# **Touch Free Infrared Thermometer — TIPS & TECHNIQUES**

Tips and Techniques for non-contact thermometers in non-home use environments

Touch-free, forehead thermometers are tested and proven as accurate as oral thermometers and are ideal for scenarios where oral measurements are not practical. User error is the biggest reason for measurement variances with this method. Please read this Quick Start Guide thoroughly for maximum effectiveness of your device.

### WHAT IS A NORMAL BODY TEMPERATURE?

Commonly accepted normal body temperature is about 98.6 degrees Fahrenheit (°F) or 37 degrees Celsius (°C).

Normal temperature often varies from 1° to 2°F (1/2° to 1°C). A normal temperature is usually lower in the morning and increases during the day. It reaches its high in the late afternoon or evening.

What is important to note in evaluating results is that individuals will vary from one to another and time of day can be a factor as well. Interpreting what is normal for an individual is helpful in noting fluctuations in their measurements.

## **USE AND STORAGE ENVIRONMENT /** THERMOMETER CARE

Thermometer should be stored and used at 'room temperature'; measurements taken outside use range (ie outside in cool air) may be compromised.

Operating Range-60.8°F to 104.0°F

**EXAMPLE** – Storage at a facility door for employee scanning that is frequently open to the outside like a warehouse, in some regions, could mean the thermometer itself is far below storage and use temperature.

Persons getting their temperature taken should be acclimated to the interior room temperature before measurement; ie if they have come in from outside on a cold or hot day, allow several minutes before measurement.

**EXAMPLE** – An employee drives into work but waits outside chatting with a co-worker for 15 minutes before entering on a cold morning can read artificially low due to extensively cold skin surface temperature.

Allow thermometer a minimum of one minute in between measurements for optimal results.

It is recommended that the person not eat or drink anything five minutes prior to measurement; very cold and very hot drinks may artificially fluctuate a reading for a very short time.

**CLEANING AND DISINFECTING**— Before and after use, wipe with an alcohol pad or cloth. Never submerge in water to clean. See manual for more detailed instructions.



# Touch Free Infrared Thermometer — TAKING A MEASUREMENT

These brief instructions allow you to quickly begin using your Touch Free Infrared Thermometer for Body Temperature Measurements. Please refer to the Instruction Manual for more detailed instructions covering all features of the thermometer, including Object Temperature measurements.

The Touch Free Infrared Thermometer offers a selection of settings for use in the day or night and for person or object measurements. Most users will use the daytime / person mode.

To toggle between modes:

- 1. Press the **MEASURE** button to turn the thermometer on. The device will default the last mode used.
- 2. Press and release the **MODE** button to toggle through the four measurement options - the screen should display a PERSON icon when in the correct mode.



Person Mode





Object Mode



Night Mode \*no beeps will be heard

### SIMPLE STEP INSTRUCTIONS:

1. Press the MEASURE (POWER) to turn on. The unit will run a self-test and all symbols on the display will momentarily appear.



2. The unit will beep twice and the display will show two solid dashes. - - Aim the infrared lens at the individual's forehead, holding the thermometer less than 0.5" away, but NOT TOUCHING the forehead.

**HELPFUL TIP: 0.5" is LESS THAN a woman's pinky** finger width; not being close enough will result in low readings.



3. Press and hold the **MEASURE** button. The display will briefly show the mode, two dashes and a left facing arrow.

HELPFUL TIP: While pressing button, say to yourself 'PRESS, HOLD, RELEASE'; this will help ensure you have held the button long enough. **DO NOT MOVE THE THERMOMETER UNTIL the** 

thermometer emits a single beep. 4. The temperature will be displayed on the screen.



- 5. If the temperature measurement is below 100.4° F, a happy face will be appear next to the reading. If the reading is 100.4° F or above, a sad face will be displayed and the red light will illuminate just below the display.
- 6. After 30-seconds of non-use, the thermometer will automatically beep and shut off.

