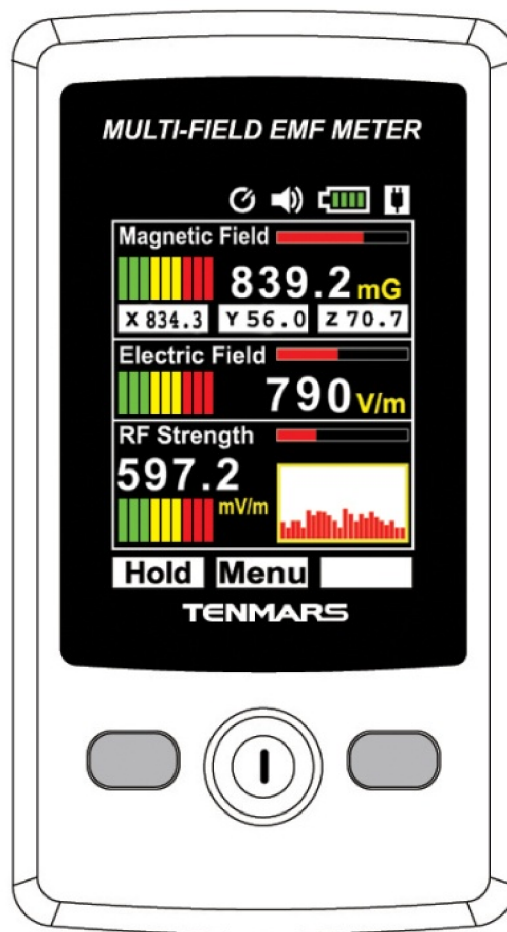


TM-190

Quick Start Guide



TENMARS

CE

HB2TM1900013

Multi-Field EMF Meter

1. Quick Measurement Mode Operation:

<p>Press the middle button (as shown in the figure) to turn on the meter →</p>	<p>The startup screen appears →</p>	<p>Access the measurement mode:</p> <ul style="list-style-type: none"> • Electromagnetic field • Electric field • RF electric field can be measured simultaneously in this mode 	<p>Press and hold the middle button for 3 seconds to turn off the meter</p>


2. Data Hold:

<p>In the measurement mode, press the left button →</p>	<p>All measurement readings and functions are locked</p>	<p>In the Data Hold mode, press the left button →</p>	<p>Return to the measurement mode</p>

Remember to turn off the power after usage; remove the battery if not used for a long period of time in order to prevent battery leakage and causing damages to internal components.


3. Menu Settings:




Step 1



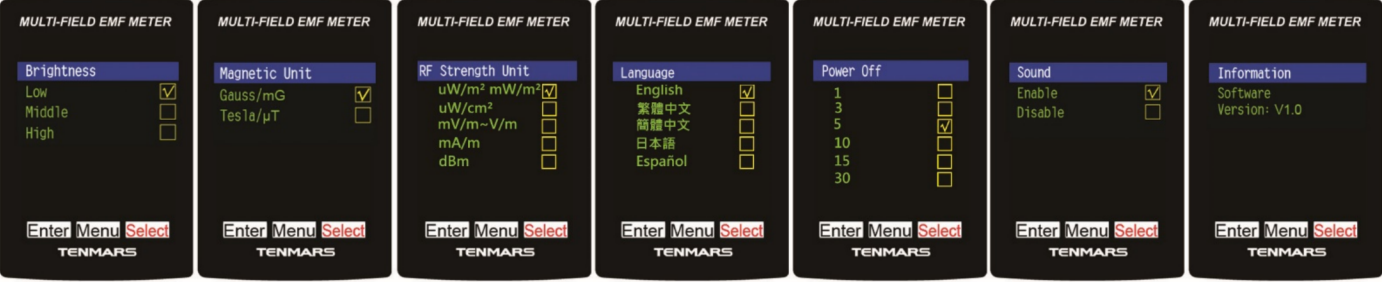
In the measurement mode, press the middle button to enter the main menu






Step 2



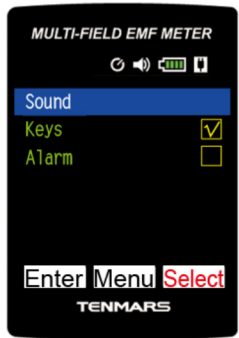
- Press the right button “Select”  repeatedly to move the blue cursor downwards. Press the left button “Enter”  to confirm the desired option and enter **Step 3**
- If you are not going to proceed, press “Menu”  to return to **Step 1** measurement mode





Step 3




- Press the right button “Select”  repeatedly to move the yellow check mark  downwards. Press the left button “Enter”  to confirm the desired setting (Fig.1~6 and Fig.7) and return to the measurement mode
- In Fig.6, press “Enter” , select “On” to enter **Step 4**, or select “Off” to mute the meter and return to the measurement mode
- To return to **Step 2**, press “Menu” 




Step 4



- Press the right button “Select”  repeatedly to select the key tone or alarm tone by moving the yellow check mark  downwards. Press the left button “Enter”  to enter **Step 5**
- To return to **Step 2**, press “Menu” 

Step 5



- Press the right button “Select”  repeatedly to select the right-sided box by moving the yellow check mark  downwards. Press the left button “Enter”  to confirm the desired setting
- To return to **Step 2**, press “Menu” 