acoustic signal provides warning of excessive strain.

The Pre-Tare function automatically deducts an additional weight and displays the result.

2. Safety

Before using the new scale, please take a little time to read the following safety instructions.

- **seca 882**/**seca pragma 883** electronic personal scales are designed for private use and for use in public institutions.
- Follow the instructions in the instructions for use.
- Use only the type of battery stated (see „Changing the batteries" on Page 32).
- Do not drop the scale or subject it to violent shocks.

- Route the cable between the weighing platform and the housing so that there is no risk of people tripping over it.
- Ensure that the cable is not crushed and does not come into contact with hot objects.
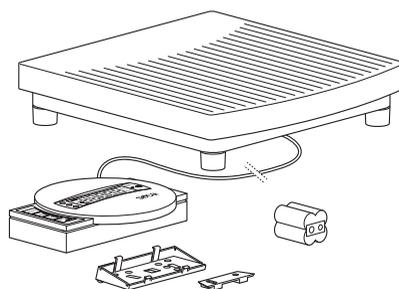- Have repairs carried out only by authorised persons.

3. Before you start …

Unpacking

– Remove the packaging and place the scale on a firm, level surface.

The scope of supply includes:
- scale with display casing
- wall bracket
- desk-top stand
- batteries in holder

Model 882/pragma 883   ⑤Ⓑ **19**

Desk-top stand

– Position the desk-top stand on the display casing from underneath.
  The **broad** side must be located at the top of the display. The desk-top stand locks in position.
– Place the display casing on a desk-top.
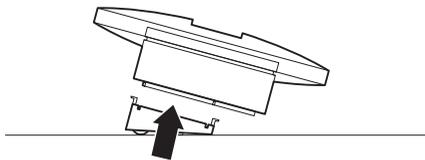
Wall bracket

– Place the desk-top stand on the display casing from underneath.
  The **narrow** side must be located at the top of the display. The desk-top stand locks in position.
– Fit the wall bracket to the wall at the desired height.
– Push the display casing onto the wall bracket.
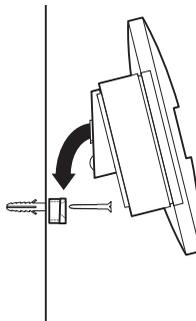
Power supply

The scale is powered exclusively by batteries. The scale works independently of the mains, which is very handy for mobile use.

The LC display has a low power consumption – 80.000 weighing operations can be performed with one set of batteries. When the battery voltage is no longer adequate, bAtt appears in the display.

– Carefully turn over the scale so that the base of the scale is accessible.
– Push the battery compartment closure towards "Battery" and open the cover.
– Connect the cable to the holder and batteries.
– Place the holder in the battery compartment.
– Close the cover and then turn the scale back up the right way.

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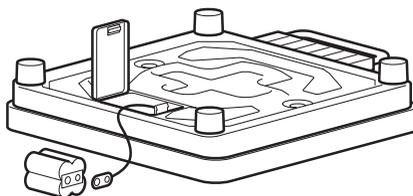
4. Operation

Controls and displays

The controls and display are in a casing separate from the scale. This casing is connected to the weighing platform by a 3-metre cable.
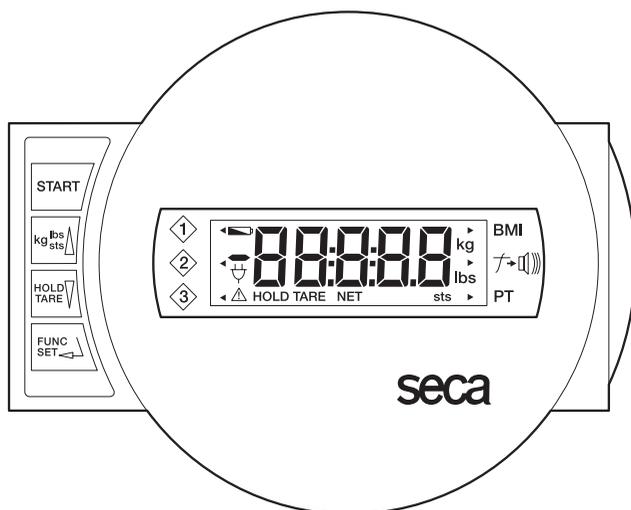
START	Switch scale on and off

kg lbs sts	press briefly	→ switch between kg and lbs
	hold down	→ switch between kg and sts
	in function menu	→ increase value, scroll

HOLD TARE	press briefly	→ activate hold function
	hold down	→ set display to zero
	in function menu	→ decrease value, scroll

FUNC SET	Menu select, confirm, set damping system

① ② ③	Memories

	seca 882	*seca pragma 883*
FU 1	Body-Mass-Index (BMI)	Body-Mass-Index (BMI)
FU 2	Limit value	Broca ideal weight
FU 3	Pre-Tare	Target weight

Correct weighing

– Press the Start key.

$5E[R$, $8.8.8.8.8$ and 0.00 appear consecutively in the display. The scale is then automatically set to zero and ready to use

– If necessary, switch the weight display (see Page 23).
– Stand on the scale and keep still.
– Read the weighing result off the digital display.
– If a load greater than 200 kg, 440 lbs or 31 sts is placed on the scale, $5E0P$ appears in the display.
– To switch off the scale, press the Start key again.

START

START
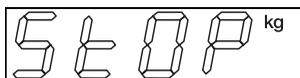
Information about weighing

• Ideally weigh yourself daily, always at the same time and wearing similar clothes (e.g. when you get up in the morning).
• Make a note of your weight for several days running (e.g. a week).
• At the end of the week, add all the weights together and divide the total by the number of days.

Calculating your average weight over several days takes account of normal weight fluctuations. These fluctuations arise as a result of the accumulation or loss of water, e.g. after sport. They do not represent true weight loss or gain. Calculating a weekly average weight evens out these fluctuations.

Example:

Sunday:	88,0 kg
Monday:	87,8 kg
Tuesday:	88,2 kg
Wednesday:	88,2 kg
Thursday:	88,6 kg
Friday:	88,4 kg
Saturday:	88,2 kg
	617,4 kg

617,4 kg : 7 = 88,2 kg average weight for the week

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Switching the weight display

The weight display can be switched between kilogrammes (kg) and pounds (lbs) or between kilogrammes (kg) and stones (sts).

– Switch on the scale using the green Start key. Weight is initially displayed in the last setting selected.

– To switch the weight display between kilogrammes and pounds, press the **kg/lbs/sts** key

– The **kg** or **lbs** display lights up.

– To switch weight display between pounds and stones, hold down the **kg/lbs/sts** key for approx. 2 seconds.

– The **lbs** or **sts** display lights up.

Automatic switch-off/economy mode

The scale switches off automatically after 5 minutes.

5. Supplementary functions

The **seca 882** and **seca pragma 883** electronic personal scales have a number of supplementary functions in addition to the conventional determination of weight.

	seca 882	*seca pragma 883*
FU 1	Body-Mass-Index (BMI)	Body-Mass-Index (BMI)
FU 2	Limit value	Broca ideal weight
FU 3	Pre-Tare	Target weight

Body-Mass-Index (BMI)

Body Mass Index relates height and weight to one another, but provides more accurate information than Broca ideal weight. A tolerance range is given which is considered ideal for health. The Body Mass Index applies only to adults: these values are not relevant to children and young people.

Three heights can be stored.

– Press the Start key.
  SECA, **8.8.8.8.8.** and **0.00** appear consecutively in the display. The scale is then automatically set to zero and ready for operation.

– Press the **FUNC** key.
  The last function used appears in the display.

– Use the arrow keys to select the BMI function, **FU 1**. Activate the function by pressing the **FUNC** key again.
  An arrow on the left-hand side of the display indicates which memory is set.

– Use the arrow keys to select the memory where you want to store your height - or have possibly already stored it.

– Then press **FUNC.** You will see the height from the memory displayed.

– You can use the arrow keys to adjust the value in increments according to the graduations displayed.

– Once the correct value is set, press the **FUNC** key again. The BMI function is now activated

– Step on the scale and keep still.

– Read off the BMI on the digital display and compare it with the categories on Page 25.

– Press an arrow key if you would like to see the weight briefly.

– To return to normal weighing mode, press the **FUNC** key.

– To switch off the scale, press the Start key again

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Evaluating Body Mass Index:

Compare the value determined with the categories shown below.

- **BMI below 18:**

  Be careful - you weigh too little. You could have anorexic tendencies. It is recommended that you gain weight to improve well-being and performance. If in doubt, consult a doctor.

- **BMI between 18 and 20:**

  You are at the lower weight limit. If you feel well and your health is fine, your weight can stay as it is.

- **BMI between 20 and 25:**

  Your weight is normal, you can stay as you are.

- **BMI between 25 and 30:**

  You are slightly to moderately overweight. You should lose weight if you are already ill (e.g. with diabetes, high blood pressure, gout, fat metabolism disorders).

- **BMI over 30:**

  You must lose weight. You are putting a strain on your metabolism, cardiovascular system and bones. A strict diet, plenty of exercise and behavioural training are recommended. If in doubt, consult a doctor.

Deviation from ideal weight (seca pragma 883 only)

If you are unsure as to whether your weight complies with medical recommendations, it is possible to check. There is a simple formula for calculating normal and ideal weight. The "Broca formula" (named after a French surgeon) incorporates height.

Normal weight = height in cm - 100; **ideal weight** = normal weight - 10 %

The **seca pragma 883** stores the formula for ideal weight.

– Press the Start key.
 SECA, 88888. and 0.00 appear consecutively in the display. The scale is then automatically set to zero and ready for operation.

– Press the **FUNC** key.
 The last function used appears in the display.

– Use the arrow keys to select function **FU 2.** Activate the function by pressing the **FUNC** key again.
 An arrow on the left-hand side of the display indicates which memory is set.

– Use the arrow keys to select the memory where you want to store your height - or have possibly already stored it.

– Then press **FUNC.**
 You will see the height from the memory displayed

– You can use the arrow keys to adjust the value in increments according to the graduations displayed.

– Once the correct value is set, press the **FUNC** key again.

– Step on the scale and keep still.

– Read the difference between current and ideal weight off the digital display.

– Press an arrow key if you would like to see current weight briefly.

– To return to normal weighing mode, press the **FUNC** key.

– To switch off the scale, press the Start key again.

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Weighing with Pre-Tare (seca 882 only)

If the Pre-Tare function is activated, a stored weight is deducted from the currently-measured weight. This function is useful if, for example, the weight of clothing is not to be included.

Three different tare weights can be stored.

– Press the Start key.
   SECA, **8.8.8.8.8.** and **0.00** appear consecutively in the display. The scale is then automatically set to zero and ready for operation.

– Press the **FUNC** key.
   The last function used appears in the display.

– Use the arrow keys to select function **FU 3.** Activate the function by pressing the **FUNC** key again.
   An arrow on the left-hand side of the display indicates which memory is se

– Use the arrow keys to select the memory where you want to store the additional weight - or have possibly already stored it.

– Then press **FUNC.** You will see the limit value from the memory displayed.

– You can use the arrow keys to adjust the value in increments according to the graduations displayed.

– Once the correct value is set, press the **FUNC** key again.
   The Pre-Tare function is now activated.

– Step on the scale and keep still.

– Read the weighing result off the digital display.

– Press an arrow key if you would like to see current weight briefly.

– To return to normal weighing mode, press the **FUNC** key.

– To switch off the scale, press the Start key again.

Target weight (seca pragma 883 only)

If the target weight function is activated, a stored weight is deducted from the currently-measured weight. This function is useful if, for example, you wish to achieve your personal "ideal weight". We recommend calculating your ideal weight first (see Page 26).

Three different tare weights can be stored.

– Press the Start key.
  $5EC\!R$, $8.8.8.8.8.$ and 0.00 appear consecutively in the display. The scale is then automatically set to zero and ready for operation.

– Press the **FUNC** key.
  The last function used appears in the display.

– Use the arrow keys to select function **FU 3.** Activate the function by pressing the **FUNC** key again.
  An arrow on the left-hand side of the display indicates which memory is se

– Use the arrow keys to select the memory where you want to store the additional weight - or have possibly already stored it.

– Then press **FUNC.**
  You will see the limit value from the memory displayed.

– You can use the arrow keys to adjust the value in increments according to the graduations displayed.

– Once the correct value is set, press the **FUNC** key again.
  The Pre-Tare function is now activated.

– Step on the scale and keep still.

– Read the weighing result off the digital display.

– To return to normal weighing mode, press the **FUNC** key.

– To switch off the scale, press the Start key again.

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Limit value (seca 882 only)

The **seca 882** personal scale is designed to check strain on people who have difficulty in walking or on patients after surgery on the locomotor system. A weight limit value can be set. When attempts at walking are made on the weighing platform, an acoustic alarm indicates that the strain limit has been exceeded. This avoids excessive strain and allows strain to be monitored and gradually increased. Applications include orthopaedic departments and physiotherapy practices

Three different weight limits can be stored.

– Press the Start key.
  5ECR, **8.8.8.8.8.** and **0.00** appear consecutively in the display. The scale is then automatically set to zero and ready for operation.

– Press the **FUNC** key.
  The last function used appears in the display.

– Use the arrow keys to select function **FU 2.** Activate the limit value function by pressing the **FUNC** key again
  An arrow on the left-hand side of the display indicates which memory is set.

– Use the arrow keys to select the desired memory and press **FUNC.**
  You will see the limit value from the memory displayed.

– You can use the arrow keys to adjust the value in increments according to the graduations displayed.

– Once the correct value is set, press the **FUNC** key again.
  The limit value function and the alarm signal are now activated.

– Step carefully onto the scale.
  If the limit value entered is exceeded, an alarm sounds.

– To switch off the scale, press the Start key again.

Important note:
if the scale is switched off or switches off automatically, the limit value function has to be reactivated by the method described above.

6. Settings

On **seca 882** and **seca pragma 883** scales, it is possible for the customer to change certain default settings to suit his requirements.

Setting the damping system

The damping system setting changes the transient response of the scale and thus the time taken for the alarm to sound or weight to be displayed. Slight damping and thus rapid determination of weight are very important for the limit value function, for example.

– Press the Start key.
SECA, **8.8.8.8.8.** and **0.00** appear consecutively in the display. The scale is then automatically set to zero and ready for operation.

– Press the **FUNC** key and keep it depressed for 2 seconds.
FIL and the current setting appear in the display:

0 = slight damping
→ rapid determination of weight
1 = moderate damping
→ normal determination of weight
2 = severe damping
→ lslow determination of weight

– Press an arrow key if you want to change the value set.

– Press the **FUNC** key again to store the value displayed. The scale is then back in normal weighing mode.

– Step on the scale and stand still. Observe the effect of the altered damping.

– Adjust damping again as described above if necessary.

– To switch off the scale, press the Start key again. The settings are retained.

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7. Cleaning

Clean the rubber surface and the housing as required using a domestic cleaning agent or commercially-available disinfectant. Follow the manufacturer's instructions.

8. What do I do if…

… no weight is displayed when a load is placed on the scale?
– Is the scale switched on?
– Check the batteries.

... the display stays dark?
– Is the plug contact on the scale properly connected?

… 0.00 does not appear before the weighing operation?
– Press the Start key again – there must not be any load on the scale

… ---- appears instead of 0.00 before weighing?
– Press the Start key again – there must not be any load on the scale.

… one segment is illuminated constantly or not at all?
– The relevant segment has a fault. Inform Servicing.

… the display shows ▬▬▭ ?
– Battery voltage is running low. Change the batteries in the next few days.

… bAtt appears in the display?
– Batteries are empty. Put in new batteries.

… StOP appears in the display?
– Maximum load has been exceeded.

… the display flashes?
– Take the load off the scale and press the Start key twice. Wait until 0.00 appears and then weigh again.

… the display tEMP appears?
– The ambient temperature of the scale is too high or too low. Place the scale in an ambient temperature between +10 °C and +40 °C. Wait about 15 minutes for the scale to adapt to the ambient temperature and then weigh again.

… the display E and a number appear?
– Press the Start key. The scale will then work normally again. If this is not the case, inform Servicing.

9. Maintenance

Your seca scale leaves the factory with an accuracy greater than ± 0.25 %. To ensure that this accuracy is maintained, the product must be carefully set up and regularly maintained. Depending on the frequency of use, we recommend servicing every 3 to 5 years. Please ensure that a qualified service agent is used. If in doubt, contact seca Customer Service for further information.

Changing the batteries

When ▬▬▬▮ or **bAtt** appear in the display, you should change the batteries. You need four type AA 1.5 V batteries.

– Carefully turn over the scale so that the base of the scale is accessible.
– Push the battery compartment closure towards "Battery" and open the cover.
– Take out the holder and batteries.
– Remove the used batteries and insert new batteries in the holder.
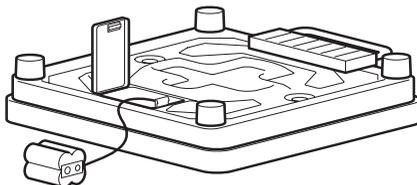
Check that the polarity is correct.

– Place the holder and batteries in the battery compartment.
– Close the cover.
– Then turn the scale back up the right way.

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10. Technical data

Maximum capacity	200 kg /440 lbs / 31 sts
	(USA 400 lbs / 180 kg)
Graduations	
0 to 150 kg	0,1 kg
150 to 200 kg	0,2 kg
0 to 330 lbs	0,2 lbs
330 to 440 lbs	0,5 lbs
0 to 31 sts	0,5 lbs
Graduations (USA model)	
0 to 180 kg	0,1 kg
0 to 400 lbs	0,2 lbs
Accuracy	greater than ± 0.25 %
Height of figures	20 mm
Dimensions of weighing platform	
height:	75 mm
width:	290 mm
depth:	360 mm
Dimensions of display housing	
height:	55 mm
width:	154 mm
depth:	120 mm
Weight	approx. 5,4 kg
Temperature range	+10 °C to +40 °C
Batteries	4 type AA 1.5 V batteries

11. Disposal

Batteries

Do not throw used batteries away in domestic waste. Dispose of batteries at collection points in the vicinity. When buying new batteries, select those low in harmful substances and containing no mercury (Hg), cadmium (Cd) or lead (Pb).

Disposing of the scale

If the scale can no longer be used, the responsible waste disposal association will be glad to advise you on the measures necessary to dispose of it properly.

12. Warranty

A two-year warranty from date of delivery applies to defects attributable to poor materials or workmanship. All moveable parts - batteries, cables, mains units, rechargeable batteries etc. - are excluded. Defects which come under warranty will be made good for the customer at no charge on production of the receipt. No further claims can be entertained. The costs of transport in both directions will be borne by the customer should the equipment be located anywhere other than the customer's premises. In the event of transport damage, claims under warranty can be honoured only if the complete original packaging was used for any transport and the scale secured and attached in that packaging just as it was when originally packed. All the packaging should therefore be retained.

A claim under warranty will not be honoured if the equipment is opened by persons not expressly authorised by seca to do so.

We would ask our customers abroad to contact their local sales agent in the event of a warranty matter.

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