



# SUUNTO 7

OW185

SAFETY AND REGULATORY INFORMATION




EN, DE, FR, ES, IT, NL, PT, EL, SV, FI, ET, NO, DA, SK, SL, PL, CS, HU, BG, RU, ZH, TH, ZHTW, TR, ID, TL, JA, KO




## OPTICAL HEART RATE


Optical heart rate measurement from the wrist is an easy and convenient way to track your heart rate. To get the best results, please keep in mind factors that may affect heart rate measurement:

- The watch must be worn directly against your skin. No clothing, however thin, can be between the sensor and your skin.
- The watch may need to be higher on your arm than where watches are normally worn. The sensor reads blood flow through tissue. The more tissue it can read, the better.
- Arm movements and flexing muscles, such as gripping a tennis racket, can change the accuracy of the sensor readings.
- When your heart rate is low, the sensor may not be able to provide stable readings. A short warm up of a few minutes before you start the recording helps.
- Skin pigmentation and tattoos block light and prevent reliable readings from the optical sensor.
- The optical sensor may not provide accurate heart rate readings for swimming activities.
- For highest accuracy and quickest responses to changes in your heart rate, we recommend using a compatible chest heart rate sensor such as Suunto Smart Sensor.

 **WARNING:** Optical heart rate sensor technology is currently not as accurate or reliable as measuring heart rate from the chest. Your actual heart rate may be higher or lower than the optical sensor reading.

 **WARNING:** Only for recreational use.

 **WARNING:** Always consult a doctor before beginning a training program. Overexertion may cause serious injury.

 **WARNING:** Allergic reaction or skin irritations may occur when products are in contact with skin, even though our products comply with industry standards. In such event, stop use immediately and consult a doctor.

## DEVICE INFO

You can check the details of your device's software and hardware under **Settings » System » Regulatory Information**.



## CE

Hereby, Suunto Oy declares that the radio equipment type OW185 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [www.suunto.com/EUconformity](http://www.suunto.com/EUconformity).

- Bluetooth:
  - Frequency band: 2402-2480 MHz
  - Maximum output power: BT EDR: 10 dBm; BT LE: 1 dBm
  - Range: ~8 m
- Wifi:
  - Frequency band: 2402-2480 MHz
  - Maximum output power:
    - 802.11 b: 15 dBm
    - 802.11 g: 10 dBm
    - 802.11 n (2.4GHz) HT 20 mode: 10 dBm
  - Range: ~10 m

## CE SAR STATEMENT

Specific absorption rate (SAR) is measured with the device at 0 mm to the limbs and 10 mm to the head, while transmitting at the highest certified output power level in all frequency bands of the device. The maximum SAR value is 0.046 W/kg (head) and 0.094 W/kg (limbs) averaged over 10 grams of tissue.

This equipment should be installed and operated with a minimum distance of 0 mm between the radiator and your limbs, and 10 mm between the radiator and your head.

## **FCC SAR STATEMENT**

### **Exposure to radio frequency energy and specific absorption rate information**

SAR values at or below the federal standard of 1.6 W/kg (1 g) head and 4.0 W/kg (10 g) extremity are considered safe for use by the public.

The highest reported SAR values for the (OW185) are:

Head: 0.044 W/kg

Extremity: 0.092 W/kg

This device has been tested and meets RF exposure guidelines when used with an accessory that contains no metal and that positions the mobile device a minimum of 0 mm from the extremity and 10 mm from the head.

## **FCC /ISED REGULATORY NOTICES**

FCC ID: RYP2540

IC: 5175A-2540

### **Modification Statement**

Suunto has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Suunto n'approuve aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

## Interference Statement

This device complies with Part 15 of the FCC Rules and Industry Canada license-exempt RSS standard(s). 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.

## Wireless Notice

This device complies with FCC/ISED radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines and RSS-102 of the ISED radio frequency (RF) Exposure rules. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

(1) When this equipment is worn by the user, this equipment should be installed and operated with a minimum distance of 0 mm between the radiator and your body.

(2) When this equipment is close to the user's mouth for talking, this equipment should be installed and operated with a minimum distance of 10 mm between the radiator and your body.

Le présent appareil est conforme à l'exposition aux radiations FCC / ISED définies pour un environnement non contrôlé et répond aux directives d'exposition de la fréquence de la FCC radiofréquence (RF) et RSS-102 de la fréquence radio (RF) ISED règles d'exposition. L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

(1) Lorsque cet équipement est porté par l'utilisateur, il doit être installé et utilisé à une distance minimale de 0 mm entre le radiateur et votre corps.

(2) Lorsque cet équipement est proche de la bouche de l'utilisateur, il doit être

installé et utilisé à une distance minimale de 10 mm entre le radiateur et votre corps.

## **FCC Class B Digital Device Notice**

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.

## **CAN ICES-3 (B) / NMB-3 (B)**

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de classe B est conforme à la norme canadienne ICES-003.

## **HANDLING GUIDELINES**

Handle the unit with care – do not knock or drop it.

Under normal circumstances, the watch does not require servicing. On a regular basis, rinse it with fresh water, mild soap, and carefully clean the housing with a moist, soft cloth or chamois.

Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.

## OPERATING TEMPERATURE

-20 °C to +50 °C (-4 °F to +122 °F)

## BATTERY

- Battery type: rechargeable lithium-polymer battery 450 mAh
- Battery charging temperature: 0 °C to +45 °C (+32 °F to +113 °F)

For charging, use a USB port of 5Vdc, 0.5A as a power source.

## DATE OF MANUFACTURE

The manufacturing date can be determined from your device's serial number. The serial number is always 12 characters long: YYWWXXXXXXXXXX.

In the serial number, the first two digits (YY) are the year and the following two digits (WW) are the week within the year when the device was manufactured.

## DISPOSAL

Please dispose of the device in accordance with local regulations for electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto dealer.







## CUSTOMER SUPPORT



1. [www.suunto.com/register](http://www.suunto.com/register)

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