IM1-HEM-7180-AP-01-06/2024
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OMRON

Automatic Blood Pressure Monitor

Model **EZ Lite (HEM-7180)**

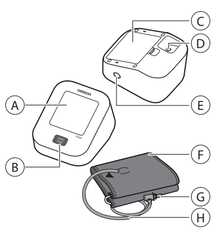
English

Instruction Manual 1: Safety and Other Information

For symbols information, refer to "Symbols Description" section.

Intelli sense

CE 0197



Ⓐ **Display**
Ⓑ **[START/STOP] button**
Ⓒ **Battery compartment**
Ⓓ **AC adapter jack**
Ⓔ **Air jack**
Ⓕ **Arm cuff**
Ⓖ **Air plug**
Ⓗ **Air tube**

Introduction

Thank you for purchasing the OMRON Automatic Blood Pressure Monitor. This blood pressure monitor uses the oscillometric method of blood pressure measurement. This means this monitor detects your blood movement through your brachial artery and converts the movements into a digital reading.

Safety Instructions

This instruction manual provides you with important information about the OMRON Automatic Blood Pressure Monitor. To ensure the safe and proper use of this monitor, READ and UNDERSTAND all of these instructions. **If you do not understand these instructions or have any questions, contact your local OMRON representative before attempting to use this monitor. For specific information about your own blood pressure, consult with your physician.**

Intended Use

Intended Purpose

This device is a digital monitor intended for use in measuring blood pressure and pulse rate in adult patient population. The device detects the appearance of irregular heartbeats during measurement and indicates this via a symbol with the measurement result.

Intended Patients

Adult patient population

Intended Users

Adult population (may include patients themselves) who can understand this instruction manual.

Clinical Benefit

Patient's blood pressure can be measured non-invasively and simply in the home environment.

Type of Use

This monitor is intended to be multiple patient multiple use.

Limitation

Patient's arm circumference must be 17 - 42 cm.

Indication

This device is used by healthy individuals, patients with hypertension, patients with health-conscious individuals, in a general household situation for measuring blood pressure and pulse rate.

Receiving and Inspection

Remove this monitor and other components from the packaging and inspect for damage. If this monitor or any other components is damaged, DO NOT USE and consult with your local OMRON representative.

Important Safety Information

Read the Important Safety Information in this instruction manual before using this monitor. Follow this instruction manual thoroughly for your safety.
Keep for future reference. **For specific information about your own blood pressure, consult with your physician.**

Contraindications

- DO NOT use this monitor on an injured arm or an arm under medical treatment.
- DO NOT apply the arm cuff on your arm while on an intravenous drip or blood transfusion.
- DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.

Side Effects

- Taking measurements more often than necessary may cause bruising due to blood flow interference.
- Inflating to a higher pressure than necessary may result in bruising of the arm where the cuff is applied. NOTE: refer to "If your systolic pressure is more than 210 mmHg" in the end of instruction manual 2 for additional information.
- Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.

⚠ Warning **Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.**

- DO NOT adjust medication (including altering your use of any drug or treatment) based on readings from this blood pressure monitor. Take medication as prescribed by your physician. ONLY a physician is qualified to diagnose and treat high blood pressure and heart related conditions.
- NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.
- If you are experiencing any symptoms or concerns, consult with your physician.
- DO NOT postpone/stop regular checkups or physician visits based on the results that you are getting from this monitor.
- DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, computerized tomography (CT) scanners. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT use this monitor in oxygen rich environments or near flammable gas.
- Consult with your physician before using this monitor if you have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation; arterial sclerosis; poor perfusion; diabetes; pregnancy; pre-eclampsia or renal disease. NOTE that any of these conditions in addition to patient motion, trembling, or shivering may affect the measurement reading.
- To help avoid strangulation, keep the air tube and AC adapter cable away from infants, toddlers and children.
- This product contains small parts that may cause a choking hazard if swallowed by infants, toddlers and children.

AC Adapter (optional accessory) Handling and Usage

- DO NOT use the AC adapter if this monitor or the AC adapter cable is damaged. If this monitor or the cable is damaged, turn off the power and unplug the AC adapter immediately.
- Plug the AC adapter into the appropriate voltage outlet. DO NOT use in a multi-outlet plug.
- NEVER plug in or unplug the AC adapter from the electric outlet with wet hands.
- DO NOT disassemble or attempt to repair the AC adapter.

Battery Handling and Usage

- Keep the batteries out of the reach of infants, toddlers and children.

⚠ Precaution **Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient, or cause damage to the equipment or other property.**

- Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present because of temporary interference to blood flow and could result in injury.
- Consult with your physician before using this monitor if you have had a mastectomy or lymph node clearance.
- Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.
- ONLY inflate the arm cuff when it is applied on your upper arm.
- Remove the arm cuff if it does not start deflating during a measurement.
- DO NOT use this monitor for any purpose other than measuring blood pressure.
- During measurement, make sure that no mobile device or any other electrical device that emits electromagnetic fields is within 30 cm of this monitor. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.
- DO NOT use in a location where there is moisture or a risk of water splashing this monitor. This may damage this monitor.
- DO NOT use this monitor in a moving vehicle such as in a car or on an aircraft.
- DO NOT drop or subject this monitor to strong shocks or vibrations.
- DO NOT use this monitor in places with high or low humidity or high or low temperatures. Refer to section 3.
- During measurement, observe the arm to ensure that the monitor is not causing prolonged impairment to blood circulation.
- DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may result in incorrect operation of the devices and/or cause an inaccurate reading.
- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for at least 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Remove tight-fitting or thick clothing from your arm while taking a measurement.
- Remain still and DO NOT talk while taking a measurement.
- ONLY use the arm cuff on persons whose arm circumference is within the specified range of the cuff.
- Ensure that this monitor has acclimated to room temperature before taking a measurement. Taking a measurement after an extreme temperature change could lead to an inaccurate reading. It is recommended that you wait for approximately 2 hours for the monitor to warm up or cool down when the monitor is used in an environment within the temperature specified as operating conditions after it is stored either at the maximum or at the minimum storage temperature. For additional information on operating and storage / transport temperature, refer to section 3.
- DO NOT use this monitor after the durable period has ended. Refer to section 3.
- DO NOT crease the arm cuff or the air tube excessively.
- DO NOT fold or kink the air tube while taking a measurement. This may cause an injury by interrupting blood flow.
- To unplug the air plug, pull on the plastic air plug at the base of the tube, not the tube itself.
- ONLY use the AC adapter, arm cuff, batteries and accessories specified for this monitor. Use of unsupported AC adapters, arm cuffs and batteries may damage and/or may be hazardous to this monitor.
- ONLY use the approved arm cuff for this monitor. Use of other arm cuffs may result in incorrect readings.
- Read and follow the "Correct Disposal of This Product" in section 4 when disposing of the device and any used accessories or optional parts.

AC Adapter (optional accessory) Handling and Usage

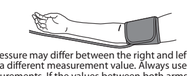
- Fully insert the AC adapter into the outlet.
- When unplugging the AC adapter from the outlet, be sure to safely pull from the AC adapter. DO NOT pull from the AC adapter cable.
- When handling the AC adapter cable:
  DO NOT damage it. / DO NOT break it. / DO NOT tamper with it. / DO NOT pinch it. / DO NOT forcibly bend or pull it. / DO NOT twist it. / DO NOT use it if it is gathered in a bundle. / DO NOT place it under heavy objects.
- Wipe any dust off of the AC adapter.
- Unplug the AC adapter when not in use.
- Unplug the AC adapter before wiping this monitor.

Battery Handling and Usage

- DO NOT insert batteries with their polarities incorrectly aligned.
- ONLY use 4 "AA" alkaline or manganese batteries with this monitor. DO NOT use other types of batteries. DO NOT use new and used batteries together. DO NOT use different brands of batteries together.
- Remove the batteries if this monitor will not be used for a long period of time.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult with your physician immediately.
- If battery fluid should get on your skin, wash your skin immediately with plenty of clean, lukewarm water. If irritation, injury or pain persists, consult with your physician.
- DO NOT use batteries after their expiration date.
- Periodically check the batteries to ensure they are in good working condition.

General Notices

- To stop a measurement, press the [START/STOP] button while taking a measurement.
- When you take a measurement on the right arm, the air tube should be at the side of your elbow. Be careful not to rest your arm on the air tube.



- Blood pressure may differ between the right and left arm, and may result in a different measurement value. Always use the same arm for measurements. If the values between both arms differ substantially, check with your physician on which arm to use for your measurements.
- When using an optional AC adapter, make sure not to place your monitor in a location where it is difficult to plug and unplug the AC adapter.

Battery Handling and Usage

- Disposal of used batteries should be carried out in accordance with local regulations.
- The supplied batteries may have a shorter life span than new batteries.
- Replacing batteries will not delete previous readings.

1 Error Messages and Troubleshooting

If any of the below problems occur during measurement, check to make sure that no other electrical device is within 30 cm of the monitor. If the problem persists, refer to the table below.

Display/Problem	Possible Cause	Solution
E1 appears or the arm cuff does not inflate.	The [START/STOP] button was pressed while the arm cuff is not applied.	Press the [START/STOP] button again to turn the monitor off.
	Air plug is not completely plugged into the monitor.	Insert the air plug securely.
	The arm cuff is not applied correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual 2.
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to section 10 of instruction manual 2.
E2 appears or a measurement cannot be completed after the arm cuff inflates.	Moving or talking during a measurement causes the arm cuff to not inflate sufficiently.	Remain still and do not talk during a measurement. If "E2" appears repeatedly, inflate the arm cuff manually until the systolic pressure is 30 to 40 mmHg above your previous readings. Refer to the end of instruction manual 2.
	The systolic pressure is above 210 mmHg and a measurement cannot be taken.	
E3 appears	The arm cuff is inflated exceeding the maximum allowable pressure.	Do not touch the arm cuff and/or bend the air tube while taking a measurement. If inflating the arm cuff manually, refer to the end of instruction manual 2.
E4 appears	Moving or talking during a measurement results in vibrations that disrupt the measurement.	Remain still and do not talk during a measurement.
E5 appears	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual 2. Remain still and sit correctly during a measurement.
Er appears	The monitor has malfunctioned.	Press the [START/STOP] button again. If "Er" still appears, contact your OMRON retail outlet or distributor.
appears	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual 2. Remain still and sit correctly during a measurement. If the irregular heartbeat symbol "♡" continues to appear, it is recommended that you consult with your physician.
does not flash during a measurement		
flashes	Batteries are low.	Replacing all 4 batteries with new ones is recommended. Refer to section 3 of instruction manual 2.
and appears, or the monitor is turned off unexpectedly during a measurement.	Batteries are depleted.	Immediately replace all 4 batteries with new ones. Refer to section 3 of instruction manual 2.
Nothing appears on the display of the monitor.	Battery polarities are not properly aligned.	Check the battery installation for proper placement. Refer to section 3 of instruction manual 2.
Readings appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the arm cuff, may affect your blood pressure. Review sections 2, 4 and 5 of instruction manual 2.	
Any other problem occurs.	Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, remove all batteries and wait for 30 seconds. Then re-install the batteries. If the problem still persists, contact your OMRON retail outlet or distributor.	

2 Maintenance

2.1 Maintenance

To protect your monitor from damage, follow the directions below: Changes or modifications not approved by the manufacturer will void the user warranty.

⚠ Precaution
DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.

2.2 Storage

- Store your monitor and other components in a clean, safe location.
- Gently fold the air tube into the arm cuff. Note: Do not bend or crease the air tube excessively.
- Do not store your monitor and other components:
  - If your monitor and other components are wet.
  - In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
  - In locations exposed to vibrations or shocks.

2.3 Wiping the Monitor

- Do not use any abrasive or volatile cleaners.
- Use a soft dry cloth or a soft cloth moistened with mild (neutral) detergent to wipe your monitor and arm cuff, and then wipe them with a dry cloth.
- Do not wash or immerse your monitor and arm cuff or other components in water.
- Do not use gasoline, thinners or similar solvents to wipe your monitor and arm cuff or other components.

2.4 Calibration and Service

- The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life.
- It is generally recommended to have the unit inspected every two years to ensure correct functioning and accuracy. Please consult your authorised OMRON dealer or the OMRON Customer Service at the address given on the packaging or attached literature.

3 Specifications

Product description	Automatic Blood Pressure Monitor
Model	EZ Lite (HEM-7180)
Display	LCD digital display
Cuff pressure range	0 to 299 mmHg
Blood pressure measurement range	SYS: 60 to 260 mmHg DIA: 40 to 215 mmHg
Pulse measurement range	40 to 180 beats / min.
Accuracy	Pressure: ±3 mmHg Pulse: ±5 % of display reading
Measurement method	Oscillometric method
Operation mode	Continuous operation
IP classification	Monitor: IP21 Optional AC adapter: IP21 (HHP-CM01, HHP-KSM01) / IP22 (HHP-OH01)
Rating	DC6 V 4 W
Power source	4 "AA" batteries 1.5 V or optional AC adapter (INPUT AC 100 - 240 V 50 - 60 Hz 0.12 - 0.065 A)
Battery life	Approx. 1500 measurements (Using new alkaline batteries and included arm cuff. Depending on the type of battery and arm cuff.)
Durable period (Service life)	Monitor: 5 years or the time when reaching 30000 times of use. / Cuff: 5 years or the time when reaching 10000 times of use. / Optional AC adapter: 5 years
Operating conditions	+10 to +40 °C / 15 to 90 % RH (non-condensing) / 800 to 1060 hPa
Storage / Transport conditions	-20 to +60 °C / 10 to 90 % RH (non-condensing)
Weight	Monitor: approx. 260 g (not including batteries) Arm cuff: approx. 110 g
Dimensions	Monitor: approx. 98 mm (W) × 79 mm (H) × 138 mm (L) / Arm cuff: approx. 146 mm × 466 mm (air tube: 610 mm)
Cuff circumference applicable to the monitor	17 to 42 cm (included arm cuff: 22 to 32 cm)
Memory	Stores up to 1 reading
Contents	Monitor, arm cuff (HEM-CR24), 4 "AA" batteries, Instruction Manual 1 and 2, warranty card
Protection against electric shock	Internally powered ME equipment (when using only batteries) Class II ME equipment (when using optional AC adapter)
Applied part	Type BF (arm cuff)

Note

- These specifications are subject to change without notice.
- This monitor is clinically investigated according to the requirements of EN ISO 81060-2:2014 and complies with EN ISO 81060-2:2019+A1:2020+A2:2024. In the clinical validation study, K5 was used on 85 subjects for determination of diastolic blood pressure.
- This monitor has not been validated for use on pregnant patients.
- IP classification is degrees of protection provided by enclosures in accordance with IEC 60529. This monitor and optional AC adapter are protected against solid foreign objects of 12.5 mm diameter and greater such as a finger. The monitor and optional AC adapters HHP-CM01 and HHP-KSM01 are protected against vertically falling water drops which may cause issues during a normal operation. The optional AC adapter HHP-OH01 is protected against oblique falling water drops which may cause issues during a normal operation.
- Operation mode classification complies with IEC 60601-1.
- Please refer to "UDI [8012] x.x.x" for the software version/build number; "x.x.x" may consist of a set of 2 to 6 numbers.

4 Correct Disposal of This Product (Waste Electrical & Electronic Equipment)

This marking shown on the product or its literature, indicates that it should not be disposed of, with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.
Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can return this item for environmentally safe recycling.
Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial waste for disposal.

5 Important Information regarding Electromagnetic Compatibility (EMC)

This device conforms to the EN 60601-1-2:2015+A1:2021 Electromagnetic Compatibility (EMC) standard.
Further documentation in accordance with this EMC standard is available at https://healthcare.omron.com/electro-magnetic-compatibility
Refer to the EMC information for this device on the website.

6 Guidance and Manufacturer's Declaration

- This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd., Japan. The Core component for OMRON blood pressure monitors, which is the Pressure Sensor, is produced in Japan.
- Please report to the manufacturer and the regulatory authority in which you are established about any serious incident that has occurred in relation to this device.

OMRON

오므론 자동전자혈압계

모델명 **EZ Lite (HEM-7180)**

의료기기

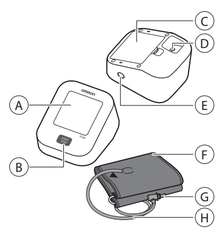
한국어

사용설명서 1: 안전 및 기타 정보

기호 정보에 대해서는 "기호 설명" 섹션을 참조하십시오.

Intelli sense

CE 0197



Ⓐ **디스플레이**
Ⓑ **[START/STOP] (시작 / 정지) 버튼**
Ⓒ **건전지 삽입**
Ⓓ **AC 어댑터 잭**
Ⓔ **에어 잭**
Ⓕ **커프**
Ⓖ **에어 플러그**
Ⓗ **에어 튜브**

소개

오므론 자동전자혈압계를 구입해주셔서 감사합니다. 본 혈압계는 오실로메트릭 방식(진동법) 혈압 측정 방법을 이용합니다. 이는 혈압계가 상완동맥을 통해 혈액의 움직임을 감지하여 이 움직임을 디지털 측정값으로 변환시키는 것을 의미합니다.

안전을 위한 주의사항

본 사용설명서에는 오므론 자동전자혈압계에 대한 중요한 정보가 제공되어 있습니다. 본 혈압계를 안전하고 적절하게 사용하기 위하여 주의사항을 모두 읽고 숙지하시기 바랍니다. **이 지침을 이해하지 못하거나 궁금한 점이 있으면 본 모니터를 사용하려고 시도하기 전에 판매처 또는 오므론 고객서비스 센터에 문의하십시오. 측정 혈압에 대한 사용설명서에는 의사와 상의하시기 바랍니다.**

사용 목적

의도한 사용 목적

본 혈압계는 성인 환자의 혈압 및 맥박을 측정할 수 있는 자동전자혈압계입니다. 이 디바이스는 측정 중 불규칙 심박동을 감지하면 측정 결과를 하나의 기호로 표시합니다.

대상 환자

성인 환자

대상 사용자

본 사용설명서를 이해할 수 있는 성인(환자 본인도 포함될 수 있음).

임상적 이점

가정에서 비침습적으로 간단하게 환자의 혈압을 측정할 수 있습니다.

사용 유형

본 혈압계는 여러 환자가 여러번 사용할 수 있습니다.

제한

환자의 팔 둘레는 17 - 42cm여야 합니다.

지표

본 혈압계는 건강한 개인, 고혈압 환자, 건강에 민감한 환자, 일반 가정에서 혈압과 맥박을 측정하는 데 사용됩니다.

수령 및 확인

본 혈압계를 사용하기 전에 외관상 제품의 손상이 있는지 확인하여 주세요. 손상이 있는 경우에는 제품을 사용하지 마시고 판매처 또는 오므론 고객서비스 센터에 문의하여 주세요.

주요 안전 정보

혈압계를 사용하기 전에 본 사용설명서의 주요 안전 정보를 읽으십시오. 안전을 위해 반드시 사용설명서의 내용에 따라 사용해 주십시오.
만일의 경우를 대비하여 분실하지 않도록 보관하여 주십시오. **측정된 혈압값에 대한 판단은 의사와 상의하시기 바랍니다.**

금기 사항

- 부상이나 치료 중인 팔에는 측정하지 마십시오.
- 정맥주사나 수혈 중인 팔에 커프를 사용하지 마십시오.
- 유아 및 소아나 스스로 의사표시가 불가능한 사람에게는 사용하지 마십시오.

부작용

- 필요 이상으로 측정하지 마십시오. 압박에 의한 내출혈이 발생할 수 있습니다.
- 필요 이상 가압시 착용한 부위에 내출혈이 발행할 수 있습니다. 최고혈압이 210mmHg 이상이라고 예상되면 사용설명서 2의 끝부분에 나와 있는「최고혈압이 210mmHg 이상인 경우」을 참조하여 주십시오.
- 피부 염증이나 불편감을 느끼실 경우, 혈압계의 사용을 중단하고 의사와 상담하십시오.

⚠ 경고 **잘못 취급할 경우 , 사람이 사망에 이르거나 상해를 입을 가능성이 잠재되어 있는 위험한 내용을 나타냅니다 .**

- 이 혈압계의 측정값에 따라 약물 복용을 조정(약물 또는 치료법 변경 포함)하지 마십시오. 약의 복용은 의사의 처방에 따라 주십시오. 고혈압 및 심장 관련 질환은 의사만이 진단 및 치료할 수 있습니다.
- 측정 결과에 따른 자가 진단이나 자가 치료는 위험합니다. 반드시 의사와 상담하여 주십시오.
- 어떤 증상을 경험하거나 염려가 될 경우에는 의사와 상담하십시오.
- 혈압계 결과에 따라 정기 검진 또는 의사 진찰을 연기하거나 중단하지 마십시오.
- 고주파(HF) 수술 장비, 자기 공명 영상(MRI) 장비, 컴퓨터 단층 촬영(CT) 스캐너 근처에서는 본 혈압계를 사용하지 마십시오. 혈압계가 오작동을 일으키거나 측정 결과가 부정확할 수 있습니다.
- 산소 농도가 짙은 환경이나 인화성 가스 근처에서 본 혈압계를 사용하지 마십시오.
- 다음 증상이 있을 때에는 본 제품을 사용하기 전에 의사와 상담하여 주십시오. 심방성 또는 심실성 기외수축이나 심방성 세동과 같은 부정맥, 동맥경화, 간류의저하, 당뇨병, 고연령, 임신, 임신 중독증 (자간전증 또는 전자간증), 신장 질환. 측정 중에 움직임, 떨림, 오한 등으로 인해 혈압 측정치에 영향을 미칠 수 있습니다.
- 목이 졸리는 것을 방지하기 위하여, 에어 튜브 및 AC 어댑터 케이블은 영유아와 어린이의 손이 닿지 않는 곳에 보관하십시오.
- 본 혈압계에는 영유아와 어린이가 삼킬 경우 질식 위험이 있는 작은 부품이 있습니다.

별매품 AC 어댑터 취급 및 사용

- 제품 또는 전원코드에 손상이 있을 때는 AC 어댑터를 사용하지 마십시오. 이 경우에는 즉시 전원을 끄고, 전원 플러그를 콘센트에서 뽑아 주십시오.
- 적절한 교류 전압에서 AC 어댑터를 사용하여 주십시오. 멀티 콘센트 플러그에는 사용하지 마십시오.
- 젖은 손으로 전원 플러그를 콘센트에 꽂거나 뽑지 마십시오.
- AC 어댑터를 분해하거나 개조하지 마십시오.

건전지 취급 및 사용

- 영유아와 어린이의 손에 닿는 곳에 건전지를 보관하지 마십시 오.

⚠ 예방 조치 **잘못 취급할 경우 , 사람이 상해를 입거나 또는 물적 손해 가 발생할 가능성이 잠재되어 있는 내용을 나 타냅니다 .**

- 정맥 내의 주사를 맞고 있거나 치료 중인 팔에 이 혈압계를 사용하기 전에 의사와 상담하십시오. 그렇지 않으면 일시적인 혈류 장애로 인해 동정맥 단락이 발생하여 부상을 입을 수 있습니다.
- 유방 절제술 또는 림프절 절제술을 받은 경우 본 혈압계를 사용하기 전에 의사와 상담하십시오.
- 중증의 혈행장애나 혈액 질환이 있는 경우, 압박에 의한 내출혈이 발생할 수 있으므로 사용 전에 의사와 상담하여 주십시오.
- 커프를 팔에 감지 않은 상태에서 가압하지 마십시오.
- 측정 중에 감압이 되지 않는 경우에는 커프를 풀어 주세요.
- 본 혈압계는 혈압 측정 이외의 목적으로 사용하지 마십시오.
- 측정 중에는 전자기장을 방출하는 모바일 기기나 전기 기기를 본 혈압계에서 30 cm 이내에 놓아두지 마십시오. 혈압계가 오작동을 일으키거나 측정 결과가 부정확할 수 있습니다.
- 본 혈압계 및 구성품을 임의로 분해하거나 수리하지 마십시오. 정확한 측정을 할 수 없습니다.
- 습기가 많은 장소나 물이 닿을 수 있는 장소에서 사용하지 마십시오. 고장의 원인이 됩니다.
- 이동수단 (자동차, 비행기 등) 에서 사용하지 마십시오.
- 본 혈압계를 떨어뜨리거나 강한 충격 또는 진동을 가하지 마십시오.
- 지정된 사용 환경 조건 이외에서는 사용하지 마십시오. 자세한 내용은 3항을 참조하십시오.
- 측정 중 본 제품으로 인해 혈액 순환의 지속적인 손상이나 이상이 발생하지 않았는지 측정 부위를 관찰하고 확인해 주세요.
- 본 혈압계를 다른 의료 전기(ME) 기기와 함께 사용하지 마십시오. 기기가 오작동을 일으키거나 측정 결과가 부정확할 수 있습니다.
- 측정 30분 전에는 목욕, 음주, 흡연, 운동, 카페인 및 음식 섭취 등을 피하여 주십시오.
- 측정하기 전 최소한 5분 이상 안정을 취합니다.
- 측정할 때는 팔을 감싼 꼭 끼는 옷이나 두꺼운 옷을 벗으십시오.
- 측정 중에는 움직이거나 말을 하지 말아 주세요.
- 커프에는 사용 가능한 대상 팔둘레가 인쇄되어 있습니다. 범위 내에 있는 사람에게 사용하여 주세요.
- 측정하기 전에 모니터가 실내 온도에 적응할 수 있게 하십시오. 급격한 온도 변화 후에 측정하면 측정값이 부정확할 수 있습니다. 보관 장소와 사용 장소의 환경이 급격하게 다른 경우, 사용 환경에서 정상적인 측정을 할 수 있도록 약 2시간 정도 보관 후에 사용할 것을 권장합니다. 자세한 내용은 3항을 참조하십시오.
- 본 혈압계의 장치 수명이 지난 경우에는 사용하지 마십시오. 자세한 내용은3항을 참조하십시오.
- 커프나 에어튜브를 무리하게 꺾지 마십시오.
- 측정 중에 에어튜브를 누르거나 꺾지 마십시오. 필요 이상으로 가압되어 혈액 순환의 이상으로 인한 부상의 원인이 됩니다.
- 본체에서 커프를 분리하는 경우에는 에어 튜브를 잡지 말고 에어 플러그를 잡고 분리하여 주세요.
- 본체에 연결된 에어플러그를 분리하는 경우에는, 에어튜브를 잡아당기지 마십시오. 에어플러그를 잡고 분리하여 주십시오. 전용 AC 어댑터, 커프, 건전지 등을 사용하십시오.
- 전용 커프 이외에는 사용하지 마십시오. 정확하게 측정할 수 없는 경우가 있습니다.
- 본 기기와 사용한 액체셔리 또는 옵션 부품을 폐기할 때는 섹션 4 "본 제품의 올바른 폐기 방법"을 읽고 따르십시오.

별매품 AC 어댑터 취급 및 사용

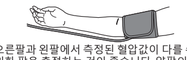
- 전원 플러그는 끝까지 정확하게 꽂아 주십시오.
- 전원 플러그를 뽑을 때에는 전원 케이블을 잡아 당기지 마십시오. 전원 플러그를 잡고 뽑아 주십시오.
- 전원 케이블의 사용시 주의사항:
  흠집내지 말 것 / 파손시키지 말 것 / 가공하지 말 것 / 끼워 넣지 말 것 / 무리해서 구부리거나 당기지 말 것 / 비틀지 말 것 / 사용시 묶지 말 것 / 무거운 것을 올려 놓지 말 것.
- AC 어댑터에 묻은 먼지를 닦아 주십시오.
- 사용하지 않을 때는 AC 어댑터의 플러그를 뽑아 주십시오.
- 본 혈압계를 손질하기 전에 AC 어댑터의 플러그를 뽑아 주십시오.

건전지 취급 및 사용

- 건전지의 전극을 올바르게 삽입하여 주십시오.
- "AA" 사이즈의 알카라인 건전지 또는 망간 건전지를 사용하여 주십시오. 이 외의 건전지는 사용하지 마십시오. 새로운 건전지와 사용한 건전지를 동시에 사용하거나 다른 제조사의 건전지를 혼용하지 마십시오.
- 장기간 사용하지 않을 경우에는 건전지를 제거한 후에 보관하십시오.
- 건전지 액이 피부에 묻은 경우에는 즉시 흐르는 깨끗한 물로 충분히 닦아 주십시오.
- 건전지 액이 눈에 들어간 경우에는 즉시 흐르는 깨끗한 물로 충분히 닦아내고 의사와 상담하여 주십시오. 상처가 나거나 가려움, 통증이 지속될 경우에는 의사와 상담하여 주십시오.
- 사용 권장 기한이 지난 배터리는 사용하지 주십시오.
- 주기적으로 건전지를 점검해서 건전지가 올바르게 작동하는지 확인하십시오.

일반 권고사항

- 측정을 중지하려면 측정 중에 [START/STOP] (시작 / 정지) 버튼을 누릅니다.
- 오른팔로 측정할 때는 에어튜브가 팔꿈치의 측면에 위치하도록 합니다. 팔꿈치로 에어튜브를 누르지 않도록 주의하여 주십시오.



- 혈압은 오른팔과 왼팔에서 측정된 혈압값이 다를 수 있습니다. 항상 동일한 팔을 측정하는 것이 좋습니다. 양팔의 측정값이 현저하게 다르면 의사와 상담하여 주십시오.
- 별매품 AC 어댑터 사용 시, AC 어댑터를 연결 및 분리하기 어려운 장소에 본 제품을 두고 사용하지 마십시오.

건전지 취급 및 사용

- 사용한 건전지는 거주하고 있는 지역의 규정에 따라서 폐기하여 주세요.
- 동봉된 시험용 건전지는 새 건전지보다 사용 기간이 짧을 수 있습니다.
- 건전지를 교체해도 이전 수치는 삭제되지 않습니다.

1 에러 메세지 및 문제 해결

측정 중에 아래와 같은 문제가 발생하면 다른 전기 기기가 혈압계의 30cm 이내의 거리에 있지 않은지 확인하십시오. 문제가 지속되면 아래 표를 참조하십시오.

표시/문제	발생 원인	대처 방법
E1 표시(E1) 또는 커프가 가압되지 않습니다.	커프를 착용하지 않은 상태에서 [START/STOP] (시작 / 정지) 버튼을 눌렀습니다.	[START/STOP] (시작 / 정지) 버튼을 다시 눌러 모니터를 끄십시오.
	에어플러그가 연결되지 않았습니다.	에어 플러그를 확실하게 삽입하십시오.
	커프를 느슨하게 착용했습니다.	커프를 단단히 착용하여 다시 측정하여 주십시오. 사용설명서 2의 섹션 4를 참조하십시오.
	커프에서 공기가 새어나오고 있습니다.	커프를 새것으로 교체하여 주십시오. 사용설명서 2의 섹션 10을 참조하십시오.
E2 측정이 완료되지 않습니다.	측정 중에 움직이거나 말을 할 경우 커프가 충분히 팽창되지 않습니다.	측정 중에는 움직이거나 말을 하지 말아 주십시오. "E2" 가 반복적으로 나타나는 경우에는 본인 혈압의 30~40mmHg 이상으로 커프를 수동 가압하여 측정하여 주십시오. 사용설명서 2의 끝 부분을 참조하여 주십시오.
	최고혈압이 210mmHg 보다 높기 때문에 측정할 수가 없습니다.	
E3 표시	커프의 최대 허용 압력 이상으로 가압되었습니다.	측정 중에는 커프를 만지거나 에어튜브를 구부리지 마십시오. 수동으로 가압할 경우에는 사용설명서 2의 끝 부분을 참조하여 주세요.
E4 표시	측정 중에 움직이거나 말을 하면 진동이 발생하여 측정에 방해가 됩니다.	측정 중에는 움직이거나 말을 하지 말아 주세요.
E5 표시	맥박이 올바르게 감지되지 않았습니다.	커프를 단단히 착용하여 다시 측정하여 주십시오. 사용설명서 2의 섹션 4를 참조하십시오. 측정 중에는 움직이거나 말을 하지 말아주세요.
Er 표시	기기 이상에 의한 고장입니다.	[START/STOP] (시작 / 정지) 버튼을 다시 한번 누르십시오. "Er"이 여전히 나타날 경우, 오므론 소매업체나 유통업체로 문의하여 주십시오.
표시	맥박이 올바르게 감지되지 않습니다.	커프를 단단히 착용하여 다시 측정하여 주십시오. 사용설명서 2의 섹션 4를 참조하십시오. 측정 중에는 움직이거나 말을 하지 말아 주세요. 불규칙적인 "♡" 심박 기호가 계속 표시될 경우에는 의사와 상담하여 주십시오.
표시		
측정 중에 점멸하지 않습니다.		
점멸	건전지 잔량이 부족합니다.	건전지 4개를 모두 새 건전지로 교체할 것을 권장합니다. 사용설명서 2의 섹션3을 참조하십시오.
이(가) 표시되거나 측정 중에 혈압계가 갑자기 꺼집니다.	건전지가 모두 소모되었습니다.	건전지 4개를 모두 새 건전지로 교체하여 주십시오. 사용설명서 2의 섹션3을 참조하십시오.
LCD 화면에 아무것도 표시되지 않습니다.	건전지의 극성이 올바르지 않습니다.	건전지의 극성이 올바른 방향으로 삽입되었는지 확인하여 주십시오. 사용설명서 2의 섹션3을 참조하십시오.
측정값이 너무 높거나 너무 낮습니다.	혈압은 끊임없이 변합니다. 혈압은 스트레스, 측정시각, 커프의 착용 상태 등의 여러 요인에 따라서 변동되며, 측정값에 영향을 미칩니다. 사용설명서 2의 섹션 2, 4 및 5를 검토하십시오.	
그 밖의 문제	[START/STOP] (시작 / 정지) 버튼을 눌러 모니터를 끈 후, 다시 눌러 측정을 시작하십시오. 문제가 지속되면 건전지를 모두 제거하여 약 30초 후에 다시 삽입하여 주십시오. 그런 뒤 배터리를 다시 삽입하여 주십시오. 문제점이 여전히 나타날 경우, 오므론 소매업체나 유통업체로 문의하여 주십시오.	

2 유지관리

2.1 유지관리

손상으로부터 제품을 보호하기 위해서 아래의 지침을 따라 주십시오.
사용자의 임의 개조 및 수리를 한 경우, 제품에 이상이 발생하여도 품질보증 대상에서 제외됩니다.

⚠ 예방 조치
본 혈압계나 구성품을 분해하거나 수리하려고 하지 마십시오. 정확한 측정을 할 수 없습니다.

2.2 보관

- 혈압계와 다른 구성품을 깨끗하고 안전한 장소에 보관하십시오.
- 에어튜브를 커프에 가볍게 감아서 넣습니다. 참고 : 에어튜브를 무리하게 꺾거나 휘지 마십시오.
- 다음과 같은 곳에는 보관하지 마십시오.
  - 혈압계와 다른 구성품이 젖어 있는 경우.
  - 극한 온도 (고온, 저온), 습기, 직사광선, 먼지, 표백제와 같은 부식성 가스에 노출된 곳.
  - 진동이나 충격에 노출된 곳일 경우.

2.3 모니터 닦기

- 연마제나 휘발성 세제를 사용하지 마십시오.
- 본체와 커프는 부드럽고 마른 천으로 닦아내거나, 부드럽고 마른 천에 중성비누를 묻혀 닦아낸 후, 마른 천으로 다시 한번 더 닦

OMRON

เครื่องวัดความดันโลหิตอัตโนมัติ

รุ่น EZ Lite (HEM-7180)

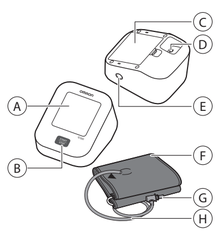
ภาษาไทย

คู่มือแนะนำการใช้งาน 1: ข้อมูลด้านความปลอดภัยและข้อมูลอื่น ๆ

ดูข้อมูลสัญลักษณ์ได้ที่ส่วน "คำอธิบายสัญลักษณ์"

Intelli™ sense

CE 0197



A **หน้าจอ**
B **ปุ่ม [START/STOP] (เริ่ม/หยุด)**
C **ช่องใส่แบตเตอรี่**
D **หัวเสียบหม้อแปลงไฟฟ้า AC adapter**
E **ช่องต่อท่อลม**
F **ผ้าพันแขน**
G **ปลั๊กสายอากาศ**
H **ท่อลม**

คำนำ

ขอขอบคุณที่เลือกซื้อเครื่องวัดความดันโลหิตอัตโนมัติจาก OMRON เครื่องวัดความดันโลหิตนี้ใช้วิธีการวัดความดันโลหิตแบบ Oscillometric โดยเครื่องวัดความดันโลหิตนี้จะตรวจจับการไหลเวียนของโลหิตผ่านหลอดเลือดแดงที่แขนของคุณและแปลงการไหลนั้นเป็นค่าดิจิตอล

คำแนะนำเพื่อความปลอดภัย

คู่มือแนะนำการใช้งานที่ให้ข้อมูลสำคัญเกี่ยวกับเครื่องวัดความดันโลหิตอัตโนมัติ OMRON เพื่อให้แน่ใจว่าใช้เครื่องวัดความดันโลหิตนี้ได้อย่างปลอดภัยและถูกต้อง โปรดอ่านและทำความเข้าใจคำแนะนำทั้งหมดนี้ **หากคุณไม่เข้าใจคำแนะนำเหล่านี้หรือมีคำถาม ใด ๆ โปรดติดต่อตัวแทนจำหน่าย OMRON ในพื้นที่ของคุณก่อนที่จะใช้เครื่องวัดความดันโลหิตนี้ สำหรับข้อมูลเฉพาะเกี่ยวกับความดันโลหิตของคุณ โปรดปรึกษาแพทย์**

วัตถุประสงค์การใช้งาน

วัตถุประสงค์ที่ตั้งไว้

อุปกรณ์นี้เป็นเครื่องวัดดิจิตอลที่มีวัตถุประสงค์เพื่อใช้ในการวัดความดันโลหิตและอัตราการเต้นของชีพจรในกลุ่มประชากรที่ถูกต้องซึ่งเป็นผู้ใหญ่ อุปกรณ์นี้จะตรวจจับลักษณะของการเต้นของหัวใจที่ผิดปกติระหว่างการวัด และแจ้งข้อมูลเป็นสัญลักษณ์กับผลการวัด

ผู้ป่วยที่ตั้งไว้

กลุ่มผู้ป่วยผู้ใหญ่

ผู้ใช้ที่ตั้งไว้

กลุ่มผู้ป่วยที่เป็นผู้ใหญ่ (รวมไปถึงตัวผู้ป่วยเอง) ที่สามารถเข้าใจคู่มือแนะนำการใช้งาน

ประโยชน์ทางการแพทย์

สามารถวัดความดันโลหิตได้แบบไม่เกิดบาดแผลจากที่บ้าน

ประเภทการใช้

เครื่องวัดความดันโลหิตนี้ สามารถใช้กับผู้ป่วยได้หลายครั้ง และผู้ป่วยหลายราย

ข้อจำกัด

รอบแขนของผู้ป่วยจะต้องอยู่ระหว่าง 17 - 42 ซม.

ข้อบ่งชี้

อุปกรณ์สำหรับใช้โดยผู้ที่มีสุขภาพแข็งแรง ผู้ป่วยที่มีภาวะความดันโลหิตสูง ผู้ป่วยที่มีปัญหาด้านสุขภาพในรูปแบบการใช้งานหัวใจในครัวเรือน เพื่อวัดความดันโลหิตและชีพจร

การรับและการตรวจสอบเครื่องวัด

นำเครื่องวัดความดันโลหิตนี้และส่วนประกอบอื่นออกจากกล่องบรรจุ และตรวจหาร่องรอยความเสียหาย หากเครื่องวัดความดันโลหิตนี้หรือส่วนประกอบอื่นใดเกิดความเสียหาย ห้ามใช้งานและแจ้งไปยังตัวแทนจำหน่ายของ OMRON ในท้องถิ่นของคุณ

ข้อมูลความปลอดภัยที่สำคัญ

อ่านข้อมูลความปลอดภัยที่สำคัญในคู่มือแนะนำการใช้งานนี้ก่อนใช้งานเครื่องวัดความดันโลหิตนี้ เพื่อความปลอดภัยของคุณ โปรดทำตามคู่มือแนะนำการใช้งานนี้โดยเคร่งครัด
เก็บคู่มือแนะนำการใช้งานนี้ไว้ใช้อ้างอิงในอนาคต **สำหรับข้อมูลที่เจาะจงเกี่ยวกับความดันโลหิตของคุณ โปรดปรึกษาแพทย์ของคุณ**

ข้อห้าม

- ห้ามใช้เครื่องวัดความดันโลหิตนี้ร่วมกับแขนที่บาดเจ็บ หรืออยู่ระหว่างการรักษาพยาบาล
- ห้ามใช้ผ้าพันแขนรัดแขนของคุณขณะให้สารอาหารหรือวิตามินผ่านสายน้ำเกลือหรือให้เลือด
- ห้ามใช้งานเครื่องวัดความดันโลหิตนี้กับทารก เด็กเล็ก เด็กโตหรือบุคคลที่ไม่สามารถออกความรู้สึกของตนเองได้

ผลข้างเคียง

- การใช้เครื่องวัดความดันโลหิตบ่อยกว่าที่จำเป็นอาจทำให้เกิดรอยช้ำเนื่องจากการรบกวนการไหลเวียนของเลือด
- การพองตัวของผ้าพันแขนด้วยความดันที่สูงเกินความจำเป็นอาจทำให้เครื่องยับทันทีหรือเกิดอาการชาที่แขนข้างที่ใช้ผ้าพันแขน หมายเหตุ: อุ่ยอุ่ยเพิ่มเติมจากหัวข้อ "หากความดันโลหิตตัวบนของคุณสูงกว่า 210 mmHg" ท่ายคู่มือการใช้งาน 2
- หยุดใช้เครื่องวัดความดันโลหิตนี้และปรึกษาแพทย์หากคุณรู้สึกระคายเคืองผิวหนังหรือรู้สึกไม่สบาย

⚠ คำเตือน

แสดงกรณีที่อาจจะเกิดอันตรายขึ้นได้ ซึ่งหากไม่หลีกเลี่ยง อาจส่งผลให้เกิดการบาดเจ็บหรือเสียชีวิต

- ห้ามปรับยารักษา (รวมถึงการเปลี่ยนแปลงการใช้ยาบริหารรักษาใดๆ) ตามการอ่านค่าจากเครื่องวัดความดันโลหิตนี้ รับประทานยาตามที่แพทย์สั่ง แพทย์เท่านั้นที่มีคุณสมบัติในการวินิจฉัยและรักษาโรคความดันโลหิตสูงและภาวะเกี่ยวกับหัวใจ
- ห้ามวินิจฉัยหรือรักษาตนเองตามค่าที่อ่านได้ ปรึกษาแพทย์ของคุณเสมอ
- หากเกิดอาการหรือมีข้อกังวลใด ๆ เกิดขึ้น ให้ติดต่อแพทย์
- อย่าเลื่อนเวลา/หยุดนัดตรวจสุขภาพหรือนัดพบแพทย์เนื่องจากผลที่ได้รับจากเครื่องวัด
- ห้ามใช้เครื่องวัดความดันโลหิตนี้ในบริเวณที่มีเครื่องมือผ่าตัดที่ใช้ความถี่สูง (HF) เครื่องเอ็กซ์เรย์ (MRI) เครื่องถ่ายภาพเรย์ด้วยระบบคอมพิวเตอร์ (CT) เนื่องจากอาจส่งผลให้เครื่องวัดความดันโลหิตทำงานผิดปกติ และ/หรือเป็นสาเหตุให้ค่าที่วัดผิดพลาด
- ห้ามใช้เครื่องวัดความดันโลหิตนี้ในสภาพแวดล้อมที่มีออกซิเจนสูงหรือใกล้กัวัยไฟ
- ปรึกษาแพทย์ของคุณก่อนใช้งานเครื่องวัดความดันโลหิตนี้หากคุณมีภาวะหัวใจเต้นผิดจังหวะ เช่น หัวใจห้องบนหรือห้องล่างเต้นก่อนจังหวะหรือภาวะหัวใจเต้นผิดจังหวะชนิดสั่นพลิ้ว ภาวะหลอดเลือดแดงแข็ง ภาวะเลือดไปเลี้ยงส่วนต่างๆ ของร่างกายไม่เพียงพอ เบาหวาน ดังครรภ์ ควรปรึกษิพิชาชีวโดยวา โปรดทราบว่าสภาวะดังกล่าวข้างต้น รวมถึงการเคลื่อนไหว ตัวสั่นหรือภาวะหนาวสั่นของผู้ป่วยส่งผลกระทบต่อค่าที่วัดได้
- เพื่อหลีกเลี่ยงการหายใจไม่ออกจากการรัด โปรดเก็บท่อลมและสายหม้อแปลงไฟฟ้า AC adapter ให้ห่างจากทารก เด็กเล็กและเด็กโต
- อย่าให้เด็กเล่นกับส่วนประกอบเด็กที่อาจเป็นสาเหตุให้เกิดอันตรายจากการสำลักหากทารก เด็กเล็กและเด็กโตกลืนกินชิ้นส่วน

การจัดการและการใช้งานหม้อแปลงไฟฟ้า AC Adapter (อุปกรณ์เสริม)

- ห้ามใช้หม้อแปลงไฟฟ้า AC adapter หากเครื่องวัดความดันโลหิตนี้หรือสายหม้อแปลงไฟฟ้า AC adapter เกิดความเสียหาย หากเครื่องวัดความดันโลหิตนี้หรือสายไฟเกิดความเสียหาย ปิดเครื่องและถอดปลั๊กหม้อแปลงไฟฟ้า AC adapter ทันที
- เสียบปลั๊กหม้อแปลงไฟฟ้า AC adapter เข้ากับเต้ารับที่มีกระแสไฟฟ้าที่เหมาะสม ห้ามเสียบปลั๊กกับเต้ารับที่มีพัดาขช่องเสียบ
- ห้ามเสียบปลั๊กเข้ากับหรือถอดปลั๊กหม้อแปลงไฟฟ้า AC adapter จากเต้ารับไฟฟ้าขณะมือเปียกโดยเด็ดขาด
- ห้ามถอดแยกหรือพยายามซ่อมแซมหม้อแปลงไฟฟ้า AC adapter

การจัดการและการใช้งานแบตเตอรี่

- เก็บแบตเตอรี่ให้ห่างจากทารก เด็กวัยเตาะแตะและเด็กเล็ก

⚠ ข้อควรระวัง

แสดงกรณีที่อาจจะเกิดอันตรายขึ้นได้ ซึ่งหากไม่หลีกเลี่ยง อาจจะส่งผลทำให้ได้รับบาดเจ็บเล็กน้อยกับผู้ใช้งานหรือผู้ป่วย หรือทำให้เกิดความเสียหายแก่อุปกรณ์หรือทรัพย์สินอื่นๆ ได้

- ปรึกษาแพทย์ของคุณก่อนใช้เครื่องวัดความดันโลหิตนี้ถัดรับบริเวณแขนที่มีการไส่และดูแลสายสวนหลอดเลือดหรือการผ่าตัดต่อเส้นเลือดแดงและดำ (A-V) เนื่องจากเครื่องวัดความดันโลหิตจะดูดกั้นการไหลของโลหิตชั่วคราวและอาจส่งผลให้ได้รับบาดเจ็บ
- ปรึกษากับแพทย์ของคุณก่อนใช้เครื่องวัดความดันโลหิตนี้หากคุณเคยผ่าตัดตัดเต้านมมาก่อน
- ปรึกษาแพทย์ของคุณก่อนใช้เครื่องวัดความดันโลหิตนี้หากคุณมีภาวะการไหลเวียนโลหิตผิดปกติรุนแรงหรือภาวะหลอดเลือดผิดปกติเนื่องจากอาจทำให้เกิดรอยช้ำขณะผ้าพันแขนพองตัว
- ทำการวัดค่าเมื่อผ้าพันแขนพองตัวบนต้นแขนของคุณเท่านั้น
- ถอดผ้าพันแขนออกหากผ้าพันแขนไม่คลายออกระหว่างทำการวัด
- ห้ามใช้เครื่องวัดนี้เพื่อวัดอุปกรณ์อื่นนอกเหนือจากการวัดความดันโลหิต
- ระหว่างการวัด ตรวจสอบว่าไม่มีการใช้งานอุปกรณ์แพทย์หรืออุปกรณ์ไฟฟ้าอื่นๆ ที่ปล่อยสนามแม่เหล็กไฟฟ้าในระยะ 30 ซม. จากเครื่องวัดนี้ เนื่องจากอาจส่งผลให้เครื่องวัดทำงานผิดปกติ และ/หรือเป็นสาเหตุให้ค่าที่วัดผิดพลาด
- ห้ามถอดแยกหรือพยายามซ่อมแซมเครื่องวัดนี้หรือชิ้นส่วนใดๆ เนื่องจากจะเป็นสาเหตุให้ค่าที่วัดได้ผิดพลาด
- ห้ามใช้เครื่องวัดนี้ขณะอยู่ในยานพาหนะที่กำลังเคลื่อนที่ เช่น ในรถหรือบนเครื่องบิน
- ห้ามทำให้เครื่องวัดความดันโลหิตตก ได้รับแรงกระแทก หรือการสั่นสะเทือนที่รุนแรง
- ห้ามใช้เครื่องวัดความดันโลหิตในสถานที่ที่มีความชื้นสูงหรือต่ำ หรืออุณหภูมิสูงหรือต่ำ โปรดดูส่วนที่ 3
- ระหว่างการวัด โปรดสังเกตที่แขนของคุณว่าเครื่องวัดไม่ดูดกั้นการไหลเวียนโลหิตนานเกินไป
- ห้ามใช้เครื่องวัดนี้ร่วมกับอุปกรณ์อิเล็กทรอนิกส์ทางการแพทย์ (ME) อื่นๆ พร้อมกัน เนื่องจากอาจส่งผลให้เครื่องวัดทำงานผิดปกติและ/หรือเป็นสาเหตุให้ค่าที่วัดผิดพลาด
- ก่อนที่จะทำการวัด หลีกเลี่ยงการอาบน้ำ ดื่มแอลกอฮอล์หรือคาเฟอีน สูบบุหรี่ ออกกำลังกายและทานอาหารอย่างน้อย 30 นาที
- ก่อนที่จะทำการวัด พักผ่อนอย่างน้อย 5 นาที
- ดื่งแขนเสื้อที่รัดแน่นหรือหนาออกจากแขนของคุณขณะทำการวัด
- นั่งนิ่งๆ และห้ามพูดคุยขณะทำการวัด
- ใช้ผ้าพันแขนกับผู้ที่มีขนาดวงแขนภายในช่วงขนาดที่ระบุไว้บนผ้าพันแขนเท่านั้น
- ตรวจสอบให้แน่ใจว่าเครื่องวัดความดันโลหิตนี้อยู่ในอุณหภูมิห้องที่เหมาะสมก่อนการวัด การพักผ่อนอุณหภูมิห้องระยะเวลาอย่างน้อยที่สุดก่อนการวัดที่ไม่ถูกต้อง ขอแนะนำให้รอนิประมาณ 2 ชั่วโมงเพื่อให้เครื่องวัดความดันโลหิตอุ่นขึ้นหรือเย็นลงเมื่อให้เครื่องในสภาพแวดล้อมภายในอุณหภูมิที่ระบุเป็นเงื่อนไขการใช้งานหลังจากเก็บไว้ที่อุณหภูมิสุดขั้วหรือต่ำสุด สำหรับข้อมูลเพิ่มเติมเกี่ยวกับอุณหภูมิการใช้งานและการเก็บรักษา/การขนส่ง โปรดดูส่วนที่ 3
- ห้ามใช้เครื่องวัดนี้หลังจากสิ้นสุดอายุการใช้งาน โปรดดูที่ส่วนที่ 3
- ห้ามให้ผ้าพันแขนหรือท่อลมมีรอยยับหรือพับมากเกินไป
- ห้ามพับหรือหักงอท่อลมขณะวัดความดันโลหิต เนื่องจากอาจส่งผลให้ได้รับบาดเจ็บจากการอุดกั้นการไหลเวียนโลหิต
- ของข้อต่อท่อลมแล้วดึงออก ห้ามดึงที่ท่อลม
- ใช้หม้อแปลงไฟฟ้า AC adapter ผ้าพันแขน แบตเตอรี่และอุปกรณ์เสริมที่ระบุไว้ให้กับเครื่องวัดนี้เท่านั้น การใช้หม้อแปลงไฟฟ้า AC adapters ผ้าพันแขนและแบตเตอรี่ที่ไม่ระบุ อาจทำให้เกิดความเสียหายและ/หรือได้รับอันตรายจากเครื่องวัดนี้
- ใช้ผ้าพันแขนที่ผ่านการรับรองให้ใช้กับเครื่องวัดนี้เท่านั้น การใช้ผ้าพันแขนอื่นๆ อาจส่งผลให้ค่าที่วัดผิดพลาด
- อ่านแล้วดำเนินการตามหัวข้อ "การทิ้งผลิตภัณฑ์นี้อย่างถูกวิธี" ในข้อที่ 4 เมื่อต้องการทิ้งอุปกรณ์พร้อมทั้งอุปกรณ์เสริมหรือชิ้นส่วนเสริมที่ใช้แล้วส่วนใดก็ตาม

การจัดการและการใช้งานเครื่องวัดความดันโลหิต

- ระวังอย่าทำให้เครื่องวัดตกกระแทก
- ห้ามดัดแปลงเครื่องวัดนี้
- ห้ามใช้งานเครื่องวัดนี้ในสถานที่ที่มีความชื้นหรือต่ำ หรืออุณหภูมิสูงหรือต่ำ โปรดดูส่วนที่ 3
- ห้ามใช้เครื่องวัดนี้ในที่ที่มีความชื้นหรืออาจมีน้ำกระเด็นได้ เครื่องวัดนี้ เนื่องจากอาจทำให้เครื่องวัดนี้เกิดความเสียหาย
- ห้ามใช้เครื่องวัดนี้ขณะอยู่ในอากาศหนาวหรือที่กำลังเคลื่อนที่ เช่น ในรถหรือบนเครื่องบิน
- ห้ามทำให้เครื่องวัดความดันโลหิตตก ได้รับแรงกระแทก หรือการสั่นสะเทือนที่รุนแรง
- ห้ามใช้เครื่องวัดความดันโลหิตในสถานที่ที่มีความชื้นสูงหรือต่ำ หรืออุณหภูมิสูงหรือต่ำ โปรดดูส่วนที่ 3
- ระหว่างการวัด โปรดสังเกตที่แขนของคุณว่าเครื่องวัดไม่ดูดกั้นการไหลเวียนโลหิตนานเกินไป
- ห้ามใช้เครื่องวัดนี้ร่วมกับอุปกรณ์อิเล็กทรอนิกส์ทางการแพทย์ (ME) อื่นๆ พร้อมกัน เนื่องจากอาจส่งผลให้เครื่องวัดทำงานผิดปกติและ/หรือเป็นสาเหตุให้ค่าที่วัดผิดพลาด
- ก่อนที่จะทำการวัด หลีกเลี่ยงการอาบน้ำ ดื่มแอลกอฮอล์หรือคาเฟอีน สูบบุหรี่ ออกกำลังกายและทานอาหารอย่างน้อย 30 นาที
- ก่อนที่จะทำการวัด พักผ่อนอย่างน้อย 5 นาที
- ดื่งแขนเสื้อที่รัดแน่นหรือหนาออกจากแขนของคุณขณะทำการวัด
- นั่งนิ่งๆ และห้ามพูดคุยขณะทำการวัด
- ใช้ผ้าพันแขนกับผู้ที่มีขนาดวงแขนภายในช่วงขนาดที่ระบุไว้บนผ้าพันแขนเท่านั้น
- ตรวจสอบให้แน่ใจว่าเครื่องวัดความดันโลหิตนี้อยู่ในอุณหภูมิห้องที่เหมาะสมก่อนการวัด การพักผ่อนอุณหภูมิห้องระยะเวลาอย่างน้อยที่สุดก่อนการวัดที่ไม่ถูกต้อง ขอแนะนำให้รอนิประมาณ 2 ชั่วโมงเพื่อให้เครื่องวัดความดันโลหิตอุ่นขึ้นหรือเย็นลงเมื่อให้เครื่องในสภาพแวดล้อมภายในอุณหภูมิที่ระบุเป็นเงื่อนไขการใช้งานหลังจากเก็บไว้ที่อุณหภูมิสุดขั้วหรือต่ำสุด สำหรับข้อมูลเพิ่มเติมเกี่ยวกับอุณหภูมิการใช้งานและการเก็บรักษา/การขนส่ง โปรดดูส่วนที่ 3
- ห้ามใช้เครื่องวัดนี้หลังจากสิ้นสุดอายุการใช้งาน โปรดดูที่ส่วนที่ 3
- ห้ามให้ผ้าพันแขนหรือท่อลมมีรอยยับหรือพับมากเกินไป
- ห้ามพับหรือหักงอท่อลมขณะวัดความดันโลหิต เนื่องจากอาจส่งผลให้ได้รับบาดเจ็บจากการอุดกั้นการไหลเวียนโลหิต
- ของข้อต่อท่อลมแล้วดึงออก ห้ามดึงที่ท่อลม
- ใช้หม้อแปลงไฟฟ้า AC adapter ผ้าพันแขน แบตเตอรี่และอุปกรณ์เสริมที่ระบุไว้ให้กับเครื่องวัดนี้เท่านั้น การใช้หม้อแปลงไฟฟ้า AC adapters ผ้าพันแขนและแบตเตอรี่ที่ไม่ระบุ อาจทำให้เกิดความเสียหายและ/หรือได้รับอันตรายจากเครื่องวัดนี้
- ใช้ผ้าพันแขนที่ผ่านการรับรองให้ใช้กับเครื่องวัดนี้เท่านั้น การใช้ผ้าพันแขนอื่นๆ อาจส่งผลให้ค่าที่วัดผิดพลาด
- อ่านแล้วดำเนินการตามหัวข้อ "การทิ้งผลิตภัณฑ์นี้อย่างถูกวิธี" ในข้อที่ 4 เมื่อต้องการทิ้งอุปกรณ์พร้อมทั้งอุปกรณ์เสริมหรือชิ้นส่วนเสริมที่ใช้แล้วส่วนใดก็ตาม

การจัดการและการใช้งานแบตเตอรี่

- การกำจัดทิ้งแบตเตอรี่ใช้แล้วต้องปฏิบัติตามกฎระเบียบในท้องถิ่นโดยเคร่งครัด
- แบตเตอรี่ที่ให้มาอาจมีอายุการใช้งานสั้นกว่าแบตเตอรี่ใหม่
- การปล่อยแบตเตอรี่ไม่ทำให้ค่าอ่านที่อ่านไว้ก่อนหน้าถูกลบทิ้ง

หน่วยความจำ	เก็บบันทึกค่าได้สูงสุด 1 ค่า
หัวข่อ	เครื่องวัด ผ้าพันแขน (HEM-CR24), แบตเตอรี่ "AA" 4 ก้อน คู่มือแนะนำการใช้งานฉบับที่ 1 และ 2
การป้องกันไฟดูด	อุปกรณ์ ME ที่ใช้ไฟเลี้ยงในตัว (ขณะใช้แบตเตอรี่เท่านั้น) อุปกรณ์ ME Class II (เมื่อใช้หม้อแปลงไฟฟ้า AC Adapter เสริม)
ชิ้นส่วนอุปกรณ์ที่สัมผัสกับร่างกาย	Type BF (ผ้าพันแขน)

หมายเหตุ

- ข้อกำหนดต่างๆ เหล่านี้อาจเปลี่ยนแปลงได้โดยไม่ต้องแจ้งให้ทราบล่วงหน้า
- เครื่องผ่านการตรวจสอบทางคลินิกตามมาตรฐาน EN ISO 81060-2: 2014 และได้มาตรฐาน EN ISO 81060-2: 2019+A1:2020+A2:2024. ในการวิจัยการตรวจสอบทางคลินิก K5 ถูกนำมาใช้กับกลุ่มตัวอย่าง 85 คนเพื่อหาความดันโลหิตช่วงหัวใจคลาย
- เครื่องวัดไม่ได้ผ่านการตรวจสอบสำหรับใช้กับผู้ป่วยที่กำลังตั้งครรภ์
- การจำแนกระดับ IP หมายถึง ระดับการป้องกันฝุ่นและน้ำตามที่ระบุในเอกสารแบบมาตรฐาน IEC 60529 ที่มีให้มา เครื่องวัดนี้และอะแดปเตอร์ AC adapter เสริมสามารถป้องกันสิ่งแปลกปลอมที่เป็นของแข็งขนาดเส้นผ่านศูนย์กลาง 12.5 มม. ขึ้นไป เช่น นิ้วมือ เครื่องวัดและอะแดปเตอร์ AC adapter เสริม HHP-CM01 และ HHP-KSM01 ได้รับการป้องกันจากน้ำไหลในแนวดิ่งที่อาจทำให้เกิดปัญหาได้ระหว่างการทำงานตามปกติ อะแดปเตอร์ AC adapter เสริม HHP-OH01 สามารถป้องกันหยดน้ำในแนวเฉียงที่อาจทำให้เกิดปัญหาระหว่างการทำงานปกติ
- ประเภทของโหมดการทำงานเป็นไปตามมาตรฐาน IEC 60601-1
- ดูรายละเอียดในหัวข้อ "UDI [8012] x.x.x" เพื่อตรวจสอบเวอร์ชันซอฟต์แวร์/เลข build; "x.x.x" อาจประกอบไปด้วยเลขชุดละ 2 ถึง 6 ตัว

1 สัญลักษณ์และข้อความบ่งบอกข้อผิดพลาดและการแก้ไขปัญหา

หากมีปัญหาใดต่อไปนี้เกิดขึ้นขณะทำการวัด ตรวจสอบให้แน่ใจว่าไม่มีอุปกรณ์ไฟฟ้าอยู่ภายในระยะ 30 ซม. จากเครื่องวัด หากยังเกิดปัญหาอยู่ให้ดูรายละเอียดตามตารางด้านล่างนี้

หน้าจอ/สัญลักษณ์	สาเหตุที่เป็นไปได้	วิธีแก้ไขปัญหา
E1 ปรากฏหรือผ้าพันแขนไม่พองตัว	ปุ่ม [START/STOP] (เริ่ม/หยุด) ถูกกดอยู่ขณะยังไม่ได้รัดผ้าพันแขน	กดปุ่ม [START/STOP] (เริ่ม/หยุด) อีกครั้งเพื่อปิดท่างานเครื่องวัด
	ข้อต่อท่อลมลมเสียบเข้ากับเครื่องวัดไม่แน่น	เสียบลูกท่อลมเข้ากับข่องต่อท่อลมให้แน่น
	วัดผ้าพันแขนไม่ถูกต้อง	วัดผ้าพันแขนอย่างถูกต้อง จากนั้นทำการวัดค่า ดูที่ส่วน 4 ของคู่มือแนะนำการใช้งาน 2
	มีลมรั่วออกจากผ้าพันแขน	เปลี่ยนผ้าพันแขนชุดใหม่ ดูที่ส่วน 10 ของคู่มือแนะนำการใช้งาน 2
E2 ปรากฏหรือไม่สามารถทำการวัดค่าได้หลังจากผ้าพันแขนพองตัว	การย้ายตำแหน่งหรือพูดคุยระหว่างการวัดจะทำให้สัญญาณไม่สามารถรัดแน่นได้อย่างเหมาะสม	นั่งนิ่งๆ และห้ามพูดคุยขณะทำการวัด หากข้อความ "E2" ปรากฏข้า ให้ปล่อยลมเข้าผ้าพันแขนด้วยตนเองจนกระทั่งความดันโลหิตด้วนสูงกว่าค่าที่วัดได้ก่อนหน้านี้ 30 มิ่ง 40 mmHg ดูที่ส่วน ท่ายของคู่มือแนะนำการใช้งาน 2
	ไม่สามารถวัดความดันโลหิตด้วนที่สูงกว่า 210 mmHg	

2 การบำรุงรักษา

2.1 การบำรุงรักษา

เพื่อป้องกันไม่ให้เครื่องวัดของคุณเกิดความเสียหาย โปรดทำตามคำแนะนำต่อไปนี้:
การปรับเปลี่ยนหรือดัดแปลงที่ไม่ได้รับการรับรองโดยผู้ผลิตจะส่งผลให้การรับประกันของผู้ใช้เป็นโมฆะ

⚠ ข้อควรระวัง

ห้ามถอดแยกหรือพยายามซ่อมแซมเครื่องวัดนี้หรือชิ้นส่วนใดๆ เนื่องจากอาจเป็นสาเหตุให้ค่าที่วัดได้ผิดพลาด

2.2 การเก็บรักษา

- เก็บเครื่องวัดและชิ้นส่วนอื่นๆ ของคุณในสถานที่สะอาดและปลอดภัย
- ค่อยๆ พับเก็บท่อลมเข้าในผ้าพันแขน หมายเหตุ: ห้ามของหรือพับท่อลมจนเกิดรอยย่น
- ห้ามเก็บเครื่องวัดและชิ้นส่วนอื่นๆ ของคุณ:
  - หากเครื่องวัดและชิ้นส่วนอื่นๆ เปียกชื้น
  - ในสถานที่ที่มีอุณหภูมิสูงหรือต่ำรุนแรง ความชื้น สั่นแดดส่องตรง ฝุ่นหรือไอระเหยที่มีฤทธิ์กัดกร่อน เช่น สารฟอกขาว
  - ในสถานที่ที่มีการสั่นไหวหรือการกระแทก

2.3 การเช็ดมอนิเตอร์

- ห้ามใช้สารทำความสะอาดแบบขัดถูหรือระเหยง่าย
- ใช้ผ้านุ่มแห้งหรือผ้านุ่มชุบสารซักฟอกชนิดอ่อน (เป็นกลาง) เช็ดท่าความสะอาดเครื่องวัดและผ้าพันแขนของคุณ จากนั้นใช้ผ้าแห้งเช็ดให้แห้ง
- ห้ามล้างหรือแช่เครื่องวัดและผ้าพันแขนหรือชิ้นส่วนอื่นๆ ในน้ำ
- ห้ามใช้น้ำมันเบนซิน ทินเนอร์หรือสารละลายอื่นๆ เช็ดทำความสะอาดเครื่องวัดและผ้าพันแขนหรือชิ้นส่วนอื่นๆ ของคุณ

2.4 การสอบเทียบและการนำเครื่องเข้ารับการซ่อม

- ความถูกต้องของเครื่องวัดความดันโลหิตนี้ผ่านการทดสอบอย่างละเอียดรอบคอบและได้รับการออกแบบให้มีอายุการใช้งานยาวนาน
- โดยทั่วไปขอแนะนำให้ตรวจสอบเครื่องมือวัดทุกๆ 2 ปีเพื่อให้มั่นใจว่ามีการทำงานเป็นปกติและถูกต้อง โปรดปรึกษาตัวแทนจำหน่าย OMRON ของคุณที่ได้รับอนุญาต หรือติดต่อไปยังศูนย์บริการลูกค้าของ OMRON ตามที่อยู่ที่ระบุไว้ในกล่องบรรจุหรือเอกสารที่มีให้มา หรือติดต่อที่เบอร์ 02-021-5555

3 ข้อกำหนดต่างๆ

ค่าอธิบายผลิตภัณฑ์	เครื่องวัดความดันโลหิตอัตโนมัติ
รุ่น	EZ Lite (HEM-7180)
หน้าจอ	หน้าจอดิจิตอล LCD
ช่วงความดันของผ้าพันแขน	0 ถึง 299 mmHg
ช่วงการวัดความดันโลหิต	SYS: 60 ถึง 260 mmHg DIA: 40 ถึง 215 mmHg
ช่วงการวัดชีพจร	40 ถึง 180 ครั้ง / นาที
ความถูกต้องแม่นยำ	ความดัน: ±3 mmHg ชีพจร: ±5% จากค่าที่อ่านได้จากหน้าจอ
วิธีการวัด	วิธีการแบบ Oscillometric
โหมดการทำงาน	การทำงานต่อเนื่อง
การจำแนกระดับ IP	เครื่องวัด: IP21 หม้อแปลงไฟฟ้า AC Adapter เสริม: IP21 (HHP-CM01, HHP-KSM01) / IP22 (HHP-OH01)
อัตรา	DC6 V 4 W
แหล่งจ่ายไฟ	แบตเตอรี่ขนาด "AA" 1.5 V 4 ก้อนหรือหม้อแปลงไฟฟ้า AC adapter เสริม (กระแสไฟเข้า 100 - 240 V 50 - 60 Hz 0.12 - 0.065 A)
อายุการใช้งานแบตเตอรี่	การวัดประมาณ 1,500 ครั้ง (ใช้แบตเตอรี่อัลคาไลน์ใหม่และปลอกแขนที่ให้มา ขึ้นอยู่กับประเภทของแบตเตอรี่และปลอกแขน)
ระยะเวลาที่ใช้งานได้ (อายุการใช้งาน)	เครื่องวัด: 5 ปีหรือเมื่อใช้งาน 30,000 ครั้ง / ผ้าพันแขน: 5 ปีหรือเมื่อใช้งาน 10,000 ครั้ง / หม้อแปลงไฟฟ้า AC Adapter เสริม: 5 ปี
เงื่อนไขการใช้งาน	+10 ถึง +40°C / 15 ถึง 90% RH (ไม่กลั่นตัว) / 800 ถึง 1060 hPa
ข้อกำหนดการเก็บรักษา / การขนส่ง	-20 ถึง +60°C / 10 ถึง 90% RH (ไม่กลั่นตัว)
น้ำหนัก	เครื่องวัด: ประมาณ 260 ก. (ไม่รวมแบตเตอรี่) ผ้าพันแขน: ประมาณ 110 ก.
ขนาด	เครื่องวัด: ประมาณ 98 มม. (กว้าง) × 79 มม. (สูง) × 138 มม. (ยาว) / ผ้าพันแขน: ประมาณ 146 มม. × 466 มม. (ท่อลม: 610 มม.)
เส้นรอบวงของผ้าพันแขนที่ใช้ร่วมกับเครื่องวัดได้	17 ถึง 42 ซม. (รวมผ้าพันแขน: 22 ถึง 32 ซม.)

4 การกำจัดทิ้งผลิตภัณฑ์นี้อย่างถูกวิธี (ของเสียอุปกรณ์ไฟฟ้าและอิเล็กทรอนิกส์)

เครื่องหมายนี้ที่ปรากฏที่ผลิตภัณฑ์หรือเอกสารกำกับใช้ระบุว่าห้ามทิ้งกับขยะครัวเรือนอื่น ๆ เมื่อหมดอายุการใช้งาน
เพื่อป้องกันอันตรายที่อาจเกิดขึ้นต่อสิ่งแวดล้อมหรือสุขภาพของผู้คนจากการกำจัดทิ้งของเสียโดยไม่มีการควบคุมอย่างเหมาะสม โปรดแยกผลิตภัณฑ์นี้ออกจากของเสียประเภทอื่นๆ และนำกลับมาใช้ใหม่อย่างรับผิดชอบเพื่อส่งเสริมการใช้ทรัพยากรซ้ำอย่างยั่งยืน
ผู้ใช้เครื่องวัดความดันโลหิตในครัวเรือนควรติดต่อร้านจำหน่ายที่ซื้อผลิตภัณฑ์นี้ หรือสำนักงานรัฐในท้องถิ่น เพื่อขอทราบรายละเอียดเกี่ยวกับสถานที่และวิธีการส่งคืนรายการนี้เพื่อนำกลับไปใช้ใหม่อย่างปลอดภัยในสภาพแวดล้อม
ผู้ใช้เครื่องวัดความดันโลหิตเพื่อธุรกิจ จะต้องติดต่อผู้จัดจำหน่ายของทั้งตรวจสอบข้อกำหนดและเงื่อนไขในสัญญาการซื้อขาย และห้ามนำผลิตภัณฑ์นี้ไปกำจัดรวมกับของเสียเพื่อการพาณิชย์อื่นๆ

5 ข้อมูลสำคัญเกี่ยวกับการรบกวนทางแม่เหล็กไฟฟ้า (EMC)

อุปกรณ์นี้ได้มาตรฐาน EN 60601-1-2:2015+A1:2021 สำหรับอุปกรณ์ที่ปล่อยคลื่นแม่เหล็กไฟฟ้า (EMC)
ตรวจสอบข้อมูลเพิ่มเติมเกี่ยวกับมาตรฐาน EMC นี้ได้ที่ https://healthcare.omron.com/electro-magnetic-compatibility
ตรวจสอบข้อมูลเกี่ยวกับ EMC สำหรับอุปกรณ์นี้ได้จากเว็บไซต์

6 คำแนะนำและคำประกาศของผู้ผลิต

- ผลิตภัณฑ์ OMRON นี้ผลิตภายใต้ระบบคุณภาพของ OMRON HEALTHCARE Co., Ltd., ญี่ปุ่น อย่างเคร่งครัด ซึ่งส่วนหลักของเครื่องวัดความดันโลหิต OMRON หรือเซ็นเซอร์วัดความดันผลิตขึ้นในประเทศญี่ปุ่น
- กรุณาแจ้งกับผู้ผลิตหรือหน่วยงานท้องถิ่นของท่านหากคุณพบเหตุการณ์ร้ายแรงใดๆ เกิดขึ้นเกี่ยวกับอุปกรณ์นี้

OMR

IM1-HEM-7180-AP-01-06/2024
3150317-0B

OMRON

Máy đo huyết áp tự động

Mẫu **EZ Lite (HEM-7180)**

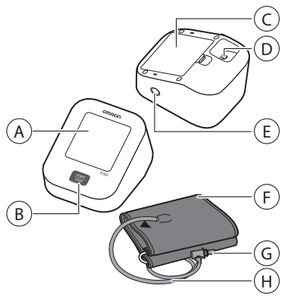
Tiếng Việt

Hướng dẫn sử dụng 1: An toàn và thông tin khác

Để biết thông tin về các biểu tượng, hãy tham khảo phần "Mô tả biểu tượng".

Intelli™ sense

CE 0197



- (A) **Màn hình**
- (B) **Nút [START/STOP] (Khởi động/dừng lại)**
- (C) **Khoang chứa pin**
- (D) **Giắc cắm bộ chuyển đổi AC**
- (E) **Ô cắm ống khí**
- (F) **Vòng bít**
- (G) **Phích cắm ống khí**
- (H) **Ống khí**

Giới thiệu

Cảm ơn bạn đã mua Máy đo huyết áp tự động OMRON. Huyết áp kế này sử dụng phương pháp dao động để đo huyết áp. Điều này có nghĩa là máy đo huyết áp này sẽ phát hiện chuyển động của máu thông qua động mạch cánh tay và chuyển đổi các chuyển động này thành kết quả đo kỹ thuật số.

Hướng dẫn an toàn

Hướng dẫn sử dụng này cung cấp cho bạn thông tin quan trọng về Máy đo huyết áp tự động OMRON. Để đảm bảo sử dụng máy đo huyết áp này an toàn và đúng cách, hãy ĐỌC và HIỂU tất cả các hướng dẫn sau đây. **Nếu bạn không hiểu các hướng dẫn này hoặc có bất kỳ câu hỏi nào, hãy liên hệ với đại diện OMRON tại địa phương trước khi thử sử dụng máy đo huyết áp này. Để biết thông tin cụ thể về huyết áp của bản thân, hãy tham khảo ý kiến bác sĩ của bạn.**

Mục đích sử dụng

Mục đích dự kiến

Thiết bị này là máy theo dõi kỹ thuật số dùng để đo huyết áp và nhịp tim của bệnh nhân là người lớn trưởng thành. Thiết bị này phát hiện được sự xuất hiện của nhịp tim bất thường trong quá trình đo và chỉ báo điều này thông qua một biểu tượng cùng kết quả đo.

Bệnh nhân dự kiến

Đối tượng bệnh nhân người lớn

Người dùng dự kiến

Người lớn (có thể bao gồm chính bệnh nhân) có thể hiểu được hướng dẫn sử dụng này.

Lợi ích lâm sàng

Huyết áp của bệnh nhân có thể được đo không xâm lấn và đơn giản tại nhà.

Loại sử dụng

Máy đo huyết áp này được thiết kế để sử dụng nhiều lần cho nhiều bệnh nhân.

Hạn chế

Chu vi cánh tay của bệnh nhân phải từ 17 - 42 cm.

Chỉ định

Thiết bị này được sử dụng bởi những người khỏe mạnh, bệnh nhân tăng huyết áp, bệnh nhân có ý thức về sức khỏe trong các hộ gia đình nói chung, cho mục đích đo huyết áp và nhịp tim.

Kiểm tra nghiệm thu

Lấy máy đo huyết áp này và các bộ phận khác ra khỏi bao bì và kiểm tra xem có bị hư hỏng không. Nếu máy đo huyết áp này hoặc bất kỳ bộ phận nào khác bị hư hỏng, KHÔNG ĐƯỢC SỬ DỤNG và hãy tham khảo ý kiến từ đại diện OMRON tại địa phương.

Thông tin an toàn quan trọng

Đọc Thông tin an toàn quan trọng trong hướng dẫn sử dụng này trước khi dùng máy đo huyết áp. Tuân thủ hoàn toàn theo hướng dẫn sử dụng này vì sự an toàn của bạn.
Giữ lại để tham khảo về sau. **Để biết thông tin cụ thể về huyết áp của bản thân, hãy tham khảo ý kiến bác sĩ của bạn.**

Chống chỉ định

- KHÔNG ĐƯỢC sử dụng máy đo huyết áp này trên cánh tay bị thương hoặc đang điều trị y tế.
- KHÔNG ĐƯỢC quấn vòng bít khi đang truyền nhỏ giọt tĩnh mạch hoặc truyền máu.
- KHÔNG ĐƯỢC sử dụng máy đo huyết áp này cho trẻ sơ sinh, trẻ mới biết đi, trẻ nhỏ hoặc những người không có khả năng biểu đạt.

Tác dụng phụ

- Tiến hành đo thường xuyên hơn mức cần thiết có thể gây bầm tím do cản trợ lưu thông dòng máu.
- Bơm hơi lên một mức áp suất cao hơn mức cần thiết có thể dẫn đến bầm tím cánh tay ở vị trí quấn vòng bít. GHI CHÚ: tham khảo "Nếu áp suất tâm thu của bạn cao hơn 210 mmHg" ở phần cuối của hướng dẫn sử dụng 2 để biết thêm thông tin.
- Ngừng sử dụng máy đo huyết áp này và tham khảo ý kiến bác sĩ nếu bạn cảm thấy kích ứng hoặc khó chịu trên da.

⚠ Cảnh báo **Chỉ ra một tình huống có khả năng nguy hiểm, nếu không tránh, có thể gây ra tử vong hay chấn thương nghiêm trọng.**

- KHÔNG ĐƯỢC điều chỉnh thuốc (bao gồm thay thế việc sử dụng bất kì loại thuốc hoặc phương thức điều trị nào) dựa trên kết quả đo từ máy đo huyết áp này. Dùng thuốc theo chỉ định của bác sĩ. CHỈ bác sĩ mới được phép chẩn đoán và điều trị chứng cao huyết áp và các bệnh liên quan đến tim.
- TUYỆT ĐỐI KHÔNG tự chẩn đoán hoặc điều trị dựa trên kết quả đo. LUÔN tham khảo ý kiến bác sĩ của bạn.
- Nếu bạn đang gặp bất kỳ triệu chứng hay mối lo ngại gì, hãy liên hệ với bác sĩ.
- KHÔNG ĐƯỢC trì hoãn/dừng việc kiểm tra sức khỏe định kỳ hoặc thăm khám bác sĩ dựa trên kết quả bạn nhận được từ máy đo huyết áp này.
- KHÔNG ĐƯỢC sử dụng máy đo huyết áp này trong các khu vực chứa thiết bị phẫu thuật tần số cao (HF), thiết bị chụp cộng hưởng từ (MRI), máy chụp cắt lớp vi tính (CT). Điều này có thể gây ra hoạt động không bình thường của máy đo huyết áp và/hoặc khiến kết quả đo không còn chính xác.
- KHÔNG sử dụng máy đo huyết áp này trong môi trường giàu oxy hoặc gần khí dễ cháy.
- Tham khảo ý kiến bác sĩ trước khi sử dụng máy đo huyết áp này nếu bạn bị chứng rối loạn nhịp tim thông thường như ngoại tâm thu thất hoặc ngoại tâm thu nhĩ hoặc rung nhĩ; xơ cứng động mạch; truyền máu kém; tiểu đường; mang thai; tiền sản giật hoặc bệnh thận. LƯU Ý rằng triệu chứng bất kỳ đã nêu cùng với động tác của bệnh nhân, run rẩy hoặc rung động có thể ảnh hưởng đến kết quả đo.
- Để tránh bị tai nạn, hãy để ống khí và dây bộ chuyển điện xoay chiều ra xa khỏi tầm tay của trẻ sơ sinh, trẻ mới biết đi và trẻ nhỏ.
- Sản phẩm này có chứa các bộ phận nhỏ có thể gây nguy hiểm nghẹt thở nếu để trẻ sơ sinh, trẻ mới biết đi và trẻ nhỏ nuốt phải.

Thao tác và sử dụng bộ cấm điện trực tiếp (phụ kiện tùy chọn)

- KHÔNG ĐƯỢC sử dụng bộ chuyển điện xoay chiều nếu máy đo huyết áp này hoặc dây dẫn bộ chuyển điện xoay chiều bị hư hỏng. Nếu máy đo huyết áp này hoặc dây dẫn bị hỏng, hãy tắt ngay nguồn và rút phích cắm bộ chuyển điện xoay chiều.
- Cắm bộ chuyển điện xoay chiều vào ổ cắm điện áp thích hợp. KHÔNG ĐƯỢC dùng ổ cắm nhiều chấu.
- TUYỆT ĐỐI KHÔNG cắm hoặc rút bộ chuyển điện xoay chiều khỏi ổ cắm điện bằng tay ướt.
- KHÔNG ĐƯỢC tháo rời hoặc cố gắng sửa chữa bộ chuyển điện xoay chiều.

Thao tác và sử dụng pin

- Để pin xa tầm tay của trẻ sơ sinh, trẻ mới biết đi và trẻ nhỏ.

⚠ Thận trọng **Chỉ ra một tình huống có khả năng nguy hiểm, nếu không tránh, có thể gây ra chấn thương nhẹ hay trung bình cho người sử dụng hay bệnh nhân, hay gây hư tổn cho thiết bị hay tài sản khác.**

- Tham khảo ý kiến bác sĩ trước khi sử dụng máy đo huyết áp này trên cánh tay đang điều trị nội mạch, có đường nội mạch hay cầu nối động tĩnh mạch (AV) bởi sự cản trở tạm thời dòng lưu thông của máu có thể dẫn đến thương tổn.
- Tham khảo ý kiến bác sĩ trước khi sử dụng máy đo huyết áp này nếu bạn đã phẫu thuật cắt bỏ vú hoặc hạch bạch huyết.
- Tham khảo ý kiến bác sĩ trước khi sử dụng máy đo huyết áp này nếu bạn có vấn đề nghiêm trọng về lưu thông máu hoặc rối loạn máu vì vòng bít được bơm khi có thể gây ra vết bầm tím.
- CHỈ bơm khí cho vòng bít khi vòng bít được quấn trên bắp tay.
- Tháo vòng bít nếu vòng bít không bắt đầu xả hơi trong khi đo.
- KHÔNG ĐƯỢC sử dụng máy đo huyết áp này cho bất kỳ mục đích nào khác ngoài đo huyết áp.
- Trong quá trình đo, hãy đảm bảo rằng không có thiết bị di động hoặc bất kỳ thiết bị điện nào khác phát ra trường điện từ nằm trong khoảng cách 30 cm tính từ máy đo huyết áp này. Điều này có thể khiến máy đo huyết áp hoạt động không bình thường và/hoặc khiến kết quả đo không còn chính xác.
- KHÔNG ĐƯỢC tháo rời hoặc cố gắng sửa chữa máy đo huyết áp này hoặc các bộ phận khác. Điều này có thể khiến kết quả đo không còn chính xác.
- KHÔNG ĐƯỢC sử dụng ở nơi có độ ẩm hoặc có nguy cơ nước bắn vào máy đo huyết áp này.
- KHÔNG ĐƯỢC sử dụng máy đo huyết áp này khi đang di chuyển trên các phương tiện như xe hơi hoặc máy bay.
- KHÔNG ĐƯỢC làm rơi hoặc khiến máy đo huyết áp này bị chấn động hoặc rung động.
- KHÔNG ĐƯỢC sử dụng máy đo huyết áp này ở những nơi có độ ẩm cao hoặc thấp, cũng như ở nhiệt độ cao hoặc thấp. Tham khảo phần 3.
- Trong quá trình đo, quan sát cánh tay để đảm bảo rằng máy đo huyết áp không gây cản trở tình trạng lưu thông máu quá lâu.
- KHÔNG ĐƯỢC sử dụng máy đo huyết áp này đồng thời với các thiết bị điện y tế (ME) khác. Điều này có thể gây ra hoạt động không bình thường của các thiết bị và/hoặc khiến kết quả đo không còn chính xác.
- Tránh tắm, uống rượu hoặc caffeine, hút thuốc, tập thể dục và ăn ít nhất 30 phút trước khi tiến hành đo.
- Nghỉ ngơi ít nhất 5 phút trước khi tiến hành đo.
- Cởi bỏ quần áo bó sát hoặc dày khỏi cánh tay trong khi tiến hành đo.
- Không cử động và KHÔNG ĐƯỢC nói chuyện trong khi tiến hành đo.
- CHỈ sử dụng vòng bít bắp tay cho những người có chu vi cánh tay nằm trong phạm vi chỉ định của vòng bít.
- Hãy đảm bảo rằng máy đo huyết áp này đã thích nghi với nhiệt độ phòng trước khi tiến hành đo. Tiến hành đo sau khi xảy ra tình trạng thay đổi nhiệt độ quá lớn có thể khiến kết quả đo không còn chính xác. Bạn nên đợi khoảng 2 giờ để máy đo huyết áp tăng nhiệt hoặc hạ nhiệt khi được sử dụng trong một môi trường nằm trong khoảng nhiệt độ được chỉ định theo điều kiện vận hành sau khi được bảo quản ở nhiệt độ bảo quản tối đa hoặc tối thiểu. Để biết thêm thông tin về nhiệt độ vận hành và bảo quản / vận chuyển, tham khảo phần 3.
- Không cử động và KHÔNG ĐƯỢC nói chuyện trong khi tiến hành đo. Tham khảo phần 3.
- KHÔNG ĐƯỢC gấp vòng bít hoặc ống khí quá mức.
- KHÔNG ĐƯỢC gập hoặc xoắn ống khí trong khi tiến hành đo. Điều này có thể gây ra thương tổn do cản trở đường lưu thông của dòng máu.
- Để tháo đầu nối ống khí, hãy kéo nút nhựa bịt khí ở đế ống chứ không được kéo ống.
- CHỈ sử dụng bộ chuyển điện xoay chiều, vòng bít bắp tay, pin và phụ kiện được chỉ định cho máy đo huyết áp này. Việc sử dụng bộ chuyển điện xoay chiều AC, vòng bít và pin không được hỗ trợ có thể làm hư hỏng và/hoặc có thể gây nguy hại cho máy đo huyết áp này.
- CHỈ sử dụng vòng bít được chấp thuận cho máy đo huyết áp này. Sử dụng vòng bít khác có thể khiến kết quả đo không còn chính xác.
- Đọc và làm theo hướng dẫn trong "Thải bỏ sản phẩm này đúng cách" ở phần 4 khi thải bỏ thiết bị và bất kỳ phụ kiện hay bộ phận tùy chọn nào đã qua sử dụng.

Thao tác và sử dụng bộ cấm điện trực tiếp (phụ kiện tùy chọn)

- Cắm bộ chuyển điện xoay chiều vào ổ cắm.
- Khi rút bộ chuyển điện xoay chiều khỏi ổ cắm, đảm bảo rút bộ chuyển điện xoay chiều ra một cách an toàn. KHÔNG ĐƯỢC kéo dây dẫn bộ chuyển điện xoay chiều.
- Khi thao tác với dây dẫn bộ chuyển điện xoay chiều: Không được làm hư hỏng dây dẫn. / Không được làm đứt dây dẫn. / Không được sửa chữa dây dẫn. / KHÔNG ĐƯỢC kẹp dây dẫn. / Không được uốn hoặc kéo dây dẫn. / Không được làm xoắn dây dẫn. / KHÔNG ĐƯỢC sử dụng nếu dây dẫn bị rối thành một bó. / KHÔNG ĐƯỢC đặt dây dẫn dưới các vật nặng.
- Lau sạch bụi khỏi bộ chuyển điện xoay chiều.
- Rút phích cắm bộ chuyển điện xoay chiều khi không sử dụng.
- Rút phích cắm bộ chuyển điện xoay chiều trước khi vệ sinh máy đo huyết áp này.

Thao tác và sử dụng pin

- KHÔNG ĐƯỢC lắp pin sai cực.
- CHỈ dùng 4 viên pin alkaline hoặc mangan với máy đo huyết áp này. KHÔNG ĐƯỢC dùng các loại pin khác. KHÔNG ĐƯỢC dùng kết hợp pin mới và pin đã sử dụng. KHÔNG ĐƯỢC dùng kết hợp các nhãn hiệu pin khác nhau.
- Tháo pin nếu không sử dụng máy đo huyết áp này trong thời gian dài.
- Nếu bị chất lỏng của pin bắn vào mắt, hãy rửa ngay bằng nhiều nước sạch. Tham khảo ngay ý kiến bác sĩ của bạn.
- Nếu chất lỏng của pin dính vào da, hãy rửa ngay lập tức bằng nhiều nước sạch và ấm. Nếu vẫn cảm thấy kích ứng, thương tổn hoặc đau đớn, hãy tham khảo ý kiến bác sĩ của bạn.
- KHÔNG ĐƯỢC sử dụng pin sau ngày hết hạn.
- Kiểm tra định kỳ pin để đảm bảo pin ở trong tình trạng hoạt động tốt.

Thông báo chung

- Để dừng đo, hãy nhấn nút [START/STOP] (Khởi động/dừng lại) trong khi tiến hành đo.
- Khi bạn tiến hành đo trên cánh tay phải, cần để ống khí ở bên cạnh khuỷu tay của bạn. Cần thận không đặt tay lên ống khí.



- Huyết áp có thể khác nhau giữa cánh tay phải và cánh tay trái, vì vậy có thể dẫn đến giá trị đo khác nhau. Luôn tiến hành đo trên cùng một cánh tay. Nếu giá trị đo giữa hai cánh tay khác nhau đáng kể, hãy tham khảo ý kiến bác sĩ của bạn về việc chọn cánh tay nào để đo.
- Khi sử dụng bộ chuyển điện xoay chiều tùy chọn, hãy đảm bảo bạn không đặt máy đo huyết áp ở vị trí khó cắm và rút phích cắm bộ chuyển điện xoay chiều.

Thao tác và sử dụng pin

- Việc thải bỏ pin đã sử dụng phải được thực hiện theo quy định của địa phương.
- Tuổi thọ của pin được cung cấp có thể ngắn hơn pin mới.
- Việc thay pin sẽ không xóa các kết quả đo trước đó.

1 Tín hiệu báo lỗi và xử lý sự cố

Nếu bất kỳ vấn đề nào dưới đây xảy ra trong quá trình đo, hãy kiểm tra để đảm bảo rằng không có thiết bị điện nào khác nằm trong phạm vi 30 cm tính từ máy đo huyết áp. Nếu sự cố vẫn tiếp diễn, hãy tham khảo bảng bên dưới.

Hiển thị/Vấn đề	Nguyên nhân có thể	Giải pháp
E1 hiện lên hoặc vòng bít không căng lên.	Nút [START/STOP] (Khởi động/dừng lại) được nhấn khi chưa đeo vòng bít.	Nhấn nút [START/STOP] (Khởi động/dừng lại) lần nữa để tắt máy đo huyết áp.
	Đầu nối ống khí chưa được lắp chặt vào máy đo huyết áp.	Lắp chặt đầu nối ống khí.
	Vòng bít không được quấn đúng cách.	Quấn vòng bít đúng cách rồi tiến hành lần đo khác. Tham khảo phần 4 của hướng dẫn sử dụng 2.
	Khí bị rò từ vòng bít.	Thay vòng bít mới. Tham khảo phần 10 của hướng dẫn sử dụng 2.
E2 hiện lên hoặc không hoàn thành được lần đo sau khi vòng bít bơm khí.	Bạn cử động hoặc nói chuyện trong quá trình đo khiến vòng bít chưa bơm khí đủ mức.	Không cử động và không nói chuyện trong quá trình đo. Nếu biểu tượng "E2" hiện lên liên tục, hãy bơm hơi vòng bít cho đến khi áp suất tâm thu cao hơn từ 30 đến 40 mmHg so với kết quả đo trước đó của bạn. Tham khảo phần phần cuối của hướng dẫn sử dụng 2.
	Áp suất tâm thu trên 210 mmHg và không thể tiến hành đo.	
E3 hiện lên	Vòng bít được bơm hơi vượt quá áp suất tối đa cho phép.	Không chạm vào vòng bít và/hoặc uốn ống khí trong khi tiến hành đo. Trong trường hợp bơm căng vòng bít thủ công, tham khảo phần cuối của hướng dẫn sử dụng 2.
E4 hiện lên	Cử động hoặc nói chuyện trong khi đo sẽ tạo ra rung động làm gián đoạn quá trình đo.	Không cử động và không nói chuyện trong quá trình đo.
E5 hiện lên	Nhịp tim không được đo chính xác.	Quấn vòng bít đúng cách rồi tiến hành lần đo khác. Tham khảo phần 4 của hướng dẫn sử dụng 2. Không cử động và ngồi đúng tư thế trong quá trình đo.
Er hiện lên	Màn hình bị trục trặc.	Nhấn nút [START/STOP] (Khởi động/dừng lại) lần nữa. Nếu biểu tượng "Er" vẫn hiện lên, hãy liên hệ với đại lý bán lẻ hoặc nhà phân phối OMRON của bạn.
hiện lên	Nhịp tim không được đo chính xác.	Quấn vòng bít đúng cách rồi tiến hành lần đo khác. Tham khảo phần 4 của hướng dẫn sử dụng 2. Không cử động và ngồi đúng tư thế trong quá trình đo. Nếu biểu tượng nhịp tim bất thường "" liên tục xuất hiện, bạn nên tham khảo ý kiến bác sĩ.
/ hiện lên		
không nhấp nháy trong quá trình đo		
nhấp nháy	Pin yếu.	Khuyến nghị thay thế cả 4 pin bằng pin mới. Tham khảo phần 3 của hướng dẫn sử dụng 2.
và hiện lên hoặc máy đo huyết áp bị tắt đột ngột trong quá trình đo.	Hết pin.	Thay ngay cả 4 pin bằng pin mới. Tham khảo phần 3 của hướng dẫn sử dụng 2.
Không có gì hiện lên trên màn hình của máy đo huyết áp.	Lắp pin sai cực.	Kiểm tra tình trạng lắp pin để lắp cho phù hợp. Tham khảo phần 3 của hướng dẫn sử dụng 2.
Kết quả đo hiện lên quá cao hoặc quá thấp.	Huyết áp thay đổi liên tục. Nhiều yếu tố bao gồm căng thẳng, thời gian trong ngày và/hoặc cách bạn quấn vòng bít có thể ảnh hưởng đến huyết áp của bạn. Xem lại phần 2, 4 và 5 của hướng dẫn sử dụng 2.	
Xảy ra bất kỳ vấn đề nào khác.	Nhấn nút [START/STOP] (Khởi động/dừng lại) để tắt máy đo huyết áp, sau đó nhấn lại để tiến hành đo. Nếu vấn đề tiếp tục xảy ra, hãy tháo tất cả pin và đợi trong 30 giây. Sau đó lắp lại pin. Nếu vấn đề vẫn tiếp diễn, hãy liên hệ với đại lý bán lẻ hoặc nhà phân phối OMRON của bạn.	

2 Bảo trì

2.1 Bảo trì

Để bảo vệ máy đo huyết áp của bạn khỏi bị hư hại, hãy làm theo các hướng dẫn bên dưới:
Những thay đổi hoặc sửa đổi không được nhà sản xuất chấp thuận sẽ làm mất hiệu lực bảo hành của người dùng.

⚠ Thận trọng
KHÔNG ĐƯỢC tháo rời hoặc cố gắng sửa chữa máy đo huyết áp này hoặc các bộ phận khác. Điều này có thể khiến kết quả đo không còn chính xác.

2.2 Bảo quản

- Bảo quản máy đo huyết áp và các bộ phận khác ở một vị trí sạch sẽ, an toàn.
- Nhẹ nhàng gấp ống khí vào vòng bít. Ghi chú: Không uốn cong hoặc gập ống khí quá mức.
- Không bảo quản máy đo huyết áp và các bộ phận khác:
  - Nếu máy đo huyết áp và các bộ phận khác bị ướt.
  - Ở những nơi tiếp xúc với nhiệt độ cao, độ ẩm, ánh sáng mặt trời trực tiếp, bụi hoặc có hơi ăn mòn như thuốc tẩy.
  - Ở những nơi tiếp xúc với rung động hoặc chấn động.

2.3 Vệ sinh máy đo

- Không sử dụng bất kỳ chất tẩy rửa nào có tính ăn mòn hoặc dễ bay hơi.
- Sử dụng miếng vải khô mềm hoặc miếng vải mềm được làm ẩm bằng chất tẩy nhẹ (trung tính) để lau sạch máy đo huyết áp và vòng bít, sau đó lau lại bằng vải khô.
- Không rửa hoặc nhúng máy đo huyết áp và vòng bít hoặc các thành phần khác vào nước.
- Không sử dụng xăng, chất pha loãng hoặc dung môi tương tự để lau máy đo huyết áp và vòng bít hoặc các bộ phận khác.

2.4 Hiệu chuẩn và bảo dưỡng

- Độ chính xác của máy đo huyết áp này đã được thử nghiệm cẩn thận và được thiết kế để có tuổi thọ lâu dài.
- Thông thường nên kiểm tra thiết bị hai năm một lần để đảm bảo tình trạng hoạt động bình thường và độ chính xác của thiết bị. Vui lòng tham khảo ý kiến đại lý ủy quyền của OMRON hoặc Dịch vụ khách hàng của OMRON theo địa chỉ được ghi trên bao bì hoặc tài liệu đi kèm.

3 Thông số

Mô tả sản phẩm	Máy đo huyết áp tự động
Mẫu	EZ Lite (HEM-7180)
Màn hình	Màn hình số LCD
Phạm vi áp suất vòng bít	0 - 299 mmHg
Phạm vi đo huyết áp	SYS: 60 - 260 mmHg DIA: 40 - 215 mmHg
Phạm vi đo mạch	40 - 180 nhịp / phút.
Độ chính xác	Huyết áp: ±3 mmHg Nhịp tim: ± 5% kết quả đo trên màn hình
Phương pháp đo	Phương pháp dao động
Chế độ vận hành	Vận hành liên tục
Phân loại IP	Máy theo dõi: IP21 Bộ chuyển điện xoay chiều tùy chọn: IP21 (HHP-CM01, HHP-KSM01) / IP22 (HHP-OH01)
Định mức	DC6 V 4 W
Nguồn điện	4 pin "AA" 1,5 V hoặc bộ chuyển điện xoay chiều tùy chọn (DÒNG XOAY CHIỀU ĐẦU VÀO 100 - 240 V 50 - 60 Hz 0,12 - 0,065 A)
Tuổi thọ pin	Xấp xỉ 1.500 lần đo (Sử dụng pin alkaline mới và vòng bít đi kèm. Tùy thuộc vào loại pin và vòng bít.)
Độ bền sản phẩm (tuổi thọ sử dụng)	Máy theo dõi: 5 năm hoặc sử dụng đạt đến 30.000 lần. / Vòng bít: 5 năm hoặc sử dụng đạt đến 10.000 lần. / Bộ chuyển điện xoay chiều tùy chọn: 5 năm
Điều kiện vận hành	+10 - +40°C / 15 - 90% RH (không ngưng tụ) / 800 - 1060 hPa
Điều kiện bảo quản / vận chuyển	-20 - +60°C / 10 - 90% RH (không ngưng tụ)
Trọng lượng	Máy theo dõi: xấp xỉ 260 g (không bao gồm pin) Vòng bít: xấp xỉ 110 g
Kích thước	Máy theo dõi: xấp xỉ 98 mm (R) × 79 mm (C) × 138 mm (D) / Vòng bít: xấp xỉ 146 mm × 466 mm (ống khí: 610 mm)
Chu vi vòng bít có thể áp dụng cho máy đo huyết áp	17 đến 42 cm (có vòng bít: 22 đến 32 cm)
Bộ nhớ	Lưu trữ tới 1 kết quả đo
Các chi tiết	Máy đo huyết áp, vòng bít (HEM-CR24), 4 pin "AA", hướng dẫn sử dụng 1 và 2, thẻ bảo hành
Chống giật điện	Thiết bị điện y tế ME cấp điện bên trong (khi chỉ sử dụng pin) Thiết bị điện y tế ME Cấp II (khi sử dụng bộ chuyển điện xoay chiều tùy chọn)
Bộ phận ứng dụng	Loại BF (vòng bít)

Ghi chú

- Các thông số này có thể thay đổi mà không cần thông báo trước.
- Máy đo huyết áp này được nghiên cứu lâm sàng theo yêu cầu của EN ISO 81060-2:2014, đồng thời tuân thủ theo EN ISO 81060-2:2019+A1:2020+A2:2024. Trong nghiên cứu kiểm chứng lâm sàng, K5 được sử dụng trên 85 đối tượng để xác định huyết áp tâm trương.
- Máy đo huyết áp này chưa được chứng nhận để sử dụng cho bệnh nhân mang thai.
- Phân loại IP là mức độ bảo vệ được cung cấp bởi các vỏ bọc theo tiêu chuẩn IEC 60529. Máy đo huyết áp này và bộ chuyển điện xoay chiều tùy chọn được bảo vệ chống lại các vật thể lạ có đường kính 12,5 mm trở lên như ngón tay. Máy đo huyết áp này và bộ chuyển điện xoay chiều tùy chọn HHP-CM01 và HHP-KSM01 được bảo vệ chống lại giọt nước rơi thẳng đứng có thể gây ra sự cố trong quá trình hoạt động bình thường. Bộ chuyển điện xoay chiều tùy chọn HHP-OH01 được bảo vệ chống lại giọt nước rơi thẳng đứng có thể gây ra sự cố trong quá trình hoạt động bình thường.
- Chế độ vận hành được phân loại theo IEC 60601-1.
- Vui lòng tham khảo "UDI [8012] x.x.x" để biết phiên bản phần mềm/số bản dựng; "x.x.x" có thể bao gồm một bộ từ 2 đến 6 số.

4 Thải bỏ sản phẩm này đúng cách (Rác thải là thiết bị điện & điện tử)



Dấu này xuất hiện trên sản phẩm hoặc tài liệu sản phẩm, biểu thị rằng không được thải bỏ sản phẩm cùng với các chất thải gia đình khác khi hết tuổi thọ hoạt động.
Để ngăn chặn tác hại có thể đến môi trường hoặc sức khỏe con người từ việc xử lý chất thải không được kiểm soát, vui lòng tách riêng sản phẩm này khỏi các loại chất thải khác và tái chế một cách có trách nhiệm để thúc đẩy việc tái sử dụng bền vững các nguồn nguyên liệu.
Người dùng hộ gia đình nên liên hệ với nhà bán lẻ nơi họ mua sản phẩm này hoặc văn phòng chính quyền địa phương để biết chi tiết về địa điểm và cách thức trả lại sản phẩm này để tái chế theo phương pháp an toàn với môi trường.
Người dùng doanh nghiệp nên liên hệ với nhà cung cấp và kiểm tra các điều khoản và điều kiện của hợp đồng mua bán. Sản phẩm này không được trộn lẫn với chất thải thương mại khác để thải bỏ.

5 Thông tin quan trọng về tính tương thích điện từ (EMC)

Thiết bị này tuân theo tiêu chuẩn Tương thích điện từ (EMC) EN 60601-1-2:2015+A1:2021.
Các tài liệu khác phù hợp với tiêu chuẩn EMC này được cung cấp tại
https://healthcare.omron.com/electro-magnetic-compatibility
Tham khảo thông tin EMC cho thiết bị này trên trang web.

6 Hướng dẫn và tuyên bố của nhà sản xuất

- Sản phẩm OMRON này được sản xuất theo hệ thống chất lượng nghiêm ngặt của OMRON HEALTHCARE Co., Ltd., Nhật Bản. Bộ phận cốt lõi của huyết áp kế OMRON là cảm biến áp suất được sản xuất tại Nhật Bản.
- Vui lòng báo cáo cho nhà sản xuất và cơ quan chính quyền nơi tổ chức của bạn được thành lập về bất kỳ sự cố nghiêm trọng nào xảy ra liên quan đến thiết bị này.

OMRON

Pemantau Tekanan Darah Automatik

Model **EZ Lite (HEM-7180)**

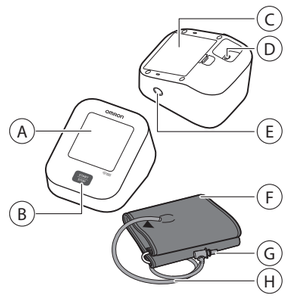
Bahasa Melayu

Manual Arahan 1: Keselamatan dan Maklumat Lain

Untuk maklumat simbol, rujuk bahagian "Penerangan Simbol".

Intelli™ sense

CE 0197



- (A) **Paparan**
- (B) **Butang [START/STOP] (MULA / BERHENTI)**
- (C) **Peti bateri**
- (D) **Soket penyesuai AC**
- (E) **Jack udara**
- (F) **Kaf lengan**
- (G) **Palam udara**
- (H) **Tiub udara**

Pengenalan

Terima kasih kerana membeli OMRON Pemantau tekanan darah automatik. Pemantau tekanan darah ini menggunakan kaedah pengukuran tekanan darah osilometrik. Ini bererti pemantau ini mengesan pergerakan darah melalui arteri brakium dan menukar pergerakan ini kepada bacaan digital.

Arahan Keselamatan

Manual arahan ini memberi anda maklumat penting tentang OMRON Pemantau tekanan darah automatik. Untuk memastikan bahawa pemantau ini digunakan secara selamat dan betul, BACA dan FAHAMI kesemua arahan. **Jika anda tidak faham arahan ini atau ada apa-apa pertanyaan, hubungi wakil OMRON tempatan anda sebelum cuba menggunakan pemantau ini. Untuk mendapatkan maklumat khusus tentang tekanan darah anda, sila rujuk doktor anda.**

Tujuan Penggunaan

Tujuan Dicadangkan

Peranti ini adalah pemantau digital yang bertujuan untuk mengukur tekanan darah dan kecepatan denyut dalam kalangan khalayak pesakit dewasa. Peranti ini mengesan sekiranya terdapat degupan jantung yang tidak sekata semasa pengukuran dan menunjukkan perkara ini melalui simbol dengan hasil pengukuran.

Pesakit Dicadangkan

Populasi pesakit dewasa

Pengguna Dicadangkan

Populasi dewasa (mungkin termasuk pesakit sendiri) yang boleh memahami manual arahan ini.

Manfaat Klinikal

Tekanan darah pesakit boleh diukur secara bukan invasif dan hanya dalam persekitaran di rumah.

Jenis Penggunaan

Pemantau dimaksudkan untuk berbilang penggunaan bagi berbilang pesakit.

Pengehadan

Ukuran lilitan lengan pesakit mestilah 17 - 42 cm.

Penunjuk

Peranti ini untuk digunakan oleh individu yang sihat, pesakit dengan hipertensi, pesakit dengan individu yang mementingkan kesihatan, dalam situasi di rumah secara umum bagi mengukur tekanan darah dan kadar nadi.

Penerimaan dan Pemeriksaan

Keluarkan pemantau ini dan komponen lain daripada bungkusan dan periksa untuk melihat sama ada terdapat kerosakan. Jika pemantau ini atau komponen lain rosak, JANGAN GUNA dan rujuk wakil OMRON tempatan anda.

Maklumat Keselamatan Penting

Baca Maklumat Keselamatan Penting dalam manual arahan ini sebelum menggunakan pemantau ini. Ikuti manual arahan ini sepenuhnya demi keselamatan anda.
Simpan untuk rujukan pada masa hadapan. **Untuk mendapatkan maklumat khusus tentang tekanan darah anda, sila rujuk doktor anda.**

Kontrapenunjukan

- JANGAN guna pemantau ini pada lengan yang tercedera atau lengan yang digunakan untuk menjalani rawatan perubatan.
- JANGAN guna kaf lengan ini pada lengan anda semasa terdapat drip intravenus atau yang sedang menjalani transfusi darah.
- JANGAN guna pemantau ini pada bayi, kanak-kanak kecil, kanak-kanak atau individu yang tidak dapat melahirkan perasaan mereka.

Kesan Sampingan

- Mengambil ukuran lebih kerap daripada perlu boleh mengakibatkan lebam akibat gangguan aliran darah.
- Mengepam kepada tekanan yang lebih tinggi daripada yang perlu boleh mengakibatkan lebam pada lengan di tempat kaf tersebut dipakai. CATATAN: rujuk "Jika tekanan sistolik anda lebih daripada 210 mmHg" pada hujung manual arahan 2 ini untuk mendapatkan maklumat lanjut.
- Berhenti menggunakan pemantau ini dan rujuk pada doktor anda jika anda mengalami kerengsaan kulit atau rasa tidak selesa.

⚠ Amaran **Menunjukkan keadaan yang berpotensi menimbulkan bahaya yang boleh mengakibatkan kematian atau kecederaan serius jika tidak dielakkan.**

- JANGAN laraskan ubat (termasuk melaraskan penggunaan apa-apa ubat atau rawatan) berdasarkan bacaan daripada pemantau tekanan darah. Ambil ubat sebagaimana yang diarahkan oleh doktor anda. HANYA doktor sahaja yang layak melakukan diagnosis dan merawat tekanan darah tinggi dan penyakit yang berkaitan dengan jantung.
- JANGAN SEKALI-KALI melakukan diagnosis atau merawat diri anda sendiri berdasarkan bacaan anda. SENTIASA rujuk pada doktor anda.
- Jika anda mengalami apa-apa simptom atau kebimbangan, sila rujuk doktor anda.
- JANGAN tanggguhkan/hentikan pemeriksaan atau lawatan doktor berkala berdasarkan hasil yang anda dapat daripada pemantau ini.
- JANGAN guna pemantau ini di kawasan yang mengandungi peralatan pembedahan frekuensi tinggi (HF), peralatan pengimejan resonans magnetik (MRI), pengimbas tomografi berkomputer (CT). Ini boleh mengakibatkan peranti ini beroperasi secara tidak betul dan/atau mengakibatkan bacaan yang tidak tepat.
- JANGAN guna pemantau ini dalam persekitaran yang kaya oksigen atau hampir dengan gas mudah terbakar.
- Rujuk doktor anda sebelum menggunakan pemantau ini jika anda menghidap aritmia biasa seperti degupan pramatang atrium atau ventrikular atau pemfibrilan atrium; sklerosis arteri; perfusi lemah; diabetes; kehamilan; pra-eklampsia atau pen

Paparan/ Masalah	Kemungkinan Punca	Penyelesaian
E2 muncul atau pengukuran tidak boleh dilengkapkan selepas kaf lengan mengembang.	Bergerak atau bercakap semasa ukuran diambil dan kaf lengan tidak mengembang secukupnya.	Jangan bergerak dan jangan bercakap semasa mengambil ukuran. Jika "E2" muncul secara berulangan, kembangkan kaf lengan secara manual sehingga tekanan sistolik ialah 30 hingga 40 mmHg lebih daripada bacaan anda sebelum ini. Rujuk hujung manual arahan 2.
	Tekanan sistolik lebih tinggi daripada 210 mmHg dan ukuran tidak boleh diambil.	
E3 muncul	Kaf lengan dikembangkan melebihi tekanan maksimum yang dibenarkan.	Jangan sentuh kaf lengan dan/atau membengkokkan tiub udara semasa mengambil ukuran. Jika mengembangkan kaf lengan secara manual, rujuk hujung manual arahan 2.
E4 muncul	Bergerak atau bercakap semasa ukuran diambil menyebabkan getaran yang mengganggu pengukuran.	Jangan bergerak dan jangan bercakap semasa mengambil ukuran.
E5 muncul	Kadar nadi tidak dikesan dengan betul.	Pakai kaf lengan dengan betul, kemudian ambil ukuran sekali lagi. Rujuk bahagian 4 manual arahan 2. Jangan bergerak dan duduk dengan betul semasa mengambil ukuran.
Er muncul	Pemantau salah fungsi.	Tekan butang Butang [START/STOP] (MULA/ BERHENTI) sekali lagi. If "Er"masih muncul, hubungi wakil saluran keluar atau pengedar runcit OMRON anda.
muncul	Kadar nadi tidak dikesan dengan betul.	Pakai kaf lengan dengan betul, kemudian ambil ukuran sekali lagi. Rujuk bahagian 4 manual arahan 2. Jangan bergerak dan duduk dengan betul semasa mengambil ukuran. Jika simbol denyutan jantung tak teratur " " muncul secara berterusan, anda disarankan untuk rujuk doktor anda.
/ muncul		
tidak berkelip semasa ukuran diambil		
berkelip	Bateri rendah.	Menggantikan kesemua 4 bateri dengan yang baharu disyorkan. Rujuk bahagian 3 manual arahan 2.
dan muncul, atau pemantau dimatikan di luar jangkaan semasa membuat ukuran.	Bateri telah habis.	Serta-merta ganti kesemua 4 bateri dengan yang baharu. Rujuk bahagian 3 manual arahan 2.
Tiada apa-apa pada paparan pemantau.	Kutub bateri tidak disejajarkan dengan betul.	Periksa pemasangan bateri untuk memastikan bateri telah ditempatkan dengan betul. Rujuk bahagian 3 manual arahan 2.
Bacaan kelihatan terlalu tinggi atau terlalu rendah.	Tekanan darah sentiasa berubah-ubah. Banyak faktor termasuk stres, masa dalam sehari, dan/atau bagaimana anda memakai kaf lengan, boleh mempengaruhi tekanan darah anda. Rujuk bahagian 2, 4 dan 5 manual arahan 2.	
Apa-apa masalah lain yang berlaku.	Tekan butang Butang [START/STOP] (MULA / BERHENTI) untuk mematikan pemantau, kemudian tekan sekali lagi untuk mengambil ukuran. Jika masalah ini berterusan, tanggalkan bateri dan tunggu 30 saat. Kemudian pasang kembali bateri. Jika masalah masih berterusan, hubungi saluran keluar atau pengedar OMRON anda.	

2 Penyelenggaraan

2.1 Penyelenggaraan

Untuk melindungi pemantau anda daripada rosak, ikuti arahan di bawah:
Perubahan atau pengubahsuaian yang tidak dibuluskan oleh pengilang akan membatalkan waranti pengguna.

⚠ Langkah Berjaga-jaga

JANGAN merungkai atau cuba membaiki pemantau ini atau komponen lain. Ini boleh mengakibatkan bacaan yang tidak tepat.

2.2 Penyimpanan

- Simpan pemantau anda dan komponen lain di tempat yang bersih dan selamat.
- Lipat tiub udara secara lembut ke dalam kaf lengan. Jangan bengkokkan atau renyukkan tiub udara secara berlebihan.
- Jangan simpan pemantau anda dan komponen lain:
  - Jika pemantau dan komponen yang lain basah.
  - Di lokasi yang terdedah kepada suhu ekstrem, kelembapan, sinar matahari langsung, debu atau wap mengkakis seperti peluntur.
  - Di tempat yang terdedah kepada getaran dan kejutan.

2.3 Mengelap Pemantau

- Jangan guna pencuci yang melelas atau mudah meruap.
- Guna kain yang kering dan lembut atau kain lembut yang dilembapkan dengan detergen lembut (neutral) untuk mengelap pemantau dan kaf lengan anda, dan kemudian lap dengan kain yang kering.
- Jangan basuh atau rendam pemantau dan kaf lengan anda atau komponen lain di dalam air.
- Jangan guna gasolin, pencair atau pelarut yang serupa untuk mengelap pemantau dan kaf lengan atau komponen yang lain.

2.4 Penentukuran dan Perkhidmatan

- Ketepatan pemantau tekanan darah ini telah diuji dengan teliti dan direka bentuk untuk jangka hayat yang panjang.
- Umumnya disarankan agar unit diperiksa setiap dua tahun untuk memastikan fungsi dan ketepatan yang betul. Sila rujuk pengedar OMRON anda yang sah atau Perkhidmatan Pelanggan OMRON di alamat yang tertera pada bungkusan atau lampiran yang dilampirkan.

3 Spesifikasi

Keterangan produk	Pemantau tekanan darah automatik
Model	EZ Lite (HEM-7180)
Paparan	Paparan digital LCD
Julat tekanan kaf	0 hingga 299 mmHg
Julat ukuran tekanan darah	SISTOLIK: 60 hingga 260 mmHg DIASTOLIK: 40 hingga 215 mmHg
Julat ukuran nadi	40 hingga 180 degupan / min.
Ketepatan	Tekanan: ±3 mmHg Denyutan: ±5% bacaan paparan
Kaedah pengukuran	Kaedah Osilometrik
Mod operasi	Operasi berterusan
Klasifikasi IP	Alat Pengawas: IP21 Penyesuai AC pilihan: IP21 (HHP-CM01, HHP-KSM01) / IP22 (HHP-OH01)
Penarafan	DC6 V 4 W
Sumber kuasa	4 bateri "AA" 1.5 V atau penyesuai AC pilihan (INPUT AC 100 - 240 V 50 - 60 Hz 0.12 - 0.065 A)
Hayat bateri	Kira-kira 1500 ukuran (Menggunakan bateri alkali dan kaf lengan baharu yang disertakan. Bergantung pada jenis bateri dan kaf lengan.)
Tempoh ketahanan (hayat perkhidmatan)	Alat Pengawas: 5 tahun atau masa apabila mencapai penggunaan sebanyak 30000 kali. / Kaf: 5 tahun atau masa apabila mencapai penggunaan sebanyak 10000 kali. / Penyesuai AC pilihan: 5 tahun
Keadaan operasi	+10 hingga +40°C / 15 hingga 90% RH (tidak memeluwap) / 800 hingga 1060 hPa
Keadaan penyimpanan / pengangkutan	-20 hingga +60°C / 10 hingga 90% RH (tidak memeluwap)
Berat	Alat Pengawas: kira-kira 260 g (tidak termasuk bateri) Kaf lengan: kira-kira 110 g
Dimensi	Alat Pengawas: kira-kira 98 mm (L) × 79 mm (T) × 138 mm (P) / Kaf lengan: kira-kira 146 mm × 466 mm (tiub udara: 610 mm)
Ukur lilit kaf bagi pemantau ini	17 hingga 42 cm (termasuk kaf lengan: 22 hingga 32 cm)
Memori	Menyimpan sehingga 1 bacaan
Kandungan	Pemantau, kaf lengan, (HEM-CR24) 4 bateri "AA", Manual Arahan 1 dan 2, dan kad waranti
Perlindungan daripada kejutan elektrik	Peralatan ME dikuasakan secara dalaman (apabila hanya menggunakan bateri) Peralatan ME Kelas II (apabila menggunakan penyesuai AC pilihan)
Bahagian terpakai	Jenis BF (kaf lengan)

Perhatian

- Spesifikasi ini boleh berubah tanpa notis.
- Pemantau ini dikaji secara klinikal mengikut keperluan EN ISO 81060-2:2014 dan mematuhi EN ISO 81060-2:2019+A1:2020 +A2:2024. Dalam kajian pengesahan klinikal ini, K5 telah digunakan pada 85 subjek bagi menentukan tekanan darah diastolik.
- Pemantau ini tidak disahkan untuk penggunaan pada pesakit yang mengandung.
- Pengelasan IP ialah darjah perlindungan yang diberikan oleh kelongsong menurut IEC 60529. Monitor dan penyesuai AC pilihan dilindungi daripada objek asing yang keras dengan diameter 12.5 mm seperti jari atau sesuatu yang lebih besar. Pemantau dan penyesuai AC pilihan HHP-CM01 dan HHP-KSM01 dilindungi daripada air yang jatuh secara menegak yang boleh mengakibatkan masalah semasa operasi biasa. Penyesuai AC pilihan HHP-OH01 dilindungi daripada air yang jatuh secara menyerong yang boleh mengakibatkan masalah semasa operasi biasa.
- Mod operasi ialah pengelasan yang mematuhi IEC 60601-1.
- Sila rujuk "UDI [8012] x.x.x" untuk versi perisian/nombor binaan, "x.x.x" mungkin termasuk set 2 hingga 6 nombor.

4 Pelupusan Tepat Produk Ini (Sisa Peralatan Elektrik & Elektronik)

Tanda ini yang dipamerkan pada produk atau risalahnya, mengisyaratkan bahawa ia tidak boleh dilupuskan, dengan sisa isi rumah lain pada penghujung hayat penggunaannya.
Untuk mencegah bahaya kepada alam sekitar atau kesihatan manusia daripada pembuangan sisa buangan yang tidak terkawal, sila asingkan produk ini daripada sisa buangan lain dan kitar semula dengan bertanggungjawab untuk menggalakkan penggunaan semula yang mampan bagi sumber bahan.
Pengguna rumah perlu menghubungi peruncit di mana mereka membeli produk ini atau pejabat kerajaan tempatan untuk maklumat mengenai di mana dan bagaimana mereka boleh menghantar alat ini untuk dikitar semula dengan selamat.
Pengguna perniagaan hendaklah menghubungi pembekal mereka dan menyemak terma dan syarat kontrak pembelian berkaitan.
Produk ini tidak boleh dicampur dengan sisa komersial lain untuk pelupusan.

5 Maklumat penting tentang Keserasian Elektromagnet (EMC)

Peranti ini mematuhi standard Keserasian Elektromagnetik (EMC) EN 60601-1-2:2015+A1:2021.
Dokumentasi lanjut berlandaskan standard EMC ini boleh didapati di https://healthcare.omron.com/electro-magnetic-compatibility
Rujuk pada maklumat EMC untuk peranti ini di laman web ini.

6 Panduan dan Pengisytiharan Pengilang

- Produk OMRON ini dikeluarkan di bawah sistem kualiti OMRON HEALTHCARE Co., Ltd., Japan, yang ketat. Komponen Teras pemantau tekanan darah OMRON ini, iaitu Sensor Tekanan, dikeluarkan di Jepun.
- Sila laporkan kepada pengilang dan pihak berkuasa kawal selia tempat anda menetap tentang apa-apa kejadian serius yang telah berlaku berhubung peranti ini.

Symbols Description

KO 기호 설명 | VI Mô tả các biểu tượng
TH คำอธิบายสัญลักษณ์ | MS Penerangan Simbol
ID Deskripsi Simbol

	Applied part - Type BF Degree of protection against electric shock (leakage current) 적용 부품 - BF 타입 감전 방지 등급(누전) **ชิ้นส่วนอุปกรณ์ที่สัมผัสกับร่างกาย - Type BF ระดับการป้องกันไฟดูด (กระแสไฟรั่ว)** Komponen yang diterapkan - Type BF Degree perlindungan dari sengatan listrik (arus kebocoran) Bộ phận ứng dụng - Loại BF Mức bảo vệ chống lại sốc điện (dòng điện rò rỉ) Bahagian digunakan - Darjah perlindungan daripada kejutan elektrik (kebocoran arus) Jenis BF
	Class II equipment. Protection against electric shock 클래스 II 기기. 감전 방지 **อุปกรณ์ Class II การป้องกันไฟดูด** Peralatan Kelas II. Perlindungan dari sengatan listrik Thiết bị điện y tế Cấp II. Chống giật điện Peralatan Kelas II Perlindungan daripada kejutan elektrik
IP XX	**Ingress protection degree provided by IEC 60529** IEC 60529에 따른 IP(방수, 방진) 등급 **ระดับการป้องกันน้ำและกันฝุ่น มาตรฐาน IEC 60529** Derajat perlindungan masuk yang disediakan oleh IEC 60529 Mức độ bảo vệ chống xâm nhập theo chuẩn IEC 60529 Tahap perlindungan ingres yang disediakan oleh IEC 60529
CE	**CE Marking** CE 표시 **ได้รับเครื่องหมายรับรองมาตรฐานความปลอดภัยของสหภาพยุโรป** Penanda CE Đánh dấu CE Tanda CE
SN	**Serial number** 시리얼 번호 **หมายเลขอุปกรณ์** Nomor seri Số sê-ri Nombor siri
UDI	**Unique device identifier** 고유한 기기 식별자 **รหัสเฉพาะสำหรับอุปกรณ์** Pengidentifikasi perangkat unik Mã định danh thiết bị duy nhất Pengecam peranti unik
MD	**Medical device** 의료 기기 **อุปกรณ์ทางการแพทย์** Perangkat medis Thiết bị y tế Peranti perubatan
	Temperature limitation 온도 제한 **ข้อจำกัดด้านอุณหภูมิ** Batasan suhu Giới hạn nhiệt độ Had suhu
	Humidity limitation 습도 제한 **ข้อจำกัดด้านความชื้น** Batasan kelembapan Giới hạn độ ẩm Had kelembapan
	Atmospheric pressure limitation 기압 제한 **ข้อจำกัดเกี่ยวกับความดันบรรยากาศ** Batasan tekanan atmosferis Giới hạn áp suất khí quyển Had tekanan atmosfera
	Indication of connector polarity 연결 장치 극성 표시 **การระบุขั้วต่อ** Indikasi polaritas konektor Dấu hiệu phân cực đầu nối Penunjuk kekutuban penyambung
	For indoor use only 실내 사용 전용 **สำหรับใช้ภายในบ้านเท่านั้น** Hanya untuk penggunaan di dalam ruangan Chỉ dùng trong nhà Untuk kegunaan dalam bangunan sahaja
	Identifier of cuffs compatible for the device 기기와 호환되는 커프 식별자 **รหัสผ้าพันแขนที่ใช้กับอุปกรณ์ได้** Pengenal manset yang kompatibel untuk perangkat Xác định vòng bít tương thích cho thiết bị Pengecam kaf yang serasi untuk peranti
ART.	**Artery mark** 동맥 표시 **สัญลักษณ์ที่ใช้ระบุตำแหน่งของหลอดเลือดแดง** Tanda arteri Dấu động mạch Tanda arteri
	Arm circumference 팔 둘레 **เส้นรอบวงแขน** Lingkar lengan Chu vi cánh tay Lilitan lengan
	Need for the user to consult this instruction manual 사용자가 본 사용설명서를 참고할 필요성 **ผู้ใช้ต้องอ่านคู่มือแนะนำการใช้งานนี้** Perlunya bagi pengguna untuk berkonsultasi dengan buku petunjuk ini Người dùng cần tham khảo hướng dẫn sử dụng này Keperluan untuk pengguna merujuk pada manual arahan ini
	Need for the user to follow this instruction manual thoroughly for your safety. (Background: blue) 안전을 위해 본 사용설명서를 철저히 따라야 합니다. (배경: 파란색) **เพื่อความปลอดภัย ผู้ใช้ต้องทำตามคู่มือแนะนำการใช้งานนี้โดยเคร่งครัด (พื้นหลัง: สีน้ำเงิน)** Kebutuhan bagi pengguna untuk mengikuti buku petunjuk ini secara menyeluruh demi keselamatan Anda. (Latar belakang: biru) Người dùng cần tuân theo hướng dẫn sử dụng này cẩn thận vì sự an toàn của bản thân. (Nền: xanh biển) Keperluan untuk pengguna mengikuti manual arahan ini sepenuhnya demi keselamatan anda. (Latar belakang: biru)
	Direct current 직류 **กระแสไฟตรง** Arus langsung Dòng điện một chiều Arus terus
	Alternating current 교류 **กระแสไฟสลับ** Arus bolak-balik Dòng điện xoay chiều Arus ulang alik
	Date of manufacture 제조 일자 **วันที่ผลิต** Tanggal manufaktur Ngày sản xuất Tarikh pembuatan
	Efficiency level of power supply 전원 공급 효율성 수준 **ระดับประสิทธิภาพของแหล่งจ่ายไฟ** Tingkat efisiensi catu daya Mức hiệu quả năng lượng của nguồn điện Tahap kecekapan bekalan kuasa
	Prohibited action 금기 사항 **ข้อห้าม** Tindakan terlarang Hành động bị cấm Tindakan yang dilarang
Cuff is not made with Natural Rubber Latex	**Not made with natural rubber latex** 천연 고무 라텍스로 만들어지지 않았습니다 **ไม่ได้ทำจากน้ำยางธรรมชาติ** Tidak dibuat dengan lateks karet alam Không được chế tạo từ mủ cao su thiên nhiên Tidak diperbuat daripada lateks getah asli
LATEX FREE	
Intelli sense	**OMRON's trademarked technology for blood pressure measurement** 오므론에서 상표 등록한 혈압 측정 기술 **เทคโนโลยีที่มีเครื่องหมายการค้า OMRON สำหรับการวัดความดันโลหิต** Teknologi bermerek dagang OMRON untuk pengukuran tekanan darah Công nghệ đo huyết áp thương hiệu OMRON Teknologi bertanda dagangan OMRON untuk mengukur tekanan darah
	Cuff positioning indicator for the left arm 왼팔용 커프 측정 자세 가이드 **ตัวแสดงตำแหน่งผ้าพันแขนสำหรับแขนข้างซ้าย** Indikator pemosisian manset untuk lengan kiri Đèn chỉ báo định vị vòng bít cho cánh tay trái Penunjuk penentu kedudukan kaf untuk lengan kiri
INDEX	**Range pointer and brachial artery alignment position** 범위 포인터 및 상완동맥 조정 위치 **ตัวบ่งชี้ขอบเขตและตำแหน่งของหลอดเลือดแดงที่แขน** Penunjuk rentang dan posisi penyejajaran arteri brakial Kim chỉ phạm vi và vị trí căn chỉnh động mạch cánh tay Julat penuding dan kedudukan penjajaran arteri brakial
MAX RANGE MIN MIN RANGE MAX	**Range indicator of arm circumferences to help selection of the correct cuff size** 정확한 소매 크기를 선택하는 데 도움이 되는 팔 둘레의 범위 지시계 **ตัวบ่งชี้ช่วงของขนาดรอบแขน เพื่อช่วยในการเลือกขนาดปลอกแขนที่ถูกต้อง** Indikator rentang lingkar lengan untuk membantu pemilihan ukuran manset yang tepat Kim chỉ phạm vi của chu vi vòng cánh tay để chọn được kích cỡ vòng bít phù hợp Julat penunjuk lilitan lengan untuk membantu pemilihan saiz kaf yang betul
LOT	**LOT number** LOT 번호 หมายเลข LOT Nomor LOT Số LOT Nombor LOT
	RCM compliance mark, which indicates compliance with electrical safety, EMC, EME & telecommunications requirements in Australia and New Zealand, as applicable to the product. RCM 준수 표시는 제품에 적용되는 호주 및 뉴질랜드의 전기 안전, EMC, EME, 통신 요건 등을 준수함을 나타냅니다. **เครื่องหมายการปฏิบัติตามกฎระเบียบ RCM ซึ่งระบุการปฏิบัติตามข้อกำหนดด้านความปลอดภัยทางไฟฟ้า ข้อกำหนดข้อมูลสำคัญเกี่ยวกับการรบกวนทางแม่เหล็กไฟฟ้า (ElectroMagnetic Compatibility - EMC) ข้อกำหนด EME และข้อกำหนดด้านโทรคมนาคมในออสเตรเลียและนิวซีแลนด์ที่มีผลบังคับใช้กับผลิตภัณฑ์** Tanda kepatuhan RCM, yang menunjukkan kepatuhan dengan keselamatan listrik, EMC, EME & persyaratan telekomunikasi di Australia dan Selandia Baru, sebagaimana berlaku untuk produk. Dấu tuân thủ RCM, biểu thị sự tuân thủ các yêu cầu về an toàn điện, EMC, EME & viễn thông tại Úc và New Zealand nếu áp dụng cho sản phẩm. Tanda pematuhan RCM, yang menunjukkan pematuhan kepada keperluan keselamatan elektrik, EMC, EME & telekomunikasi di Australia dan New Zealand, sebagaimana yang terpakai untuk produk ini.

	KC mark KC 표시 **เครื่องหมาย KC** Tanda KC Dấu KC Tanda KC
	SMPS (Switch mode power supply unit) SMPS (스위치 모드의 전원 공급 장치) **สวิทชิ่งเพาเวอร์ซัพพลาย (SMPS (Switch mode power supply unit))** SMPS (Unit catu daya mode switch) SMPS (Bộ nguồn chuyển mạch) SMPS (Unit bekalan kuasa mod suis)
	SMPS incorporating a short-circuit-proof safety isolating transformer (inherently or non-inherently) 단락 보증 안전 절연 변압기가 포함된 SMPS (내장형 또는 비내장형) **SMPS ที่มีหม้อแปลงแบบแยกขดที่ป้องกันไฟฟ้าลัดวงจรได้ (ไม่ว่าจะมีในตัวหรือไม่ก็ตาม)** SMPS yang berisi trafo isolasi pengaman yang tahan terhadap hubungan pendek (secara inheren atau non-inheren) SMPS tích hợp máy biến áp cách ly chống ngắn mạch (có sẵn hoặc không có sẵn) SMPS menggabungkan pengubah pemencil keselamatan kalis litar pintas (secara inheren atau tidak inheren)
	Recycling mark 재활용 표시 **เครื่องหมายรีไซเคิล** Tanda daur ulang Dấu tái chế Tanda kitar semula
REF	**Catalogue number** 카탈로그 번호 **หมายเลขแคตาล็อก** Nomor katalog Số mục lục Nombor katalog

Ngày phát hành:
Tarikh Keluaran: 2024-12-02

OMRON

IM2-HEM-7180-AP-01-06/2024
3150318-8B

Automatic Blood Pressure Monitor
오므론 자동전자혈압계
เครื่องวัดความดันโลหิตอัตโนมัติ
Monitor Tekanan Darah Otomatis
Máy đo huyết áp tự động
Pemantau Tekanan Darah Automatik

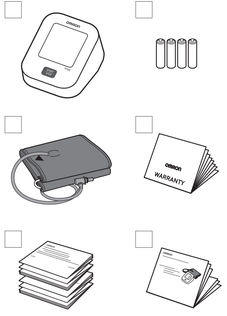
Model **EZ Lite (HEM-7180)**



Intelli sense™

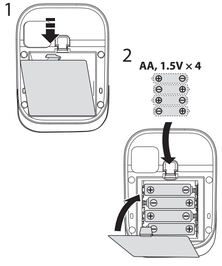
1 Package Contents

KO 구성품
TH อุปกรณ์ที่ให้มาในกล่อง
ID Isi Kemasan
VI Các chi tiết trong bao bì
MS Kandungan Bungkusan



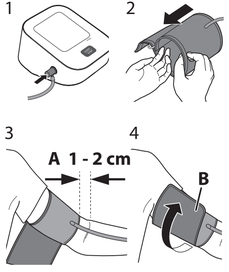
3 Inserting Batteries

KO 배터리 끼우기
TH การใส่แบตเตอรี่
ID Memasukkan Baterai
VI Lắp pin
MS Memasukkan Bateri



4 Applying the Arm Cuff

KO 상완 커프 감기
TH การใช้ผ้าพันแขน
ID Memasang Manset
VI Sử dụng túi hơi buộc cánh tay
MS Menggunakan Kuf Lengan



A. Tube side of the cuff should be 1 - 2 cm above the inside of your elbow.
B. Make sure that the air tube is on the inside of your arm and wrap the cuff securely so it can no longer slip round.

A. 팔꿈치 안 쪽의 접히는 부분에서 1 - 2cm 간격을 두고 감아줍니다.
B. 에어튜브는 팔 안쪽의 중앙에 위치시키며 단단히 고정합니다.

A. ด้านท่อลมของผ้าพันแขนควรอยู่สูงกว่าด้านในข้อศอก 1 - 2 ซม.
B. ตรวจสอบว่าท่อลมอยู่บนแขนด้านในและพันผ้าพันแขนให้แน่นเพื่อไม่ให้เลื่อนไปมา

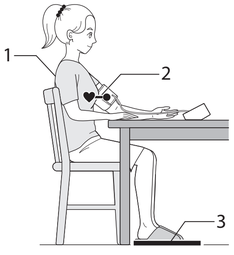
A. Sisi tabung manset harus berada 1 - 2 cm di atas siku bagian dalam Anda.
B. Pastikan selang udara berada di bagian dalam lengan, lalu bungkus manset dengan aman agar tidak tergelincir.

A. Mặt ống của vòng bít phải cao hơn mặt trong khuỷu tay 1 - 2 cm.
B. Đảm bảo rằng ống khí nằm ở mặt trong cánh tay của bạn và quấn chặt vòng bít để không bị trượt ra.

A. Bahagian tiub kaf hendaklah 1 - 2 cm di atas bahagian dalam siku anda.
B. Pastikan tiub udara di sebelah dalam lengan anda dan balut kaf dengan ketat supaya ia tidak lagi bergerak.

5 Sitting Correctly

KO 올바른 자세 확인
TH การนั่งในท่าที่ถูกต้อง
ID Duduk dengan Benar
VI Ngồi đúng tư thế
MS Duduk dengan Betul



Relax and sit comfortably. Remain still and do not talk.
1. Keep your back and arm supported.
2. Keep the arm cuff at the same level as your heart.
3. Keep your feet flat and your legs uncrossed.

편안하게 앉아 움직일 적하세요. 움직이거나 말을 하지 말아주십시오.
1. 등과 팔을 받쳐진 상태로 유지합니다.
2. 커프는 심장과 같은 높이에 유지해야 합니다.
3. 발을 평평하게 유지하고 다리를 꼬지 마세요.

นั่งผ่อนคลาย นั่งนิ่ง ๆ อย่าพูดคุย
1. เอนหลังและหาที่วางแขน
2. ผ้าพันแขนควรอยู่ระดับเดียวกับหัวใจของคุณ
3. วางเท้าราบกับพื้นและอย่านั่งไขว่ห้าง

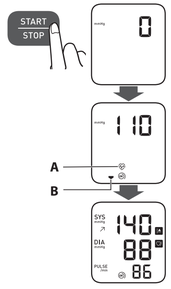
Bersantai dan duduk dengan nyaman. Tetap diam dan jangan bicara.
1. Tetap topang punggung dan lengan Anda.
2. Letakkan manset dengan ketinggian yang sama sesuai jantung Anda.
3. Kaki Anda harus tetap rata dan kaki Anda tidak menyilang.

Thư giãn và ngồi thoải mái. Không cử động và không nói chuyện.
1. Tựa lưng và cánh tay.
2. Giữ cho vòng bít nằm ngang tim.
3. Giữ bàn chân nằm phẳng và không bắt chéo chân.

Tenangkan diri dan duduk dengan selesa. Jangan bergerak dan jangan bercakap.
1. Pastikan bahagian belakang dan lengan anda disokong.
2. Pastikan kaf lengan pada paras yang sama dengan jantung anda.
3. Pastikan tapak kaki anda rata dan kaki tidak disilangkan.

6 Taking a Measurement

KO 측정하기
TH การทำการวัด
ID Melakukan Pengukuran
VI Tiến hành đo
MS Mengambil Ukuran



1. Press the [START/STOP] button.
A: Flashes at every heartbeat.
B: Appears while the cuff is deflating.
2. The reading is saved automatically.

1. [START/STOP] (시작 / 정지) 버튼을 누르십시오.
A: 모든 심장 박동에 맞춰 깜박입니다.
B: 커프가 수축하는 동안 나타납니다.
2. 판독값은 자동으로 저장됩니다.

1. กดปุ่ม ปุ่ม [START/STOP] (เริ่ม/หยุด)
A: กระพริบทุกจังหวะเต้นของหัวใจ
B: ปรากฏขึ้นขณะที่ผ้าพันแขนกำลังคลายออก
2. ค่าที่อ่านจะถูกบันทึกไว้อัตโนมัติ

1. Tekan kembali tombol [START/STOP] (mulai/berhenti).
A: Berkedip di setiap detak jantung.
B: Muncul saat manset mengempis.
2. Hasil disimpan otomatis.

1. Nhấn Nút [START/STOP] (Khởi động/dừng lại).
A: Nhấp nháy theo từng nhịp tim.
B: Hiện lên khi vòng bít đang xì khí.
2. Kết quả đo sẽ được lưu tự động.

1. Tekan butang Butang [START/STOP] (MULA / BERHENTI).
A: Berkelip dengan setiap denyutan jantung.
B: Muncul semasa deflasi kaf.
2. Bacaan disimpan secara automatik.

Instruction Manual 2: Operational Instructions

KO 사용설명서 2: 작동 지침
TH คู่มือแนะนำการใช้งาน 2: คำแนะนำในการใช้งาน
ID Buku Petunjuk 2: Petunjuk Operasional
VI Hướng dẫn sử dụng 2: Hướng dẫn vận hành
MS Manual Arahan 2: Arahan Operasi

Read Instruction Manual 1 and 2 before use.
사용하기 전에 사용 설명서 1과 2 를 읽어 주세요.
อ่านคู่มือแนะนำการใช้งาน 1 และ 2 ก่อนใช้งาน
Baca Buku Petunjuk 1 dan 2 sebelum digunakan.
Đọc Hướng dẫn sử dụng 1 và 2 trước khi dùng.
Baca Manual Arahan 1 dan 2 sebelum guna.

2 Preparing for a Measurement

KO 측정 준비
TH การเตรียมความพร้อมในการวัด
ID Persiapan untuk Pengukuran
VI Chuẩn bị tiến hành đo
MS Persediaan untuk Membuat Ukuran

30 minutes before
측정 30 분 전 주의사항
30 นาทีก่อนการวัด
30 menit sebelumnya
30 phút trước khi đo
30 minit sebelumnya



5 minutes before: Relax and rest.
측정 5 분 전 : 안정된 상태를 취합니다.
5 นาทีก่อนการวัด: ผ่อนคลายและรักษาท่าที่สบาย
5 menit sebelumnya: Rileks dan istirahat.
5 phút trước khi đo: Thư giãn và nghỉ ngơi.
5 minit sebelumnya: Bertenang dan berehat.



Error messages or other problems? Refer to:
에러 메세지나 다른 문제가 있는 경우에는 사용설명서 1 의 1 를 참조하여 주세요.
สัญลักษณ์และข้อความบ่งบอกข้อผิดพลาดหรือปัญหาอื่นๆ โปรดดูที่:



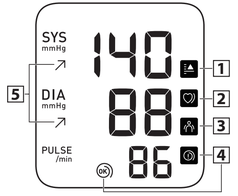
Pesan kesalahan atau masalah lain? Lihat:
Thông báo lỗi hoặc vấn đề khác? Tham khảo:
Mesej ralat atau masalah lain? Rujuk kepada:



Instruction Manual 1
사용 설명서 1, คู่มือแนะนำการใช้งาน 1

7 Checking Readings

KO 측정값 확인
TH การตรวจสอบค่าที่วัดได้
ID Mengecek hasil pengukuran
VI Kiểm tra kết quả đo
MS Memeriksa Bacaan



1 **Appears if "SYS" is 135 mmHg or above and/or "DIA" is 85 mmHg* or above.** *최고혈압(SYS)"이 135mmHg 이상 또는 *최저혈압(DIA)"이 85mmHg* 이상이면 표시됩니다. ดัชนีภาพนำปรากฏขึ้นเมื่อค่าความดันตัวบน "SYS" เท่ากับหรือมากกว่า 135 mmHg และค่าความดันตัวล่าง "DIA" เท่ากับหรือมากกว่า 85 mmHg*	Muncul jika "SYS" lebih tinggi dari 135 mmHg dan/atau "DIA" lebih tinggi dari 85 mmHg*. Hiện lên nếu "SYS" (huyết áp tâm thu) có giá trị 135 mmHg trở lên và/hoặc "DIA" (huyết áp tâm trương) có giá trị 85 mmHg* trở lên.	Muncul jika bacaan "SYS" 135 mmHg atau lebih tinggi dan/atau "DIA" 85 mmHg* atau lebih tinggi.
2 **Appears when an irregular rhythm** is detected during a measurement. If it continues to appear, consulting with your physician is recommended.** 측정 중에 불규칙 맥파**가 감지되는 경우에 표시됩니다. 증상이 계속되면 의사와 상담하는 것이 좋습니다.	ปรากฏเมื่อตรวจจับจังหวะการเต้นผิดปกติ** ขณะทำการวัดความดันหากยังแสดงผลอยู่แนะนำให้ปรึกษาแพทย์	Hiện lên khi phát hiện nhịp không đều** trong quá trình đo. Nếu biểu tượng này vẫn tiếp tục xuất hiện, hãy tham khảo ý kiến bác sĩ.
	Muncul saat irama jantung tak beraturan** terdeteksi selama pengukuran. Jika terus muncul, sebaiknya konsultasikan dengan dokter Anda.	Muncul apabila rentak tidak sekata** dikesan semasa pengukuran. Jika muncul secara berterusan, anda disarankan untuk berunding dengan doktor anda.

3 **Alerts you of any body movement that will affect the blood pressure readings.** **Appears in the arm cuff, wait 2 - 3 minutes and try again.** 혈압 판독값에 영향을 줄 수 있는 신체 움직임을 알려줍니다. 커프를 부기고, 2~3분 기다린 다음 다시 시도하십시오.	แจ้งเตือนว่ามีการเคลื่อนไหวร่างกายที่ส่งผลต่อการอ่านค่าความดันโลหิต ถอดผ้าพันแขนออก รอ 2-3 นาทีแล้วลองอีกครั้ง	Cảnh báo cho bạn khi có bất kỳ chuyển động cơ thể nào gây ảnh hưởng đến việc đọc kết quả huyết áp. Thảo vòng bít, đợi 2 - 3 phút và thử lại. Memberikan makluman kepada anda jika terdapat gerakan tubuh yang akan mempengaruhi hasil pengukuran tekanan darah. Lepaskan manset dari lengan, tunggu 2-3 menit, lalu coba lagi.	Memberi peringatan kepada Anda jika terdapat gerakan tubuh yang akan mempengaruhi hasil pengukuran tekanan darah. Tanggalkan kaf lengan, tunggu 2-3 minit dan cuba lagi.
4 **The cuff is tight enough.** 커프를 올바른 세기로 착용한 경우에 표시. ผ้าพันแขนพ่อง่แน่นเพียงพอ Manset sudah cukup kencang. Vòng bít đủ chặt. Kaf cukup ketat.	**4** **Apply the cuff again MORE TIGHTLY.** 커프를 느슨하게 착용한 경우에 표시. พันผ้าพันแขนอีกครั้งให้แน่นกว่าเดิม Pasang ulang manset dengan LEBIH KENCANG. Buộc lại vòng bít CHẶT HƠN.	Pakai kaf sekali lagi dengan LEBIH KETAT.
5 **Appears when your systolic and/or diastolic blood pressure readings are higher than the previous readings.** 수축기 및/또는 이완기 혈압 판독값이 이전 판독값보다 높을 때 표시. ปรากฏขึ้นเมื่อความดันตัวบนและ/หรือความดันตัวล่างอ่านค่าได้สูงกว่าค่าครั้งก่อนหน้า	Muncul ketika pembacaan tekanan darah sistolik dan/atau diastolik Anda lebih tinggi dari pembacaan sebelumnya. Hiện lên khi kết quả huyết áp tâm thu và/hoặc huyết áp tâm trương của bạn cao hơn kết quả trước đó. Muncul apabila bacaan tekanan darah sistolik dan/atau diastolik lebih tinggi daripada bacaan sebelumnya.	

*** The high blood pressure definition is based on the 2023 ESH Guideline.**
**** An irregular heartbeat rhythm is defined as a rhythm that is 25 % less or 25 % more than the average rhythm detected while your monitor is measuring blood pressure.**

*고혈압의 정의는 2023 ESH 지침을 토대로 합니다.
** 불규칙한 심박동 리듬은 혈압계로 혈압을 측정하는 동안 감지되는 평균 리듬보다 25% 미만이거나 25% 를 초과하는 리듬으로 정의합니다.

* ค่าจำกัดความความดันโลหิตสูงอิงตามเกณฑ์ 2023 ESH Guideline
** ภาวะหัวใจเต้นผิดปกติคือการที่จังหวะการเต้นน้อยหรือมากกว่าค่าเฉลี่ยที่พบ 25% ขณะที่คุณทำการวัดความดันโลหิต

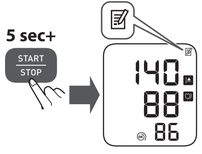
* Definisi tekanan darah tinggi didasarkan pada Pedoman ESH tahun 2023.
** Irama detak jantung tak beraturan didefinisikan sebagai irama yang 25% kurang dari atau 25% lebih dari irama rata-rata yang terdeteksi saat monitor Anda mengukur tekanan darah.

* Định nghĩa về huyết áp cao dựa trên Hướng dẫn về ESH 2023.
** Nhịp tim bất thường được định nghĩa là nhịp tim thấp hơn 25% hoặc cao hơn 25% so với nhịp tim trung bình được phát hiện trong khi máy đo huyết áp của bạn đang đo huyết áp.

*Definisi tekanan darah tinggi berdasarkan Garis Panduan ESH 2023.
**Denyutan jantung tak teratur ditakrifkan sebagai rentak yang 25% kurang atau 25% lebih daripada rentak purata yang dikesan semasa pemantau anda mengukur tekanan darah.

8 Using Memory Functions

KO 메모리 기능 사용
TH การใช้ฟังก์ชั่นหน่วยความจำ
ID Menggunakan Fungsi Memori
VI Sử dụng chức năng bộ nhớ
MS Menggunakan Fungsi Memori



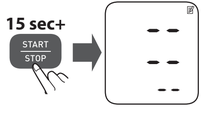
Readings Stored in Memory

KO 메모리에 저장된 측정값 확인
TH ค่าที่บันทึกไว้ในหน่วยความจำ
ID Membaca Memori Tersimpan
VI Kết quả đo được lưu trong bộ nhớ
MS Bacaan yang Disimpan dalam Memori

Your last reading is stored.
마지막 측정치가 저장됩니다.
การอ่านครั้งล่าสุดของคุณได้รับการเก็บบันทึกไว้แล้ว
Pembacaan terakhir Anda telah disimpan.
Kết quả đo gần nhất của bạn được lưu trữ.
Pembacaan terakhir anda disimpan.

9 Restoring to the Default Settings

KO 초기 설정으로 복원
TH การคืนการตั้งค่าเริ่มต้น
ID Memulihkan ke Pengaturan Default
VI Khôi phục cài đặt mặc định
MS Memulihkan ke Tetapan Lalai



If your systolic pressure is more than 210 mmHg: After the arm cuff starts to inflate, press and hold the [START/STOP] button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure. Do not inflate above 299 mmHg.
최고 혈압이 210mmHg 이상인 경우 :
커프 가압이 시작된 후, 모니터 압력이 예상 수축기 혈압보다 30~40mmHg 더 높아질 때까지 [START/STOP] (시작 / 정지) 버튼을 길게 누릅니다. 299mmHg 이상으로 팽창시키지 마세요.
หากความดันโลหิตตัวบนของคุณสูงกว่า 210 mmHg: หลังจากผ้าพันแขนเริ่มพองตัว กดปุ่ม ปุ่ม [START/STOP] (เริ่ม/หยุด) ค้างไว้จนกว่าเครื่องวัดจะปล่อยลมเข้าสู่ภาวะความดันโลหิตตัวบนของคุณที่คาดไว้ 30 ถึง 40 mmHg อย่าอัดลมเกินกว่า 299 mmHg
Jika tekanan sistolik Anda lebih dari 210 mmHg: Setelah manset lengan mulai mengembang, tekan dan tahan tombol [START/STOP] (mulai/berhenti) hingga monitor mengembang 30 hingga 40 mmHg lebih tinggi dari tekanan sistolik yang diharapkan. Jangan mengembang di atas 299 mmHg.
Nếu áp suất tâm thu của bạn cao hơn 210 mmHg: Sau khi vòng bít bắt đầu căng lên, nhấn và giữ nút [START/STOP] (Khởi động/dừng lại) cho đến khi vòng bít tăng lên cao hơn từ 30 đến 40 mmHg so với huyết áp tâm thu dự kiến của bạn. Không bơm khí quá 299 mmHg.
Jika tekanan sistolik anda lebih daripada 210 mmHg: Selepas kaf lengan mula mengembang, tekan dan tahan butang [START/STOP] (MULA / BERHENT) sehingga pemantau mengembang 30 hingga 40 mmHg lebih tinggi daripada tekanan sistolik yang anda jangka. Jangan kembangkan melebihi 299 mmHg.

10 Optional Accessories

KO 별매품
TH อุปกรณ์เสริม
ID Aksesori Opsional
VI Phụ kiện tùy chọn
MS Aksesori Perubatan Pilihan

Do not throw the air plug away. The air plug can be applicable to the optional cuff.
에어플러그는 버리지 마십시오. 별매품 커프에 사용할 수 있습니다.
ห้ามทิ้งข้อต่อหลอด ข้อต่อท่อลมสามารถใช้ได้กับผ้าพันแขนเสริม
Jangan buang sumbat udara. Sumbat udara dapat dipasang pada manset opsional.
Không được vứt đầu nối ống khí đi. Đầu nối ống khí có thể được dùng cho vòng bít tùy chọn.
Jangan buang palam udara. Palam udara boleh digunakan pada kaf pilihan.

Arm Cuff



Model: HEM-RML31 22 - 42 cm
Model: HEM-CR24 22 - 32 cm
Model: HEM-CS24 17 - 22 cm

AC Adapter



Model: HHP-CM01
HHP-KSM01 (For Korea)
HHP-OH01 (For Australia)



Manufacturer 제조의료자	ผู้ผลิต Produsen	Nhà sản xuất Pengilang	**OMRON HEALTHCARE Co., Ltd.** 53, Kunotsubo, Terado-cho, Muko, KYOTO, 617-0002 JAPAN
EC REP **EU-representative**	EU 대리인 คณะผู้แทนตลาดยุโรป (EU-representative) Perwakilan UE	Đại diện - EU Wakil EU	**OMRON HEALTHCARE B.V.** Wegalaan 73, 2132 JD Hoofddorp, THE NETHERLANDS www.omron-healthcare.com
Importer in EU EU 수입원	ผู้นำเข้าในสหภาพยุโรป Importir di UE	Nhà nhập khẩu tại EU Pengimport di EU	
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