

# Non - Contact Forehead Infrared Thermometer

## Care Q7

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USER MANUAL



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## **1. Introduction**

Congratulations on purchasing the TrueLife Care Q7 professional non-contact thermometer. Using infrared technology, the thermometer produces an instant and highly accurate result. Simply place the thermometer at a distance of 5-8 cm from the subject, press the button and within a second the measurement is displayed. Infrared technology is a useful and versatile aid, not only in the field of family health but also whenever it is important to know the temperature of an object used, e.g. the temperature of food, milk in a baby bottle or room temperature.

## **2. Safety Precautions**

- a. Read this manual before using the thermometer.
- b. Only use this thermometer in places where the temperature is 10–40 °C.
- c. Do not place the thermometer close to objects that generate magnetic fields or static electricity.
- d. Do not expose the thermometer to direct sunlight.
- e. Do not drop or cause other mechanical damage.
- f. Store the thermometer in an ambient temperature of 0–50 °C.
- g. Do not use in an environment where the humidity is higher than 85%.
- h. Measuring body temperature may be affected by sweat, cosmetics, hair or other obstructions. If the measurements show abnormal variations, remove sweat or other potential obstructions or perform the measurement from behind the ear.
- i. Take measurements at a distance of 5–8 cm from the subject.
- j. If there are sudden changes in the ambient temperature, or the thermometer has been moved to a place under different environmental conditions, wait 15 to 20 minutes before taking a reading.
- k. The infrared sensor is fragile. Keep clean and take care when using it.
- l. If necessary, clean the thermometer with a damp cloth or a cotton bud dipped in alcohol.

### 3. Features

- a. Temperature measurement uses infrared technology and requires no contact.
- b. Highly accurate measurements to +/-0.2 °C.
- c. Temperature displayed in Celsius or Fahrenheit.
- d. Measures not only body temperature, but also air temperature and surface temperature.
- e. Beeper can be set to alert you to an increase in temperature.
- f. Automatically stores the last 32 readings.
- g. Backlit, clear LCD display is easy to read in the dark.
- h. Automatic off prolongs the battery life.
- i. 2 modes available – body temperature or surface temperature.

### 4. Product description

#### Parts of the thermometer:

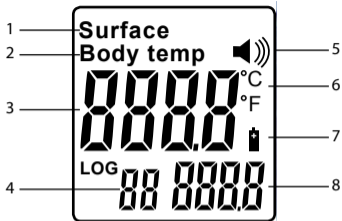
- 1. Infrared sensor
- 2. LCD display
- 3. MODE / SET button
- 4. UP button
- 5. DOWN button
- 6. BACKLIGHT
- 7. SCAN button
- 8. Battery cover



## 5. Display description

### Display data:

1. Surface mode (surface temperature measurement)
2. Body temp mode (body temperature measurement)
3. Temperature reading
4. Memory number of the reading
5. Beeper
6. Temperature scale °C / °F
7. Low battery warning
8. Summary of stored readings



## 6. Main technical specifications

Units of measurement	0.1 °C (0.1 °F)
Operating conditions – ambient temp.	10–40 °C (50–104 °F)
Storage conditions – ambient temp.	0–50 °C (32–122 °F)
Operating conditions – humidity	≤ 85%
Storage conditions – humidity	≤ 90%
Power source	9V DC (a 6F22 battery)
Dimensions	150 x 75 x 40 mm

Weight	172 g
Measurement range – body temp mode	32.0–42.5 °C
Measurement range – surface temp mode	0–100 °C
Max. reading variation – body temp	+/- 0.3 °C
Max. reading variation – surface temp	+/- 1.0 °C
Distance from sensor to object	5–8 cm
Measurement speed	≤ 0.8 seconds
Automatic off	7 seconds

## 7. Accuracy of body temperature readings

32.0 – 35.9 °C (93.2 – 96.6 °F)	+/- 0.3 °C (0.5 °F)
36.0 – 39.0 °C (96.8 – 102.2 °F)	+/- 0.2 °C (0.4 °F)
39.0 – 42.5 °C (102.2 – 108.5 °F)	+/- 0.3 °C (0.5 °F)

## 8. Normal body temperature ranges by measurement method

Measurement method	Normal temperature
Anally	36.6 – 38.0 °C (97.8 – 100.4 °F)
Orally	35.5 – 37.5 °C (95.9 – 99.5 °F)
In the armpit	34.7 – 37.3 °C (94.4 – 99.1 °F)
In ear	35.8 – 38.0 °C (96.4 – 100.4 °F)

## 9. Normal body temperature ranges by age

Age	Normal temperature
0 - 2	36.4 – 38.0 °C (97.5 – 100.4 °F)
3 - 10	36.1 – 37.8 °C (97.0 – 100.0 °F)
11 - 65	35.9 – 37.6 °C (96.6 – 99.7 °F)
> 65	35.8 – 37.5 °C (96.4 – 99.5 °F)

## 10. Thermometer settings

- a. Setting measurement mode: Press MODE to toggle between surface temperature reading (it displays 'surface') and body temperature reading (it displays 'body temp')  
Press and hold MODE / SET for 2 seconds to access further settings. Press MODE / SET again to scroll through the individual settings.
- b. Pressing and holding MODE / SET for 2 seconds displays 'F-1'. Press UP or DOWN to set the reading to °C or °F respectively.
- c. Pressing MODE / SET again displays 'F-2'. Press UP and DOWN to adjust the temperature threshold for the beeper in increments of 0.1 °C.
- d. Pressing MODE / SET again displays 'F-3'. Press UP and DOWN to set the deviation in body temperature in increments of 0.1 °C from -3 to +3 °C.
- e. Pressing MODE / SET again displays 'F-4'. Press UP or DOWN to enable or disable the elevated temperature beeper. '0' means OFF and '1' means ON.
- f. Pressing MODE / SET again clears the display and the settings are saved.

## 11. Setting for variations in body temperature readings

In surface temperature mode the thermometer measures the precise temperature on the surface of the object. In body temperature mode the thermometer reading is the result of adding or subtracting the difference between the surface temperature of the forehead and the internal body temperature. Therefore the result is not the surface temperature of the forehead but the actual body temperature.

To determine the variations follow these steps:

- a. Measure your body temperature in the standard way under the conditions in which you will perform the non-contact measurement.



- b. Take a non-contact reading using the TrueLife Care Q7 with the same person and under the same conditions.
- c. Compare the results and adjust the variation settings so that the standard and non-contact readings match (e.g. if the measurement using the standard method is 37.5 °C, and using the non-contact method is 36.8 °C then the variation must be set to 0.7 °C.)

## 12. How to take accurate readings

Hold the thermometer 5 – 8 cm from the surface of the object or forehead. Press SCAN to take the reading. The measurement is displayed within 1 second.



Important notice:

- a. If the thermometer has not been used for a long time it will take 2 seconds longer to start up while the thermometer measures the current ambient temperature and calibrates.
- b. If there is sweat, cosmetics, hair or other obstructions on the forehead the thermometer may show measurement variations. In this case, take the reading from behind the ear, making sure there are no obstructions.
- c. If the ambient temperature is outside the operating range, it will display the message 'ERR'. This means that any reading may have a greater variation than specified in the manual.
- d. If the body temperature or object temperature are outside the operating range it will display 'HI' for higher and 'LO' for lower than the operating temperature range.













### **13. Replacing the battery**

- a. The battery icon is on the display. If the battery icon flashes this means that the battery should be replaced. A low battery can cause inaccurate results. Open the battery cover, replace the battery and put the cover back on. Insert the battery, making sure the positive and negative are the right way round. If the battery is inserted the wrong way round it may cause damage to the thermometer.
- b. Remove the battery when the thermometer will not be in use for a long time.
- c. The thermometer can take 40,000 readings per battery.
- d. Dispose of the batteries at a collection point or specially designated place. Do not dispose with household waste, in a fire or in water.

### **14. Troubleshooting**

- a. The reading is unexpected
  - i. Check the body temperature variation settings.
  - ii. The thermometer should be used under stable conditions. The reading may have been taken under frequently changing ambient conditions or when a very hot and cold object have been scanned in quick succession.
  - iii. Note the correct distance of the scanner from the object. It must be 5–8 cm.
- b. Nothing happens when the buttons are pressed
  - i. Battery may be dead. Replace the battery.
  - ii. The battery may be inserted the wrong way round. Check that the positive and negative are the correct way round.
  - iii. The device may be damaged. Contact the service centre.
- c. If the problems persist after correctly following the instructions and procedures in this manual, contact your dealer or service centre. Never attempt to repair the device yourself. This product is covered by a 2-year warranty, valid from the date of purchase.

## 15. Key to symbols

	Shenzhen Calibeur Industries co.
	CE 0197 – the device complies with the European directive on medical devices
	FC – the device complies with the European directive on infrared devices
	9V – 9V DC power supply
	BF class insulation
	Recycle this device by taking it to a collecting point or a specially designated place. Do not dispose of this device in household waste, in a fire or in water.
	The equipment meets RoHS directive on the use of materials in the manufacture of electrical equipment.
	The packaging is made from PVC
	The packaging is recyclable
	Keep dry. Avoid contact with water.

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