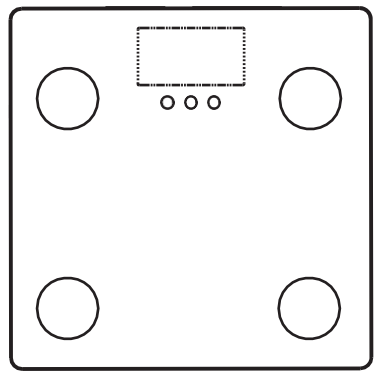
version:1.0

Optima Home Scales

User Manual

Body Fat Analyzer Figure



- Thank you very much for purchasing the OHS Body Fat Analyzer Figure.
- Please do read the user manual carefully and thoroughly to ensure the safe usage of this product and keep the manual well for further reference in case you have problems.

Optima Home Scales
PO Box 1526, Cumming GA 30028, United States
T:888-688-4833 www.optimahomescales.com

Table of Contents

♥ Safety and Usage Information

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:

	Symbol for “THE OPERATION GUIDE MUST BE READ”		
	Symbol for “TYPE BF APPLIED PARTS”		Symbol for “MANUFACTURE DATE”
SN	Symbol for “SERIAL NUMBER”		Symbol for “ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice”
—	Symbol for “DIRECT CURRENT”		

CAUTION

OHS Body Fat Analyzer Figure offers you a seamless way to manage your health. Please be aware that this device is designed for adults’ self-measuring and self-monitoring body fat level. Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. This device should not be used by anyone who is acutely or chronically ill, suffering from a disease or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified. Specific medical advice should be obtained from a physician.

Before diet and exercise, you must first find a professional medical guide.

Kindly note that the use of accessories, transducers or cables other than those specified, except for transducers and cables sold by the manufacturer as replacement parts for internal components, may result in increased EMISSIONS or decreased IMMUNITY of the device.

Portable and mobile RF communications equipment can affect the measuring accuracy of the device.

Be aware that misuse of electrical equipment can cause electric shock, burns, fire and other hazards. Please do not use the device in flammable gas environment.

Warning that the analyzer should not be used adjacent to or stacked with other equipment.

Manufacturer will make available on request circuit diagrams, component parts listed.

WARNING: No modifications of this equipment is allowed.

During using the analyzer, the patient will contact the surface and the electrode of the analyzer. The surface and the electrode of the analyzer is type BF Applied part.

The device doesn’t need to be calibrated in five years lifetime.

Do not touch the output of batteries when using the analyzer.

The patient is an intended operator. The patient can perform all the operations in the manual, such as measurement, changing batteries.

INDICATIONS FOR USE

- The OHS Body Fat Analyzer measures weight and BMR, and uses bio-electrical impedance analysis (BIA) technology to estimate body fat, total body water percentage, muscle mass and bone mass in generally healthy children 10-17 years old and healthy adults. It is
- intended for use in the domestic setting only.

WARNINGS

1. This device is not recommended for any female subject who may be suspected of or is pregnant. Besides provided inaccurate readings, the effects of this device on the fetus are unknown.
2. This device is not recommended for any person who is connected to a wearable or implantable electronic device or instrument such as a pacemaker or defibrillator.

♥ Your Scale and Its Environment

To ensure your safety as well as the service life of your scale, please avoid using the scale under the following circumstances:

- Slippery floor such as tile floor
- Jumping onto the platform immediately after bath or with wet hands
- Near a cell phone or microwave oven

Avoid storage in the following locations:

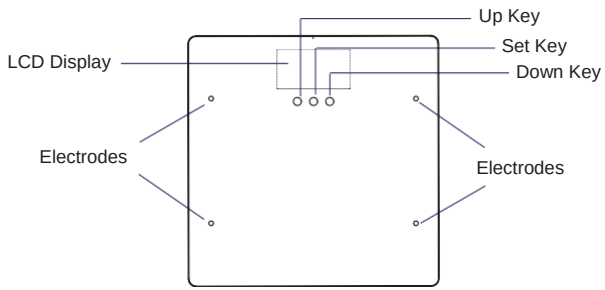
- Where there is water
- Where the device may be exposed to extreme temperatures, humidity, moisture, direct sunlight, dust, or salt air
- Where there is risk of shock or drop
- Where you store chemicals or full of corrosive gases
- Where in reach of the infants or children

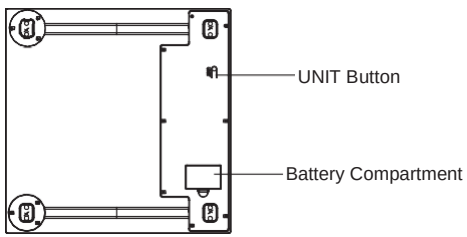
♥ Efficient Use of Your Scale

To ensure the accuracy of measurement, please follow below instructions when you start measurement.

- Place the scale on a flat, hard surface. Soft surface such as carpet will affect the performance of the scale.
- Step onto the platform with bare feet. Stand still and keep full contact with the electrodes until the measurement is complete.
- Start measurement at least two hours after Getting up or Dinning.
- Avoid measurement immediately after strenuous exercise, sauna or bath, drinking, and dinning.
- Always start measurement in the same time slot and on the same scale located on the same flat, hard surface.

♥ Device Components

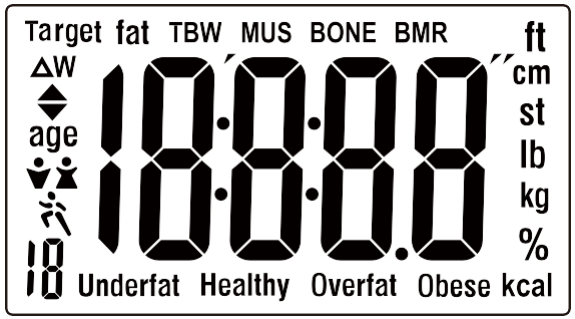




♥ List

1. Body Fat Analyzer Figure
2. 2xCR2032 Lithium Batteries (3V per each)
3. User Manual

♥ LCD Display



Underfat	Body Fat Level: Low	%	Percentage
Healthy	Body Fat Level: Normal	ft	Foot
Overfat	Body Fat Level: High	cm	Centimeter
Obese	Body Fat Level: Very High	age	Age
BMR	Basal Metabolic Rate		Male
Target	Target Weight		Female
fat	Body Fat Analysis Result		Male Athlete
TBW	Total Body Water Analysis Result		Female Athlete
MUS	Muscle Mass Analysis Result		User ID (Range from P1 to P10)
BONE	Bone Mass Analysis Result	ΔW	Difference compare with target weight
kcal	Calorie	kg	Kilogram
▲	More than target weight	st lb	Stone
▼	Less than target weight	lb	Pound

♥ General Instructions

OHS Body Fat Analyzer Figure applies BIA (Bio-impedance Analysis) technology. A small amount of weak current flows through the human body to detect the bio-impedance and estimate body fat, total body water, muscle mass, bone mass and BMR. The electrical current is small and may not be felt.

This BIA technology is cheap, safe, non-invasive, toxic-free and harmless. It also possesses the characteristics of simple operation and abundant information.

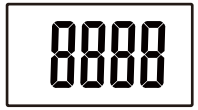
The current mentioned above is less than 0.5mA. However, please be aware that anyone with a wearable or implantable medical electronic instrument, such as a pacemaker, must avoid using this device.

The intended use of this device is for healthy children 10-17 years old and healthy adults.

♥ Insert the Batteries

- Open the battery door in the back of the scale.
- Remove insulating strip from beneath the battery (if fitted) or insert batteries (2 x 3V CR2032) observing the polarity signs (+ and -) inside the battery compartment.

  * The digits “8888” will be shown on the LCD.



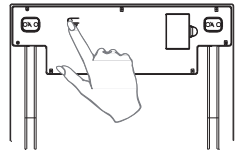
- Close the battery door and wait until the digits “0.0” are shown on the LCD.

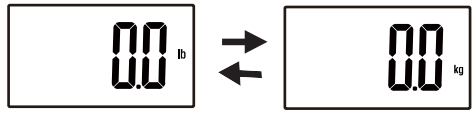
CAUTION

- When the symbol “Lo” appears, the device will power off. Then you shall replace with a new set of batteries. Please replace both two batteries at the same time. Do NOT mix the old batteries with the new one.
- Worn batteries are hazardous waste. Do NOT dispose of them together with the household garbage.
- Please refer to the local ordinances and recycling instructions regarding disposal of the worn batteries and scrapped device.
- If you do not intend to use this unit for a prolonged period, it is advisable to remove the batteries before storing.

♥ Select Measurement Unit

With batteries correctly installed, press “UNIT” button in the back of the scale to select measurement unit. The default measurement unit is “lb”. You may press “UNIT” button to choose between kilogram and pound.





♥ Initializing Your Scale

1. Press the platform center and remove your foot.
2. “0.0” will be displayed.

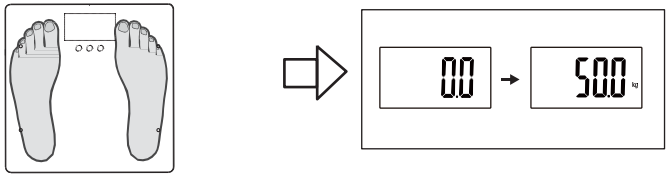
3. The scale will switch off and is now ready for use.
This initialization process must be repeated if the scale is moved.
At all other times step straight on the scale.

♥ Weight Only Operation

Your Body Fat Analyzer will operate as a conventional weight - reading scale. No special programming steps are required.

Once the scale is initialized, as previously described, you may simply step on the scale to measure your current weight. For only weight reading.

1. Position the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
2. Step onto the scale platform and remain still while the scale computes your weight.
3. The scale will display your weight value.



4. The scale will automatically turn off after a few seconds.

♥ Set Up Your Profile

The body fat analyzer Figure supports multiple users (Up to 10). You may follow below instructions to assign User ID and set up your own profile, including Gender, Stature, Age and Target Weight.

1. Assigning User ID

- With batteries correctly installed, press “SET” key to enter setting mode when the scale is off. Or when the LCD displays 0.0, press and hold “SET” key to enter setting mode.
- The system will request User ID selection first. As shown below, “1” blinks. The operator may press the function key ▲or ▼ to select User ID among 1 to 10.
- Press “SET” key to confirm User ID.

2. Setting Gender

- After confirming User ID, the system will divert to Gender setting automatically.
- As shown below, the portrait blinks. The operator may press the function key ▲ or ▼ to select Gender. (Male/Female/Male Athlete/Female Athlete)
- Press “SET” key to confirm Gender.

Athlete Mode:

An athlete is considered as a person who does 10 hours or more per week of aerobic activity and has a resting heart rate of 60 beats per minute. These individuals should select Athlete Mode for the most accurate measurement results. The body fat analyzer is not calibrated for professional athletes or body builders.

3. Setting Stature

- After confirming Gender, the system will divert to Stature setting automatically.
- As shown below, the digits “165” blinks. The operator may press the function key ▲ or ▼ to increase or decrease the numeral.
- You may press and hold the function key ▲ or ▼ for fast changing the numeral.
- Press “SET” key to confirm Stature.

4. Setting Age

- After confirming Stature, the system will divert to Age setting.
- As shown below, the digits “30” blinks. The operator may press the function key ▲ or ▼ to increase or decrease the numeral.
- You may press and hold the function key ▲ or ▼ for fast changing the numeral.
- Press “SET” key to confirm Age.

5. Setting Target Weight

- After confirming Age, the system will divert to Target Weight setting.
- As shown below, the digits “60.0” blinks. The operator may press the function key ▲ or ▼ to increase or decrease the numeral.
- You may press and hold the function key ▲ or ▼ for fast changing the numeral.
- Press “SET” key to confirm Target Weight.

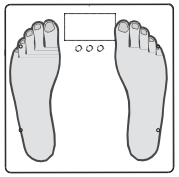
6. After confirming the Target Weight, the LCD will display “0.0”, then you can start measuring.

7. Repeat procedure for a second user, or to change user details.
Note: To update or overwrite the memorized data, follow the same procedure, making changes as required.

♥ First Measurement

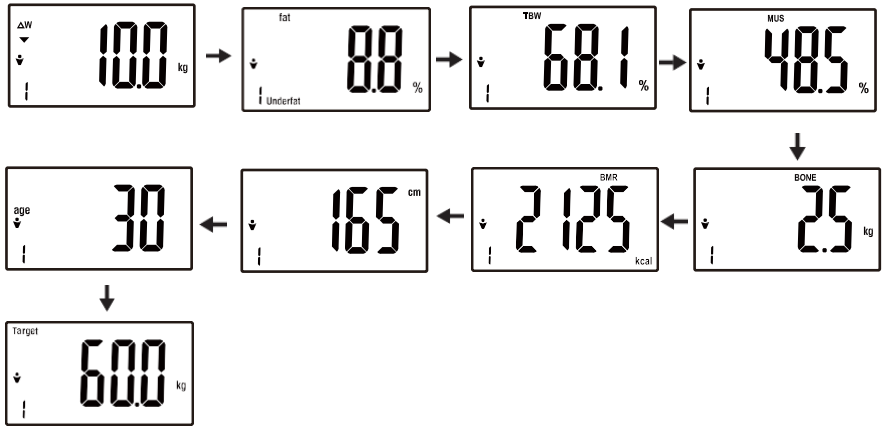
- Position scale on a firm flat surface.
- Press SET key.
- While the user number of the latest measurement is flashing, select your user number by pressing ▲ or ▼ key. After 3s, the selected number is locked, the scale shows zero reading.
  (Note: When the user number is flashing, if you press SET key again, it will enter the setting mode, after all the settings are finished, it will display zero reading.)

STEP 1: Step on the platform barefooted when the LCD displays “0.0”.



STEP 2: Stand still and the weight data will be locked with the unit is displayed on the LCD. Keep full contact with the electrodes until the LCD stops displaying moving “o”.

STEP 3: Then the measuring results will be displayed: The difference in weight, Body Fat, Total Body Water, Muscle Mass, Bone Mass and BMR three times. Then display the personal profile you set once and turn off.

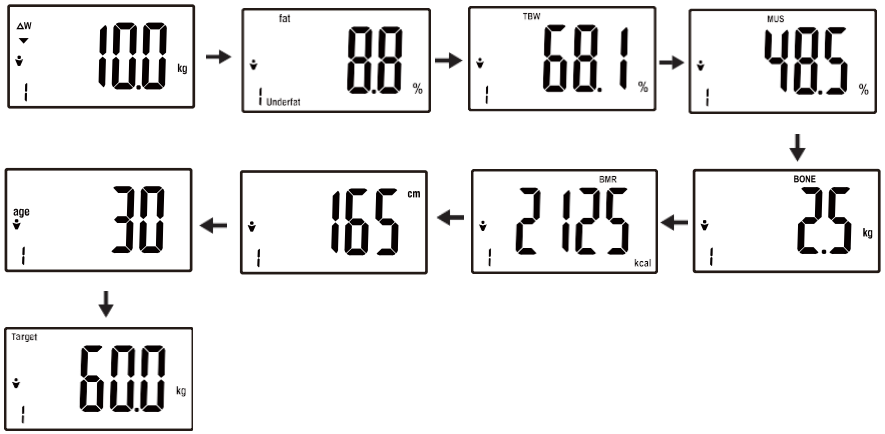


* If it fails to complete the analysis, the LCD will only display the weight data.
(*To find out the solutions, please refer to Troubleshooting for more details.*)

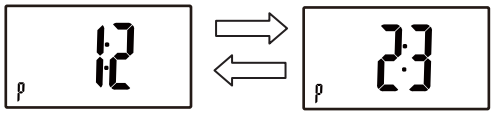
♥ Daily Measurement

- With original SENSE ON patent technology, Figure will switch on as you step on the platform barefooted.
- Stand still and keep full contact with the scale until the LCD stops displaying moving “o”.

- After the weight is locked, the system will automatically identify the possible User ID with most similar history records.
- If it identifies one user, it will skip the step about user selection, then display the difference in weight, Body Fat, Total Body Water, Muscle Mass, Bone Mass and BMR data sequentially three times. Then display the personal profile you set once and turn off.



・If it identifies two or more users, for example, P1, P2 and P3, The LCD will alternately display these users twice. you may press the function key ▲ or ▼ to choose the User ID. The measuring results will then be sorted into the User ID you selected and displayed sequentially three times. If you don't choose the user, it will display the weight again and then turn off automatically.



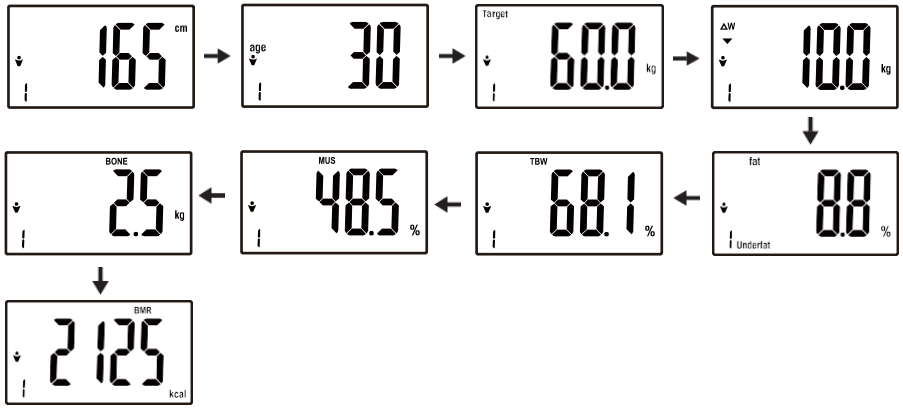
・If it fails to identify the possible User ID, the LCD will only display the weight data then shutdown.

(*To find out the solutions, please refer to Troubleshooting for more details.*)

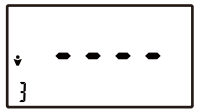
♥ Data Enquiry in Your Scale

・Press SET key to turn the scale on, and select your User ID, wait until the User ID is locked and the LCD displays "0.0".

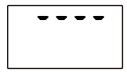
・Press the function button ▲ or ▼ to check the latest analysis record stored in the device. The analysis results will be displayed one by one.



・If there are no pieces of measuring results stored under a specific User ID, " - - - - " will be displayed instead.



♥ Error Prompt

Error	Description	Solution
	Overload. The device will power off.	Stop using this scale for measurement.
	Low Battery. The device will power off.	Replace all the batteries at the same time. Please purchase the authorized batteries for replacement.

♥ When Measuring ...

Problem	Root Cause	Solution
Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement.	Incorrect posture	Please step on the platform barefooted and stand still.
	The device is located on the soft ground such as a carpet OR on a rugged surface.	Please place the device on a flat, hard surface.
	Your feet are too dry.	Wipe your feet with a damp cloth, keeping them slightly damp when starting measurement.
No display on LCD when the device powers on.	Batteries not yet installed.	Install the batteries. (Please refer to Insert the Batteries)
	Worn batteries.	Replace all the batteries at the same time. Please purchase the authorized batteries for replacement.
CANNOT proceed to analyze body fat, total body water, muscle mass, bone mass and BMR.	Step onto the platform wearing socks or shoes.	Please keep barefooted during the measurement and keep full contact with the scale as well.
	The system cannot identify the possible User ID with most similar data.	Please assign a User ID following the instruction in Set Up Your Profile.
	The user fails to select the User ID from what the system found.	Please assign a User ID following the instruction in Set Up Your Profile.
The device powers off.	Low battery.	Replace all the batteries at the same time. Please purchase the authorized batteries for replacement.

♥ Specifications

Product Name	Figure
Dimension	Scale: 310x310x20.4mm (Approximately)
Net Weight	Approximately 1.75 kg
Display	Digital LCD
Measurement Unit	Kilogram / Pound
Measurement Range	5kg to 180kg / 11lb to 400lb
Division	0.1kg / 0.2lb
Accuracy	50kg: ±0.3kg; 100kg: ±0.4kg; 150kg: ±0.5kg; 180kg: ±0.7kg;
Working Environment	Temperature: 5˚C to 40˚C Relative Humidity: ≤90% RH Atmospheric pressure: 86kPa to 106kPa
Storage Environment	Temperature: -20˚C to 60˚C Relative Humidity: ≤90% RH Atmospheric pressure: 50kPa to 106kPa
Power Source	6V (2xCR2032 Batteries)
Turn on Method	SENSE ON technology
Auto-OFF	The scale will turn off after about 20 seconds when the LCD display 0.0
Accessories	1. 2xCR2032 batteries 2. User Manual
Mode of Operation	Continuous Operation
Degree of protection	Type BF applied part
Software Version	A02
Protection Against Ingress of Water	IP21

About the Accuracy of This Product

- This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions on accuracy.
- This product is specially designed for body fat analysis as well as weight measurement. It should NOT be used by anyone during the process of transaction for verification of goods' weight.

♥ Maintenance

When carrying out usual maintenance, please ensure practice of the following Do's and Don'ts:

- DO use a dry soft cloth to wipe the dust.
- DO use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device.
- DON'T wash the device with water or immerse it in water.
- DON'T use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- DON'T disassemble this device. If you have any problems, please contact Optima Home Scales. (*Please refer to Warranty for contact information*)

♥ Warranty

- OHS warrants its products free of defects in materials and workmanship in normal use for a period of FIVE years from the date of retail purchase.
- This warranty does NOT cover damages caused by misuse or abuse, including but not limited to:

→ Failure caused by unauthorized repairs or modifications;
→ Damage caused by shock or drop during transportation;
→ Failure caused by improper operation inconsistent with the instructions stated in this user manual;
→ Malfunction or damage from failure to provide the recommended maintenance;
→ Damage caused by improper use of power supply.

- Should this device require maintenance (or replacement at our option) under warranty, please deliver the original package to OPTIMA HOME SCALES prepaid. Please return the store receipt (with the retail purchase date) and a note with reasons to return on it as well.

OPTIMA HOME SCALES
PO Box 1526, Cumming GA 30028, United States
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♥ Table of Body Fat Level (Unit: %)

a) The body fat percentage (%): 5%-60%/0.1%

Standard for Men

Rating	Age				
	20-29	30-39	40-49	50-59	60+
low	<13	<14	<16	<17	<18
Normal	13-20	14-21	16-23	17-24	18-25
Moderately High	20.1-23	21.1-24	23.1-26	24.1-27	25.1-28
High	>23	>24	>26	>27	>28

Standard for Women

Rating	Age				
	20-29	30-39	40-49	50-59	60+
low	<19	<20	<21	<22	<23
Normal	19-28	20-29	21-30	22-31	23-32
Moderately High	28.1-31	29.1-32	30.1-33	31.1-34	32.1-35
High	>31	>32	>33	>34	>35

Source: University of Illinois Department of Food Science and Human Nutrition.
Body Fat Percentage Calculator.

♥ Table of Body Water Level (Unit: %)

b) The body water percentage (%): 43%-73%/0.1%

Source: Derived from Wang & Deurenberg: "Hydration of fat-free body mass". American Journal Clin Nutr 1999,69833-841.

	BF % RANGE	OPTIMAL TBW % RANGE
Men	4 to 14%	70 to 63%
	15 to 21%	63 to 57%
	22 to 24%	57 to 55%
	25 and over	55 to 37%
Women	4 to 20%	70 to 58%
	21 to 29%	58 to 52%
	30 to 32%	52 to 49%
	33 and over	49 to 37%

♥ Muscle Mass Percentage

(Source: International Commission on Radiological Protection,1975)

Men	**Approximately 40% of total body weight**
Women	**Approximately 30% of total body weight**

♥ Bone Mass Percentage

(Source: Rico et al.1993)

The average bone mass percentage for both men and women is between 4 to 5%.

♥ Health Tips - About Body Fat

Fat is essential for human body. It can not only store energy and protect viscera, but also regulate body temperature and maintain normal physiological function of human body. However, too much body fat is harmful to human body. It is always accompanied by Fatty Liver, diabetes, coronary heart disease, etc.

Therefore, self-measuring and self-monitoring body fat level are beneficial to your health. Since we can't judge body fat level simply by our weight, this body fat analyzer, with BIA (Bio-impedance Analysis) technology applied, is an accurate device that offers a quick and comfortable way to obtain your body fat level.

♥ FCC Regulations

FCC User Guide Information

Radio Frequency Interface Requirements - FCC

Note: 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 an 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.

Radio Transmitters (Part 15)

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

♥ EMC Guidance

Table 1 Guidance and MANUFACTURER's declaration – ELECTROMAGNETIC EMISSIONS- for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration – electromagnetic emissions		
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	

Table 2 Guidance and MANUFACTURER's declaration – electromagnetic IMMUNITY – for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment			
IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	Not applicable	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1 kV line(s) to line(s) ±2 kV line(s) to earth	Not applicable	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% U_T (>95% dip in U_T) for 0.5 cycle 40% U_T (60% dip in U_T) for 5 cycles 70% U_T (30% dip in U_T) for 25 cycles <5% U_T (>95% dip in U_T) for 5 s	Not applicable	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.
Power frequency (50/60Hz) magnetic field IEC 61000-4-8	3A/m	3A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE U_T is the a.c. mains voltage prior to application of the test level.			

Table 4 Guidance and MANUFACTURER's declaration – electromagnetic IMMUNITY – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
IMMUNITY test	IEC 60601 TEST LEVEL	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6 Radiated RF IEC 61000-4-3	3 Vrms 150 kHz to 80 MHz 3 V/m 80 MHz to 2.5 GHz	Not applicable 3 V/m	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, then the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. **Recommended separation distance** $d = [\frac{3,5}{V_1}]\sqrt{P}$ $d = 1.167\sqrt{P}$ 80 MHz to 800 MHz $d = 2.333\sqrt{P}$ 800 MHz to 2,5 GHz where ***P*** is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and ***d*** is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, a should be less than the compliance level in each frequency range. [b] Interference may occur near equipment marked with the following symbol:
NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			

[a] Field strengths from fixed transmitters, such as base stations for radio (cellular / cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.

[b] Over the frequency range 150 kHz to 80 MHz, field strengths should be less than [V_1] V/m.

Table 6 Recommended separation distances between portable and mobile RF communications equipment and the ME EQUIPMENT or ME SYSTEM – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

Recommended separation distances between portable and mobile RF communications equipment and the device.			
The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.			
Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz $d = [\frac{3,5}{V_1}]\sqrt{P}$	80 MHz to 800 MHz $d = 1.167\sqrt{P}$	800 MHz to 2.5 GHz $d = 2.333\sqrt{P}$
0.01	Not applicable	0.117	0.233
0.1	Not applicable	0.369	0.738
1	Not applicable	1.167	2.333
10	Not applicable	3.690	7.378
100	Not applicable	11.67	23.33
For transmitters rated at a maximum output power not listed above, the recommended separation distance ***d*** in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where ***P*** is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer. NOTE 1 At 80MHz and 800MHz, the separation distance for the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			