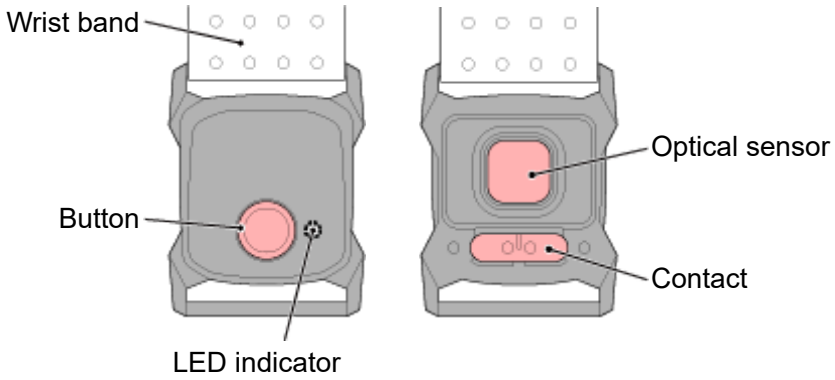
Optical heart rate sensor

OHR-30

Parts names



1. Before use: How to charge

2. Pairing

3. Using the optical heart rate sensor

Handling and Support

OHR-30

1. Before use: How to charge

Be sure to charge it before use, according to the instructions “How to charge” and “Charging precautions”.

Handling the rechargeable battery

Caution!

Charging precautions

- Avoid charging under direct sunlight or in a vehicle parked under direct sunlight, and make sure to charge only when the ambient temperature is between 5 and 40°C.
- Before charging, be sure that no dust or other foreign objects are attached to the USB plug.
- When the connected PC is in the sleep state, the battery cannot be charged.
- Do not subject the device to vibrations while charging.

Usage precautions

- Charging, discharging, and storing in high temperature environments will cause the rechargeable battery to deteriorate faster. Do not place the product inside a vehicle or near a heater.
- If the operating time is significantly reduced even after proper charging, the rechargeable battery may be reaching the end of its service life. Dispose of the battery according to the disposal precautions.

Storage precautions

If the device will not be used for a long period of time, store it in a location that is not too hot or too humid. In addition, charge the battery for about 30 minutes every 6 months.

Disposal precautions

When disposing of the product, remove the internal rechargeable battery and dispose of it according to local regulations.

Important

When using this sensor with a CATEYE computer, the heart rate display will flash when the remaining battery power is low.

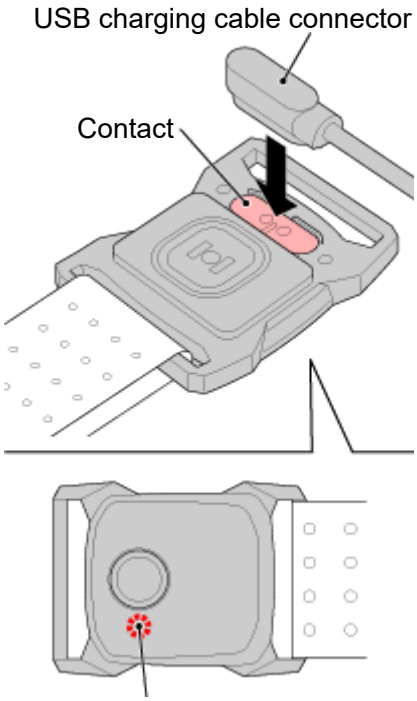
Recharge the sensor if the computer's heart rate display starts flashing.

1. Attach the USB charging cable connector to the contact of the heart rate sensor, and charge using a PC or a commercially available USB charger.

Caution!

Be careful that metal objects do not touch the contacts of the charging cable connector. This could lead to an electrical short circuit and damage the device.

The indicator turns red and charging starts.
The indicator turns blue to indicate that charging is complete.



Standard charging time
Approx. 1.5 hours

Continuous operating time
Approx. 8 – 10 hours

* When your PC is in sleep state, the unit may not be charged.
* Charging and operating times are approximate values, and will vary by environmental and user conditions.

OHR-30

1. Before use: How to charge

2. Pairing

Important
This section explains how to pair the smart computer and the sensor using the “Cateye Cycling™” smartphone app. To pair the sensor directly to the computer without a smartphone, refer to your computer’s online manual or instruction manual.

The Cateye Cycling™ smartphone app (free) must be installed on the smartphone to be used in advance.

If using an iPhone

Download on the App Store

If using an Android smartphone

GET IT ON Google Play

* For the latest information on the smartphones that are compatible with Cateye Cycling™ operations, see “Cateye Cycling™ Recommended Devices”.

Pairing via Bluetooth

Smartphone

Important

Perform pairing at a distance of no more than 3 m.

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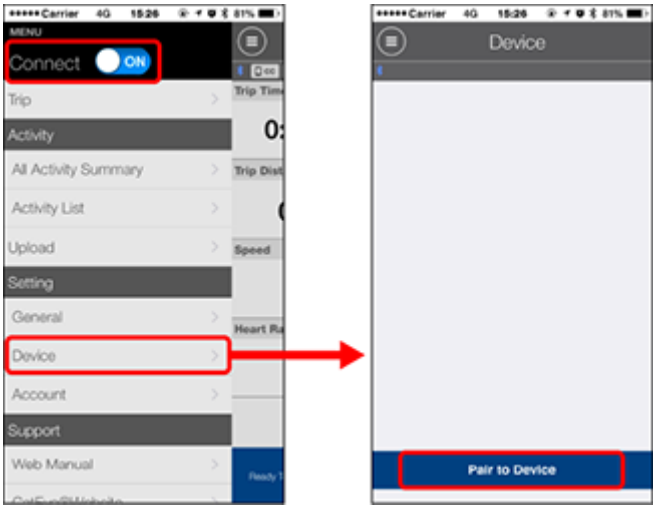
1. Verify that [Connect] is set to ON in the (MENU), and then tap [Device].



Tap [Pair to Device] to start pairing.

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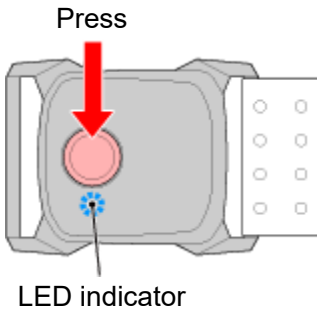
2. Press the heart rate sensor button to transmit the signal.

The indicator flashes blue.



When Cateye Cycling™ detects the sensor signal, a message will be displayed on the smartphone.
Tap [Pair to Device]. The verified sensor (CATEYE OHR-30) is displayed under [Device] and pairing is completed.

* When pairing a sensor with the Cateye Cycling™ app an “**A**” is displayed after the sensor name (HR).

3. After pairing is complete, turn off the power of the heart rate sensor.

Press and hold the heart rate sensor button, and release your finger when the LED indicator turns red.

Important

- **When using the smart computer in Sensor Direct Mode:**
  Connect the smart computer to Cateye Cycling™, and then transmit the paired sensor information.
  - STRADA SMART/PADRONE SMART: Connecting smart computer and smartphone
  - PADRONE SMART+: Connecting smart computer and smartphone

- **When using AVVENTURA/PADRONE SMART+:**
  Heart rate will not be displayed on the measurement screen in default configuration. Customize the measurement screen to display heart rate.
  - AVVEBTURA: Changing the measurement screen
  - PADRONE SMART+: Changing the measurement screen

When using ANT+ to perform pairing or pairing with a commercial computer

Refer to the instruction manual for your computer.

OHR-30

1. Before use: How to charge

2. Pairing

3. Using the optical heart rate sensor

Wear the optical heart rate sensor on your arm.

Before wearing the heart rate sensor

Warning!!!

Never use this device if you are using a pacemaker.

- Secure the sensor appropriately using the wrist band so that the optical sensor part makes close contact with the skin.
- If an allergic reaction or skin inflammation occurs during use, stop using immediately, and consult with a doctor.
- When the outside temperature is low, the heart rate may not be measured correctly. In these situations, use your cycling wear or other object to warm the sensor, and then perform measurement.
- This sensor cannot be used underwater.

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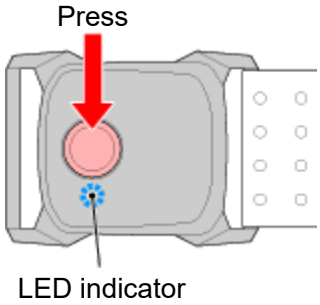
1. Press the heart rate sensor button to turn on the sensor.

The indicator flashes blue.



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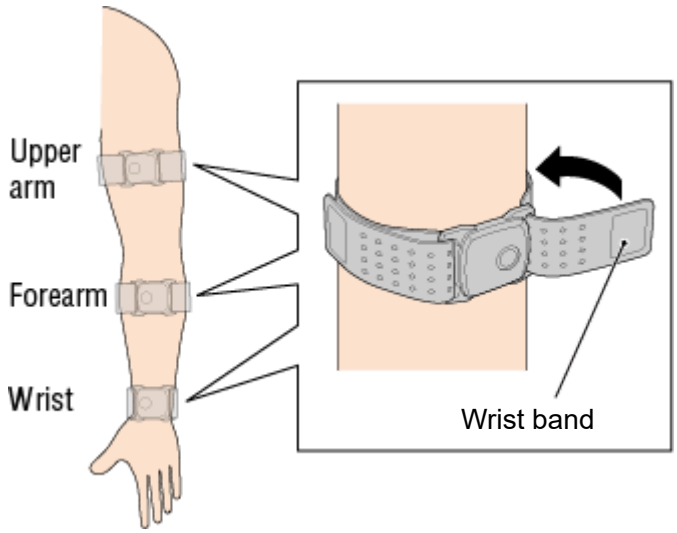
2. Wear the sensor on your wrist, forearm, or upper arm using the wrist band.

Adjust the length of the wrist band, and secure the sensor in place. Overtightening the wrist band may cause discomfort during measurement.



* Ensure that the optical sensor part is in close contact with your body.
* If the heart rate cannot be measured correctly, try again by wearing on a different area (wrist, forearm, upper arm).

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3. After measurement is complete, turn off the power of the heart rate sensor.

Press and hold the heart rate sensor button, and release your finger when the LED indicator turns red.

Optical heart rate sensor

OHR-30

Warning!!! / Caution!

⚠ Warning!!!

Never use this device if you use a pacemaker.

⚠ Caution!

Be careful that metal objects do not touch the contacts of the charging cable connector of the optical sensor. This could lead to an electrical short circuit and damage the device.

⚠ Handling the rechargeable battery

Charging precautions

- Avoid charging in direct sunlight or in a vehicle parked under direct sunlight, and make sure to charge only when the ambient temperature is between 5 and 40°C.
- Before charging, be sure that no d st or other foreign objects are attached to the USB plug.
- When the connected PC is in the sleep state, the battery cannot be charged.
- Do not subject the device to vibrations while charging.

Usage precautions

- Charging, discharging, and storing in high temperatures will cause the rechargeable battery to deteriorate faster. Do not place the product inside a vehicle or near a heater.
- If the operating time is significantly reduced even after proper charging, the rechargeable battery may be nearing the end of its service life. Dispose of the battery according to the disposal precautions.

Storage precautions

If the device will not be used for a long period of time, store it in a location that is not too hot or too humid. In addition, charge the battery for about 30 minutes every 6 months.

Disposal precautions

When disposing of the product, remove the internal rechargeable battery and dispose of it according to local regulations.

Specifications

Batteries used	Lithium-ion polymer battery 50 mAh
Continuous operating time	Approx. 8 – 10 hours * The continuous operating time is approximate and will vary according to environmental and user conditions.
Standard charging time	Approx. 1.5 hours * The standard charging time is approximate and will vary according to environmental conditions during charging.
Number of recharges/discharges	300 standard charges (until rated capacity is reduced to 70%)
Transmission/reception	Bluetooth 4.1 / ANT+
Signal range	Approx. 30 m (within 3 m when pairing) (The range will vary depending on weather and surroundings.)
Temperature range	Charging: 41°F – 104°F (5°C – 40°C), Operating: 32°F – 104°F (0°C – 40°C) * When the outside temperature is low, the heart rate may not be measured correctly.
Waterproof	IPX7 * This device is rated IPX7 based on JIS C0920.
Dimensions/weight	1-25/32" x 1-3/8" x 25/64" (45.3 x 34.9 x 9.8 mm) / 0.32 oz (9.2 g) (Not including wrist band)

* Specifications and design are subject to be changed without notice.

Maintenance

If the sensor unit becomes dirty, clean with a soft cloth moistened with mild detergent, and then wipe with a dry cloth.

Never apply paint thinner, benzine or alcohol; damage will result.

Product warranty

2-year guarantee

Sensor unit (Accessories and battery deterioration excluded)

CatEye cycle computers are warranted to be free of defects from materials and workmanship for a period of two years from original purchase. If the product fails to work due to normal use, CatEye will repair or replace the defect at no charge. Service must be performed by CatEye or an authorized retailer. To return the product, pack it carefully and enclose the warranty certificate (proof of purchase) with instruction for repair. Please write or type your name and address clearly on the warranty certificate. Insurance, handling and transportation charges to CatEye shall be borne by person desiring service. For UK and REPUBLIC OF IRELAND consumers, please return to the place of purchase. This does not affect your statutory rights.

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Federal Communication Commission Interference 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 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.

FCC Caution: To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. (Example - use only shielded interface cables when connecting to computer or peripheral devices).

FCC Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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.

Industry Canada Statement

This device complies with Industry Canada licence-exempt RSS standard.
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 Radiation Exposure Statement:

This equipment complies with IC RSS-102 radiation exposure limit set forth for an uncontrolled environment.

Cet équipement est conforme aux CNR-102 d'Industrie Canada.