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Insta360 X5

Safety Guidelines

安全概要

Safety Information

Disclaimer

Please read this Disclaimer carefully. Using this product means that you acknowledge and accept the terms of this disclaimer. By using this product, you hereby acknowledge and agree that you are solely responsible for your own conduct when using this product and any consequences thereof. You agree to use this product only for proper and lawful purposes. You understand and agree that Arashi Vision Inc. (hereinafter referred to as 'Insta360') accepts no liability for any and all misuse, consequences, damages, injuries, penalties, or any other legal responsibility directly or indirectly incurred by your using this product and associated accessories. Before every use, make sure that your accessories are functioning properly. If there's any damage or irregularity, stop using them immediately. Within the scope of state laws and regulations, Insta360 reserves the right of final explanation and revision for the commitment.

Warnings

- ① Before using the camera, ensure that the battery is installed correctly, and that the Battery Cover and USB Cover are properly closed. The camera is not waterproof without these measures.
- ② Ensure the camera is dry before removing the battery. If there is water in the USB-C port under the USB Cover, wipe them and let them dry naturally before use.
- ③ If the battery falls into water, place it in a safe open area and keep away from the battery until it is completely dry. Do not use the battery again.
- ④ The camera should only be used in temperatures from -4°F to 104°F (-20°C to 40°C).
- ⑤ Do not charge the battery immediately after use, as the temperature may be too high. It is advised to wait until the battery cools to room temperature before charging. Charging the battery in environments above 104°F (40°C) or below 32°F (0°C) may lead to charging failure, battery expansion, leakage, overheating, or battery damage.
- ⑥ Do not leave the battery near heat sources such as a heater, cooker, or in a vehicle on a hot day. The storage temperature of the battery is -4°F to 113°F (-20°C to 45°C).
- ⑦ The battery can be charged while installed in the camera or with the official Insta360 Utility Fast Charge Case. Use a power adapter that complies with the charging specifications. Remember to disconnect the camera or battery after it is fully charged.
- ⑧ If the camera has not been used for three months or longer, the battery may be depleted. Please charge the camera to turn it on. If you are not planning to use

the camera for a long time, charge the battery to 80% , remove it from the camera and store it separately.

- ⑨ Do not disassemble or repair the camera and battery by yourself.
- ⑩ Do not drop or strike the camera or battery, and do not place heavy objects on it. Dropping the camera or applying strong pressure to it may damage its internal components and cause it to perform abnormally.
- ⑪ Do not store or transport camera batteries together with metal objects such as watches, keys, and jewelry.
- ⑫ Do not use batteries that are deformed or show any signs of damage. Batteries cannot be disposed of together with household refuse. They must be placed in a designated recycling bin. Please abide by local regulations on battery recycling and dispose of the batteries contained in this product correctly.
- ⑬ It is prohibited to use batteries that are not officially supplied by Insta360. If you need to replace the battery, please purchase from the official Insta360 website or our recommended channels. Insta360 will not be responsible for battery accidents or product failures caused by the use of batteries not officially supplied by Insta360.

Notes

- ① Keep the camera away from sand and dust.
- ② Do not use the camera in extreme weather conditions such as heavy storms.
- ③ Do not leave the camera or battery in an extremely hot or cold environment. Cold or high temperatures may temporarily shorten battery life or cause the camera to stop working. In low-temperature environments, it is recommended to warm the camera up before use.
- ④ Avoid dramatic temperature or humidity changes as condensation may form on or within the camera.
- ⑤ Avoid using it for more than 1 hour in high-humidity environments, for example, saunas, steam rooms and jacuzzis.
- ⑥ Before using the camera underwater, ensure the rubber seal of the Battery Cover and the USB Cover are fully intact and free of any foreign debris or objects so as not to affect waterproofing.
- ⑦ Avoid jumping into water at high speeds with the camera. A strong impact may compromise the waterproofing and cause water damage. When doing activities such as diving or surfing, it is recommended to use the Insta360 Invisible Dive Case (refer to the instructions of the Invisible Dive Case for more details).
- ⑧ If using in salt water, soak the camera in fresh water for 5-10 minutes first, then to dry the camera.
- ⑨ Do not use a hair dryer to dry the speaker and microphone holes, as this may damage the internal waterproof membrane.

- ⑩ After getting the camera wet, the Built-in Wind Guard's noise reduction performance and the microphone's audio quality may be reduced. If the camera gets wet but isn't actually submerged in water, let it dry for 6 to 8 hours before using. If you take the camera underwater, let it dry for at least 24 hours before using.
- ⑪ Make sure that the Built-in Wind Guard on the back of the camera is free from dust or foreign objects as this may affect noise reduction performance. If dust or foreign objects are present, clean the Built-in Wind Guard with a brush or cloth, or rinse it with clean water and let it dry naturally.
- ⑫ To clean the camera, use only a soft dry cloth. Do not use any liquid cleaning products.
- ⑬ In high-intensity sports or activities with heavy vibrations, do not use the camera's quick release mounting point at the bottom to attach accessories. Use the 1/4" mounting point at the bottom to prevent the camera from fall and damage.
- ⑭ This camera contains magnets. Make sure to keep it away from pacemakers and other devices to avoid interference.
- ⑮ Store the camera in a dry environment to prevent fog from building up and affecting the camera.

Specifications

Name	Insta360 X5
Model	CINSAHA
Input	5V == 3A , 9V == 3A
Bluetooth	
Operation Frequency:	2402MHz~2480MHz
Transmitter Power (E.I.R.P.):	<10dBm (CE)
Wi-Fi	
Operation Frequency:	2.4GHz WIFI: 2400MHz~2483.5MHz 5.1GHz WIFI: 5150MHz~5250MHz 5.8GHz WIFI: 5725MHz~5850MHz
Antenna (E.I.R.P.):	2.4GHz WIFI: < 20 dBm (CE) 5.1GHz WIFI: < 23 dBm (CE) 5.8GHz WIFI: < 13.98 dBm (CE)
Battery	
Capacity:	2400 mAh
Energy:	9.34 Wh
Operating temperature	-20°C to 40°C

Charging temperature	0°C to 40°C
Operating humidity	≤80%RH

Compliance Information

FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC SAR

1. The radiated output power of this device is below the FCC radio frequency exposure limits. Nevertheless, the device should be used in such a manner that the potential for human contact is minimized during normal operation.

The exposure standard for wireless devices employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6 W/Kg. Tests for SAR are conducted using standard operating positions accepted by the FCC with the device transmitting at its highest certified power level in all tested frequency bands. Although the SAR is determined at the highest certified power level, the actual SAR level of the device while operating can be well below the maximum value. This is because the device is designed to

operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a wireless base station antenna, the lower the power output. To avoid the possibility of exceeding the FCC radio frequency exposure limits, human proximity to the antenna should be minimized.

For body worn operation, this model device has been tested and meets the FCC RF exposure Guidelines when used with an accessory designated for this product or when used with an accessory that Contains no metal and that positions the handset a minimum of 0 mm from the body.

2. For body worn operation, the device has been tested and meets the FCC RF exposure, the maximum SAR value is 0.72 W/kg at 0 mm.

IC STATEMENT

This device complies with Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

IC SAR

For body-worn operation, the device has been tested and meets the IC RF exposure. The maximum SAR value is 0.72 W/kg when the device used 0mm close to user.

Pour un fonctionnement porté sur le corps, l'appareil a été testé et répond à l'exposition aux RF IC, la valeur maximale de das est de 0.72 W/kg lorsque l'appareil a utilisé 0mm près de l'utilisateur.

The device for operation in the band 5150–5250 MHz is only for indoor use to reduce the potential for harmful interference to co-channel mobile satellite systems.

les dispositifs fonctionnant dans la bande de 5150 à 5250 MHz sont réservés uniquement pour une utilisation à l'intérieur afin de réduire les risques de brouillage préjudiciable aux systèmes de satellites mobiles utilisant les mêmes canaux.

Japan Warning message

5.2 GHz band is restricted to indoor use only

電波法により 5.2 GHz 帯は屋内使用に限ります。

To find camera's Regulatory Information, please swipe down touch screen on your camera, then tap Settings > Certification. 相机屏幕预览页面下拉快捷菜单，点击进入设置 > 法规认证，即可看到认证信息。

設備名稱 Equipment name: Insta360 X5 運動相機

型號 (型式) Type designation (Type):

主型號: CINSAAHA

系列型號: CINSAAHB, CINSAAHC, CINSAAHD, CINSAAHE, CINSAAHF, CINSAAHG, CINSAAHH

單元 Unit	限用物質及其化學符號 Restricted substances and its chemical symbols					
	鉛 Lead (Pb)	汞 Mercury (Hg)	镉 Cadmium (Cd)	六價鉻 Hexavalent chromium (Cr ⁶⁺)	多溴聯苯 Poly- brominated biphenyls (PBB)	多溴二苯醚 Poly- brominated diphenyl ethers (PBDE)
外殼	○	○	○	○	○	○
鏡頭	○	○	○	○	○	○
PCB 板	—	○	○	○	○	○
螺絲	—	○	○	○	○	○
電子 線	—	○	○	○	○	○
配件	—	○	○	○	○	○

備考 1. "超出 0.1 wt %" 及 "超出 0.01 wt %" 係指限用物質之百分比含量超出百分比含量基準值。

Note 1: "Exceeding 0.1 wt %" and "exceeding 0.01 wt %" indicate that the percentage content of the restricted substance exceeds the reference percentage value of presence condition.

備考 2. "○" 係指該項限用物質之百分比含量未超出百分比含量基準值。

Note 2: "○" indicates that the percentage content of the restricted substance does not exceed the percentage of reference value of presence.

備考 3. "—" 係指該項限用物質為排除項目。

Note 3: The "—" indicates that the restricted substance corresponds to the exemption.

部件名称	有害物质					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr ⁶⁺)	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
外壳	X	○	○	○	○	○
镜头	○	○	○	○	○	○
线路板	X	○	○	○	○	○
金属部件	X	○	○	○	○	○
内部线材	X	○	○	○	○	○
电池	X	○	○	○	○	○
配件	X	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制。

○：表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572 规定的限量要求以下。

X：表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572 规定的限量要求。 (产品符合欧盟 ROHS 指令环保要求)





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