

In association with

**St John**  
Ambulance



**kinetik**  
WELLBEING

# -Quick Start Guide-

DMT-4336

Digital  
Thermometer

1



Open box and  
remove thermometer  
from protective case.

2



Immerse the  
thermometer probe  
in distilled water  
for at least 1 minute.

3



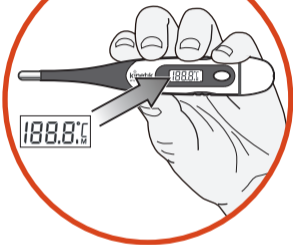
Clean thermometer tip by applying a disinfectant (e.g. 70% medical alcohol) with a damp cloth.

4



Press the power button  
to turn on the device.

5



Once **188.8°C** appears  
the thermometer  
is ready for use.

6



Insert thermometer  
in the desired location.



for more information visit :  
**[kinetikwellbeing.com](http://kinetikwellbeing.com)**