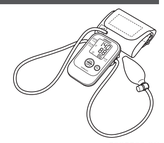
OMRON

Manual Inflation Blood Pressure Monitor

Model HEM-4030
Instruction Manual



5325569-2C

Introduction

Thank you for purchasing the OMRON HEM-4030 Manual Inflation Blood Pressure Monitor.

The OMRON HEM-4030 is a compact manual inflation blood pressure monitor, operating on the oscillometric principle. It measures your blood pressure and pulse rate simply and quickly.

Please read this instruction manual thoroughly before using the unit.
Please keep for future reference.
For specific information about your own blood pressure, CONSULT YOUR DOCTOR.

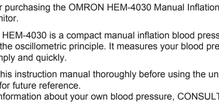
Important Safety Information

Consult your doctor prior to using in pregnancy or if diagnosed with arrhythmia or arteriosclerosis.
Please read this section carefully before using the unit.

⚠Warning:
• Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
(General Usage)
• Always consult your doctor. Self-diagnosis of measurement results and self-treatment are dangerous.
• People with severe blood flow problems, or blood disorders, should consult a doctor before using the unit, as cuff inflation can cause internal bleeding.
(Battery Usage)
• If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.
⚠Caution:
• Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.
(General Usage)
• Do not leave the unit unattended with infants or persons who cannot express their consent.
• Do not use the unit for any purpose other than measuring blood pressure.
• Do not disassemble the unit or arm cuff.
• Use only the approved arm cuff for this unit. Use of other arm cuffs may result in incorrect measurement results.
• Make sure that the air tube is not wrapped around other parts of your body when taking measurements at night. This could result in injury when the air pressure in the air tube is increased.
• Do not leave the cuff wrapped on the arm if taking measurements during the night. This could result in injury.
• Do not inflate the arm cuff over 299 mmHg.
• Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
• Do not operate the unit in a moving vehicle (car, airplane).
(Battery Usage)
• If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
• Use only two "AAA" alkaline or manganese batteries with this unit. Do not use other types of batteries.
• Do not insert the batteries with their polarities incorrectly aligned.
• Replace old batteries with new ones immediately. Replace both batteries at the same time.
• Remove the batteries if the unit will not be used for three months or more.
• Do not use new and used batteries together.
General Precautions
• Do not apply strong shocks and vibrations to or drop the unit and arm cuff.
• Do not take measurements after bathing, drinking alcohol, smoking, exercising or eating.
• Do not forcibly bend the arm cuff or bend the air tube excessively.
• When removing the air tube, pull the air tube with holding near the air jack.
• Do not inflate the arm cuff when it is not wrapped around your arm.
• Do not wash the arm cuff or immerse it in water.
• Read and follow the "Important information regarding Electro Magnetic Compatibility (EMC)" in the Technical Data Section.
• Read and follow the "Correct Disposal of This Product" in the Technical Data Section when disposing of the device and any used accessories or optional parts.

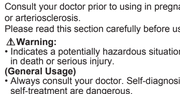
1. Overview

Main unit:



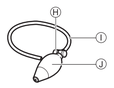
A. Display
B. M (Memory) button
C. ON/OFF (Power switch) button
D. Air jacks for cuff and inflation bulb
E. Battery compartment

Arm cuff:



F. Arm cuff
(Medium cuff: arm circumference 22-32 cm)
G. Air tube

Inflation bulb:

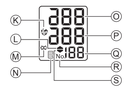


H. Air release button
I. Air tube
J. Air inflation bulb

Storage case:



Display:



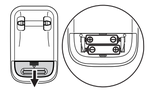
K. Heartbeat symbol
1. Flashes during measurement
2. If flashing after measurement complete indicates blood pressure out of recommended range
L. Reinflation symbol
M. Battery low symbol
N. Memory symbol
O. Systolic blood pressure
P. Diastolic blood pressure
Q. Pulse display
R. Memory No. symbol
S. Deflation symbol

2. Preparation

2.1 Installing/Replacing the Batteries

1. Remove the battery cover.

2. Insert two "AAA" batteries as indicated in the battery compartment and then replace the battery cover.



Notes:
• If the battery low symbol (🗝) appears on the display, turn the unit off then replace both batteries at the same time.
• The measurement values continue to be stored in memory even after the batteries are replaced.

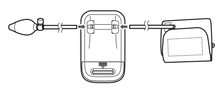
Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.

3. Using the Unit

3.1 Applying the Arm Cuff

Remove tight-fitting clothing or tight rolled up sleeve from your upper arm.
Do not place the cuff over thick clothes.

1. Insert the air tubes into the air jacks.



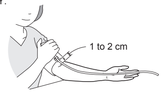
2. Put your arm through the cuff loop.



3. Position the arm correctly.



The bottom edge of the cuff should be 1 to 2 cm above the elbow.
Marker (arrow under tube) is centred on the middle of your inner arm.
Close the fabric fastener FIRMLY.



Notes:
• When you take a measurement on the right arm, air tube will be at the side of your elbow. Be careful not to rest your arm on the air tube.
• The blood pressure can differ between the right arm and the left arm, and therefore also the measured blood pressure values can be different. Omron recommends to always use the same arm for measurement. If the values between the two arms differ substantially, please check with your doctor which arm to use for your measurement.



3.2 How to Sit Correctly

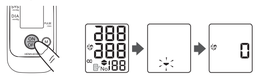
To take a measurement, you need to be relaxed and comfortably seated, under comfortable room temperature. No eating, smoking or exercising 30 minutes before taking a measurement.
• Sit on a chair with your feet flat on the floor.
• Sit upright with your back straight.
• The cuff should be at the same level as your heart.



3.3 Taking a Reading

Note: Remain still while taking measurement.

1. Press the air release button to release any air in the arm cuff, then press the ON/OFF button to turn the unit on.



Note:
If the deflation symbol does not disappear soon, press the air release button to release any air in the arm cuff.

2. Pump the inflation bulb to inflate the arm cuff.

1) Inflate the cuff until it is 30 to 40 mmHg above your expected systolic blood pressure value.
ex) If your expected blood pressure is around 140mmHg, inflate the arm cuff to between 170 and 180 mmHg. Inflate the cuff rapidly so that the pressure is reached in about five seconds.
2) When the desired pressure has been achieved, release the inflation bulb.

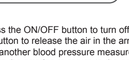


Notes:
• If the reinflation symbol (⛰) appears, squeeze the inflation bulb to re-inflate the arm cuff.
• Do not inflate the arm cuff more than necessary.

3. Measurement starts.
Measurement starts automatically after you stop inflating the arm cuff.



Press the air release button to release the air in the arm cuff until the deflation symbol is no longer displayed.



Notes:
• To cancel a measurement, press the ON/OFF button to turn off the unit and press the air release button to release the air in the arm cuff.
• Wait 2-3 minutes before taking another blood pressure measurement. Waiting between readings allows the arteries to return to the condition prior to taking the blood pressure measurement.

⚠Warning:
Self-diagnosis of measured results and treatment are dangerous. Please follow the instructions of your doctor.

4. Remove the arm cuff.

5. Press the ON/OFF button to turn off the monitor.
The monitor automatically stores the measurement in its memory.
It will automatically turn off after five minutes.

Important:
• If your systolic or diastolic pressure is outside the standard range, the heartbeat symbol will blink when the measurement result is displayed.
Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.

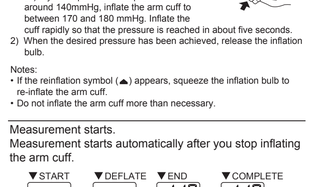
Systolic Blood Pressure	Above 135 mmHg
Diastolic Blood Pressure	Above 85 mmHg

This criteria is for home blood pressure measurement.

3.4 Using the Memory Function

The monitor automatically stores the result up to 21 sets.

Note: If the memory is full, the monitor will delete the oldest readings.



To delete all the values stored in memory

When the memory symbol (📋) appears, first press the M button. Then while holding it down, press the ON/OFF button simultaneously for about 2-3 seconds.



Note: You cannot partially delete the stored readings.

4. Troubleshooting and Maintenance

4.1 The Icons and Error Messages

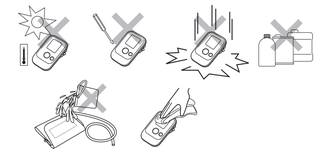
Error Display	Cause	Remedy
	The systolic blood pressure is above 135 mmHg or diastolic blood pressure is above 85 mmHg.	Recent research suggests these values can be used as a guide to high blood pressure for measurements taken at home.
Blink	The batteries are low.	You should replace them with new ones ahead of time. Refer to section 2.1.
Lit	The batteries are exhausted.	You should replace them with new ones at once. Refer to section 2.1.
EE	Cuff is under inflated.	Carefully read and repeat the steps listed under section 3.3.
E	Movement during measurement.	
E	Cuff over inflated.	
E 025	Device error.	Contact your OMRON retail outlet or distributor. Refer to Chapter 6.
115	Pressure is too low.	Press the inflation bulb to inflate the arm cuff until the reinflation symbol goes out. Or, deflate the arm cuff and repeat measurement after checking that the heartbeat symbol (♡) has been displayed. Refer to section 3.3.

4.2 Troubleshooting

Problem	Cause	Remedy
The reading is extremely low (or high).	Arm cuff not applied correctly.	Apply the arm cuff correctly. Refer to section 3.1.
	Movement or talking during measurement.	Remain still and do not talk during measurement. Refer to section 3.3.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.2.
Arm cuff pressure does not rise.	The air tube is not securely connected into the main unit.	Make sure that the air tube is connected securely. Refer to section 3.1.
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to Chapter 5.
Cannot measure or readings are too low or too high.	The arm cuff has not been inflated sufficiently.	Inflate the cuff so that it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.
	The air release button being pressed during inflation.	Be careful not to press the air release button during measurement.
The unit loses power during measurement..	The batteries are empty.	Replace the batteries with new ones. Refer to section 2.1.
Nothing happens when you press the buttons.	The batteries are empty.	Replace the batteries with new ones. Refer to section 2.1.
	The batteries have been inserted incorrectly.	Insert the batteries with the correct (+/-) polarity. Refer to section 2.1.
Other problems.	• Press the ON/OFF button and repeat measurement. • If the problem continues, try replacing the batteries with new ones. If this still does not solve the problem, contact your OMRON retail outlet or distributor.	

4.3 Maintenance

To protect your unit from damage, please observe the following:
• Do not subject the main unit, cuff and inflation bulb to extreme temperatures, humidity, moisture or direct sunlight.
• Do not fold the cuff or tubing tightly.
• Do not inflate the arm cuff over 299 mmHg.
• Do not disassemble the unit.
• Do not subject the unit to strong shocks or vibrations (for example, dropping the unit on the floor).
• Do not use volatile liquids to clean the main unit. The unit should be cleaned with a soft, dry cloth.
• Use a soft, moistened cloth and soap to clean the arm cuff.
• Do not wash the arm cuff or immerse it in water.
• Do not use petrol, thinners or similar solvents to clean the arm cuff.



• Do not carry out repairs of any kind yourself. If a defect occurs, consult your local authorised OMRON distributor or dealer.

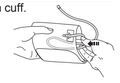
Calibration and Service
• The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life.
• It is generally recommended to have the unit inspected every two years to ensure correct functioning and accuracy. Please consult your local authorised OMRON distributor or dealer.

4.4 Storage

Keep the unit in its storage case when not in use.
Do not keep the main unit being wound with the arm cuff.

1. Unplug the air tube from the air connector.

2. Gently fold the air tube into the arm cuff.
Note:
Do not bend the air tube excessively.



3. Place the arm cuff, inflation bulb and main unit in the storage case.



Do not store the unit in the following situations:
• If the unit is wet.
• Locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapours.
• Locations exposed to vibrations, shocks or where it will be at an angle.

5. Optional Parts

Medium Arm Cuff
Arm circumference
22 - 32 cm



Large Arm Cuff
Arm circumference
32 - 42 cm



Small Arm Cuff
Arm circumference
17 - 22 cm



Small cuff and bulb combination
Arm circumference 17 - 22 cm



Regular bulb



Note:
Should you require a small cuff, please ensure that the small cuff and small bulb are used together.
They may also be purchased as a combination set.

6. Technical Data

Product Description	Manual Inflation Blood Pressure Monitor
Model	HEM-4030
Display	LCD Digital Display
Measurement Method	Oscillometric method
Measurement Range	Pressure: 0 mmHg to 299 mmHg Pulse: 40 to 180/min.
Accuracy	Pressure: ±3 mmHg Pulse: ±5% of display reading
Inflation	Manual by inflation bulb
Deflation	Automatic pressure release valve
Memory	21 Measurements
Power Source	2 "AAA" batteries 1.5V
Battery Life	Capacity of new manganese batteries is approx. 1500 measurements
Applied Part	= Type B
Protection Against Electric Shock	Internally powered ME equipment
Operating temperature/ Humidity	+10°C to +40°C / Maximum: 30 to 90% RH
Storage temperature/ Humidity/ Air pressure	-20°C to +60°C / Maximum: 10 to 95% RH / 700-1060 hPa
Console Weight	Approximately 75g without batteries
Cuff Weight	Approximately 120g
Outer Dimensions	Approximately 64 (w) mm x 35 (h) mm x 105 (l) mm
Cuff Dimensions	Approximately 146 mm x 446 mm (Medium cuff: arm circumference 22 to 32 cm)
Cuff Material	Nylon and polyester
Package Content	Main unit, cuff, inflation bulb, instruction manual, storage case, battery set

Notes:
• Subject to technical modification without prior notice.
• Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.

Please read this instruction manual carefully before using the device.

CE 0197

• This device fulfils the provisions of EC directive 93/42/EEC (Medical Device Directive).
• This blood pressure monitor is designed according to the European Standard EN1060, Noninvasive sphygmomanometers Part 1: General Requirements and Part 3: Supplementary requirements for electromechanical blood pressure measuring systems.

Important information regarding Electro Magnetic Compatibility (EMC)

With the increased number of electronic devices such as PC's and mobile (cellular) telephones, medical devices in use may be susceptible to electromagnetic interference from other devices.
Electromagnetic interference may result in incorrect operation of the medical device and create a potentially unsafe situation.
Medical devices should also not interfere with other devices.

In order to regulate the requirements for EMC (Electro Magnetic Compatibility) with the aim to prevent unsafe product situations, the EN60601-1-2:2007 standard has been implemented. This standard defines the levels of immunity to electromagnetic interferences as well as maximum levels of electromagnetic emissions for medical devices.

This medical device manufactured by OMRON HEALTHCARE conforms to this EN60601-1-2:2007 standard for both immunity and emissions.
Nevertheless, special precautions need to be observed:
• Do not use mobile (cellular) telephones and other devices, which generate strong electrical or electromagnetic fields, near the medical device. This may result in incorrect operation of the unit and create a potentially unsafe situation. Recommendation is to keep a minimum distance of 7 m. Verify correct operation of the device in case the distance is shorter.

Further documentation in accordance with EN60601-1-2:2007 is available at OMRON HEALTHCARE EUROPE at the address mentioned in this instruction manual.
Documentation is also available at www.omron-healthcare.com.

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 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 take 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 wastes for disposal.

This product does not contain any hazardous substances.

	OMRON HEALTHCARE Co., Ltd. 53, Kunotsubo, Terado-cho, Muko, Kyoto 617-0002 JAPAN
EC REP	**OMRON HEALTHCARE EUROPE B.V.** Scorpius 33, 2132 LR Hoofddorp THE NETHERLANDS
Asia Pacific HQ	**OMRON HEALTHCARE SINGAPORE PTE LTD.** 438A Alexandra Road, #05-05/08 Alexandra Technopark, Singapore 119967 www.omron-healthcare.com.sg
Production Facility	**OMRON (DALIAN) CO., LTD.** Dalian, China

This OMRON product is manufactured 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 for assembly.

OMRON

手动充气式血压计



型号 **HEM-4030**
使用说明书

简介

感谢您购买 OMRON HEM-4030 手动充气式血压计。

OMRON HEM-4030 是一款小巧精致手动充气式血压计，根据示波法原理操作。可方便快捷地测量您的血压和脉搏速率。

使用本血压计前请先通读本说明书。
请妥善保管本说明书以备将来参考。
有关您自身血压的具体详情，请咨询医生。

重要安全注意事项

孕妇或经诊断为心律不齐或动脉硬化的患者，请在使用本产品前咨询医生。
使用本产品之前请先细读本节内容。

⚠警告
- 表示潜在的危险情形，如未避免此类情形，可能导致死亡或严重受伤。

(一般用途)
- 始终咨询医生。依测量值自我诊断及自我治疗非常危险。
- 血液流动存在严重问题或血液异常的患者在使用本机前应咨询医生、臂带充气时可能会导致内出血。

(使用电池)
- 若电池溶液进入眼睛，请立刻用大量清水冲洗，并马上就诊。

⚠注意:
- 表示潜在的危险情形，如未避免此类情形，可能导致用户或患者轻微或中等程度的身体损伤，或损坏设备或其他财产。

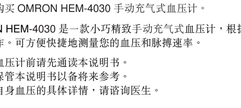
(一般用途)
- 本机不能用于婴儿或无法正确表达自己意愿的人士。
- 请勿用于测量血压以外的任何目的。
- 请勿拆卸血压计或臂带。
- 请仅使用本装置认可的臂带。使用其他臂带可能导致测量结果不准确。
- 夜晚测量时，请确保气管没有缠绕在您身体的其他部位。如若气管内气压升高，可能会导致受伤。
- 夜晚测量时，请勿让臂带一直缠绕在手臂上。这可能导致受伤。
- 请勿对臂带充气超过 299 mmHg。
- 请勿在血压计附近使用手机或其他发射电磁场的装置。这可能导致血压计操作出错。
- 请勿在行动的交通工具（汽车、飞机）上使用血压计。

(使用电池)
- 若电池溶液滴在皮肤或衣服上，请立刻用大量清水冲洗。
- 本机只使用两节 “AAA” 碱性或锰性电池。切勿使用其他类型电池。
- 切勿将电池电极装反。
- 及时用新的电池更换旧电池。同时将两节新电池全部装入。
- 如果三个月或更长时间内不使用血压计，请取出电池。
- 新旧电池不要混合使用。

一般安全注意事项
- 请勿使血压计受到猛烈震动或晃动：不要摔扔血压计和臂带。
- 请勿在沐浴、饮酒、吸烟、运动或进食后测量。
- 请勿用力弯曲臂带或过度拉伸气管。
- 卸除气管时，拔下与主机相连的气塞而不是气管本身。
- 臂带尚未缠绕于手臂上时，请勿给臂带充气。
- 请勿洗涤臂带或将其浸入水中。
- 请阅读并遵循技术数据章节“有关电磁兼容性 (EMC) 的重要信息”。
- 弃置本装置以及任何旧配件或可选部件时，请参阅并遵循技术数据章节的 “正确弃置本品”。

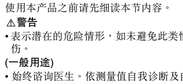
1. 概要

主机：



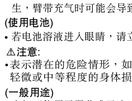
A. 显示屏
B. M 记忆按钮
C. ON/OFF 电源按钮
D. 臂带充气孔和充气球
E. 电池仓

臂带：



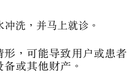
F. 臂带
（中型臂带：
手臂周长 22–32 cm）
G. 气管

充气球

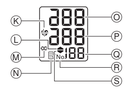


H. 排气按钮
I. 气管
J. 充气球

储存袋：



显示屏：

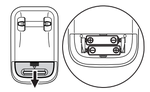


K. 心律符号
1. 测量时闪烁
2. 测量完毕继续闪烁，则显示血压超出标准范围
L. 再充气符号
M. 电池电量不足符号
N. 记忆符号
O. 收缩压
P. 舒张压
Q. 脉搏显示
R. 记忆编号符号
S. 排气符号

2. 准备

2.1 安装/更换电池

1. 取出电池盖。
2. 按指示在电池仓插入两节 “AAA” 电池，然后重新装上电池盖。



注意：
- 如果显示屏上出现电池电量不足符号 ( )，请关闭本装置并同时更换所有电池。
- 更换电池后，测量值仍会储存在记忆中。

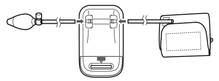
旧电池的弃置应遵循有关弃置电池的国内规定。

3. 使用本机

3.1 缠绕臂带

将紧身衣物从手臂脱下，或卷起衣袖。
请勿在臂带下方垫上厚布。

1. 将气管插入主机的充气孔。



2. 将手臂穿过臂带回环。



3. 正确定位手臂。



臂带的底边缘应高出肘部 1–2 厘米。
标记（气管下的箭头）应处于内臂的中央位置。
紧紧地合上黏扣带。



注意：
- 在右臂测量时，气管将位于肘部一侧。小心不要将手臂压在气管上。
- 左右手臂上均可测量。右臂和左臂上的血压可能各不相同，因此测得的血压值可能也有所差异。Omron 建议在测量时始终测量同一手臂。如果两臂的测量值存在明显的差异，请咨询医生应使用哪个手臂进行测量。

3.2 如何保持坐姿正确

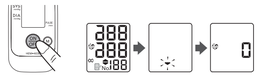
测量时，您需要舒服的室温环境下放松并舒适坐着。测量前 30 分钟内，不得饮食、吸烟或运动。
- 坐在椅子中，双脚平放于地面。
- 正襟危坐，背部笔直。
- 保持臂带与心脏同一水平。



3.3 测量

注意：测量时保持静坐。

1. 按排气按钮排掉臂带里的空气，然后按 ON/OFF “开/关” 按钮开启血压计。



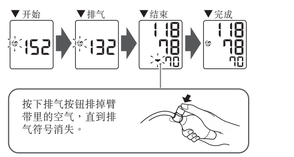
注意：
如果排气符号没有很快消失，请按下排气按钮排掉臂带里的空气。

2. 抽吸充气球给臂带充气。
   1) 给臂带充气，直到比您的预期收缩血压值高出 30 至 40 mmHg。示例）如果您的预期血压为 140 mmHg 左右，请将臂带充气至 170 和 180 mmHg 之间，应该快速给臂带充气，以便在大约五分钟内达到该高度的气压。
   2) 达到所需气压时，松开充气球。



注意：
- 如果出现再充气符号 ( )，请挤压充气球重新给臂带充气。
- 不要给臂带过量充气。

3. 测量开始。
停止对臂带充气后，测量自动开始。



注意：
- 要取消测量，按 ON/OFF “开/关” 按钮关闭装置，并按排气按钮释放臂带内的空气。
- 执行另一次血压测量之前，等待 2-3 分钟。两次测量之间的等待可以让动脉恢复到执行血压测量之前的条件。

⚠警告：
依测量结果自我诊断及治疗非常危险。
请遵从医生指导。

4. 取出臂带。
5. 按 ON/OFF “开/关” 按钮，关闭血压计。
血压计会自动将测量值储存在其记忆中。
五分钟后，血压计会自动关闭。

重要事项：
- 如果收缩压或舒张压在标准范围之外，则显示测量结果时，心律符号将闪烁。最新研究表明以下数值可作为家庭测量时衡量高血压的指标。



收缩压	135 mmHg 以上
舒张压	85 mmHg 以上

此标准适用于家庭血压测量。

3.4 使用记忆读取功能

血压计最多可自动储存 14 组读数。
注意：如果记忆已满，血压计会删除最早的读数。

删除全部记忆值

出现记忆符号 ( ) 时，首先按 M 按钮。然后在按住的同时，按 ON/OFF “开/关” 按钮大约 2–3 秒钟。



注意：您不能删除储存的部分读数。

4. 疑难排解与保养

4.1 标志与错误消息

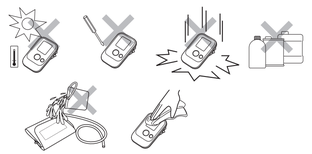
错误符号	原因	更正
	收缩血压高于 135 mmHg 或舒张血压高于 85 mmHg。	最新研究表明以下数值可作为家庭测量时衡量高血压的指标。
闪烁	电池电量低。	提前用新的电池更换全部旧电池。 请参阅第 2.1 节。
亮着	电池电量耗尽。	用新的电池更换全部旧电池。 请参阅第 2.1 节。
EE	臂带充气不足。	详读并重复第 3.3 节步骤。
E	测量过程中移动身体。	
E	臂带过量充气。	
E err	设备错误。	请联络 OMRON 零售店或分销商。 请参阅第 6 章节。
	压力太低。	按下充气球，给臂带充气，直到再充气符号消失。 或将臂带排气，并在检查是否显示心跳符号 ( ) 后重复测量。 请参阅第 3.3 节。

4.2 疑难排解

问题	原因	补救
读数过低（或过高）。	臂带缠绕不正确。	正确缠绕臂带。 请参阅第 3.1 节。
	测量过程中移动身体。	重复测量。测量期间，保持静坐并且不要说话。 请参阅第 3.3 节。
	衣服妨碍臂带。	脱下任何妨碍臂带的衣服。 请参阅第 3.2 节。
臂带压力没有上升。	气管没有牢固地插入主机。	确保气管连接牢固。 请参阅第 3.1 节。
	臂带漏气。	更换新臂带。 请参阅第 5 章节。
无法测量或读数过低或过高。	臂带充气不够。	对臂带充气，使之比先前测量结果高出 30 到 40 mmHg。 请参阅第 3.3 节。
	充气时一直按住排气按钮。	注意在测量时不要按住排气按钮。
血压计在测量期间中断电源。	电池电量耗尽。	用新的电池更换全部旧电池。 请参阅第 2.1 节。
按按钮时无任何反应。	电池电量耗尽。	用新的电池更换全部旧电池。 请参阅第 2.1 节。
	电池安装不正确。	检查电池安装，(+/-) 电极是否放置正确。 请参阅第 2.1 节。
其他问题。	• 按 ON/OFF “开/关” 按钮，重复测量。 • 如果问题继续存在，尝试用新电池更换旧电池。 如果这依旧无法解决问题，请联络 OMRON 零售店或分销商。	

4.3 保养

要保护血压计免遭损坏，请遵守以下内容：
- 请勿将主机、臂带和充气球置于高温、高湿、湿润或者阳光直射的环境中。
- 请勿用力摺叠臂带或气管。
- 请勿对血压计充气超过 299 mmHg。
- 请勿拆卸主机。
- 避免主机遭受撞击（例如，将主机跌落至地面）。
- 请勿使用挥发性液体清洁主机。请洁血压计应使用柔软干燥的抹布。
- 使用柔软的湿布和肥皂清洁臂带。
- 请勿洗涤臂带或将其浸入水中。
- 请勿使用汽油、稀释剂或类似的溶剂清洁臂带。



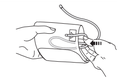
- 请勿自行维修。如果出现故障，请咨询包装上所示的 OMRON 零售店或分销商。

校准与服务
- 本血压计的精度经过精心检测，且使用寿命长。
- 通常建议每隔两年对血压计进行检查，以确保其功能正常、准确无误。请联络您当地的 OMRON 授权分销商或零售商。

4.4 储存

血压计不使用时要放入储存盒中。
请勿让臂带一直缠绕住主机。

1. 从空气连接孔拔下气管。
2. 轻轻将气管摺叠进臂带。
   注意：
   请勿过度弯曲气管。



3. 将主机、臂带和充气球放入储存盒中。



请勿在以下情况储存血压计：
- 如果血压计潮湿。
- 高温、高湿、阳光直射、存在灰尘或腐蚀性气体的场所。
- 易晃动、震动或形成角度的位置。

5. 选件

中型臂带
手臂周长 22-32 厘米



大型臂带
手臂周长 32-42 厘米



小型臂带
手臂周长 17-22 厘米



小型臂带与充气球组合
手臂周长 17-22 厘米



标准充气球



注意：
如果您需要小型臂带，请务必配套使用小型臂带与小号充气球。
它们也可作为组合套装购买到。

6. 技术资料

产品名称	手动充气式血压计
型号	HEM-4030
显示	LCD 数位显示屏
测量方式	动脉波动描记法
测量范围	血压：0 mmHg 至 299 mmHg 脉搏：40 至 180 /分钟
准确度	血压：±3 mmHg 脉搏：显示读数的 ±5%
充气	手动充气球
排气	自动减压阀
记忆	21 组测量值
电源	2 节 “AAA” 电池 1.5V
电池寿命	使用新的锰性电池大约可以进行 1500 次测量
应用的部件	= B 型
电震保护	内部供电的 ME 设备
操作温度 / 湿度	+10ºC 至 +40ºC / 最高：30 至 90% RH
储存温度 / 湿度	-20ºC 至 +60ºC / 最高：10 至 95% RH / 700-1060 hPa
主机重量	约 75 克不包括电池
臂带重量	约 120 克
外形尺寸	大约 64 mm（宽）x 35 mm（高）x 105 mm（长）
臂带尺寸	大约 146 mm x 446 mm （中型臂带：手臂周长 22 至 32 cm）
臂带材料	尼龙和聚酯
附件	主机、臂带、充气球、使用说明书、储存袋、电池

注意：
- 技术资料如有更改，恕不提前通知。
- 本产品和旧电池的弃置应遵循国内对电子产品的弃置规定。

CE 0197

使用本机前请先仔细阅读本使用说明书。

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