ABOUT THE CLOCK

The timer can be displayed by pressing the [PULSE / Timer] button. To exit the timer display, press the [MODE / SET] button or the [RESET] button.

To use the clock display:

1. In either current-time or timer display, press [MODE / SET] to enter the clock display. A 12 hour format will be displayed.
2. Press [MODE / SET] to enter the 24 hour format.
3. Press [MODE / SET] to return to the 12 hour format.

Note: To change the hour or minute, press the [MODE / SET] button to display the hour or minute digit. The minutes or seconds will flash. Press the up or down arrow to change the digit. Holding down the button will advance the numbers until the appropriate hour or minute digit is displayed. Releasing the button will stop the timer.

To exit, press the [MODE / SET] button or press the [RESET] button.

The clock function will return to zero.

WEARING THE PULSEMETER

Wearing the unit: the device should be worn around the user's chest. Alternatively, the device can be worn on the user's wrist or in the user's hand. This will not affect the measurement results.

WEATHER RESISTANCE

Designed for active outdoor use, this product is weather-resistant and can be used under most weather conditions. However, prolonged exposure to extreme weather conditions such as extreme cold or heat will affect the battery life and accuracy of the readings.

PULSATE

Pulsate mode can be used to estimate the number of times that the heart beats per minute. To enter pulsate mode, press and hold [MODE / SET] for 2 seconds. The display will remain in the pulsate mode until the pulsate mode button is pressed.

RESETTING THE COUNT-DOWN TIMER

The count-down timer can be reset to zero by pressing the [RESET] button to exit pulse mode followed by pressing the [MODE / SET] button once to return to the count-down timer display.

2. Press [MODE / SET] to enter the count-down timer. Press and hold for 2 seconds to reset the timer to zero.
3. When the timer reaches zero, the unit will automatically return to the previous display mode.

5. After several seconds a pulse rate will display. (FIG. F)

CUSTOMER ASSISTANCE

Should you require assistance regarding this product and its operation, please contact your local authorized retailer or Oregon Scientific customer service department at 1-800-851-1004, or via email at helpme@oscientific.com.

MAINTENANCE

1. Do not expose the unit to direct sunlight or heat sources. This may cause deterioration of the plastic parts.
2. Do not clean the unit with abrasive or corrosive materials. Abrasive electronic life span, damaged batteries, or distorted parts.
3. The unit should not be exposed to extreme temperatures or humidity. Avoid direct exposure to heat sources, such as a hot stove or microwave oven.
4. The unit should not be exposed to extreme temperatures or humidity. Avoid direct exposure to heat sources, such as a hot stove or microwave oven.
5. If the unit is not used for an extended period of time, please check the battery level and ensure the battery is fully charged.

2. Do not use the unit in environments with high levels of humidity or dust. This may cause electronic life span, damaged batteries, or distorted parts.
3. The unit should not be exposed to extreme temperatures or humidity. Avoid direct exposure to heat sources, such as a hot stove or microwave oven.
4. The unit should not be exposed to extreme temperatures or humidity. Avoid direct exposure to heat sources, such as a hot stove or microwave oven.
5. If the unit is not used for an extended period of time, please check the battery level and ensure the battery is fully charged.

CAUTION

The contents of this manual is subject to change without further notice.

In using this instrument, the display should not be used for medical purposes. The information provided in this manual is intended for general use only and is not a substitute for professional advice. Oregon Scientific makes no representations or warranties, express or implied, regarding the accuracy of this information or the completeness of the information provided.

WARRANTY

This warranty does not cover product subjected to abuse, misuse, accidental damage, electronic life span, damaged batteries, or distorted parts.

Upon return of the defective product, Oregon Scientific will at its discretion, replace the product with either a new or a tested reconditioned product. The consumer may purchase a replacement at reasonable cost plus shipping and handling charges. Upon return of the defective product, Oregon Scientific will at its discretion, replace the product with either a new or a tested reconditioned product. The consumer may purchase a replacement at reasonable cost plus shipping and handling charges.

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