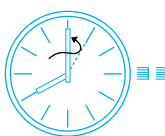


HOW TO USE

1. 2-HANDS WATCH <TO SET THE TIME>



Pull out the crown, and set the time.

If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw and then pull out the crown and set the time.

*The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.

2. 3-HANDS WATCH <TO SET THE TIME>



1 Pull out the crown, when the second hand is at the 12 o'clock position, and the second hand stops. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw. Then, pull out the crown, and the second hand stops.

*The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.

*Telephone time casting service (tel.117) might be helpful when you set the time.



2 Turn the crown to set the time.



3 Push in the crown in accordance with a time signal. With a screw-lock type crown model, adjust the time first, and then turn the crown clockwise while depressing it until it locks in place.

3. 3-HANDS WITH DATE <TO SET THE CALENDAR>



1 Pull out the crown to the first click position. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw, and then pull out the crown to the first click position.

*The crown can be pulled out all the way to the second click.

*Do not set the date when the hands are pointing to the time between 9 P.M. and 1 A.M. If the setting of the date is made when the hands are pointing to the time between 9 P.M. and 1 A.M., the date will not change to the next date. Please set the date after turning the hands except during the above period.



2 Turn the crown counterclockwise to set the date before the designated date.



3 Pull out the crown to the second click, and turn the hands to set the correct date.

1. First click (Set the date)
2. Second click (Set the time)



4 After adjusting the time and calendar, push in the crown. With a screw-lock type crown model, turn the crown clockwise while depressing it until it locks in place.

*Date adjustment at the end of the month. It is necessary to adjust the date at the end of February and 30-day months or on the first day of March and a month following a 30-day month. Please adjust the date.

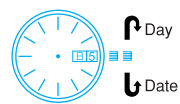
4. 3-HANDS WITH DATE AND DAY <TO SET THE CALENDAR>



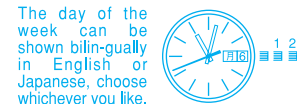
1 Pull out the crown to the first click position. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw, and then pull out the crown to the first click position.

*The crown can be pulled out all the way to the second click.

*Do not set the calendar when the hands are pointing to the time between 9 P.M. and 4 A.M. If the setting of the calendar is made when the hands are pointing to the time between 9 P.M. and 4 A.M., the date or day will not change to the next date or day. Please set the calendar after turning the hands except during the above period.



2 Turn the crown counterclockwise to set the day before designated day, and turn the crown clockwise to set the designated date.



3 Pull out the crown to the second click position, and turn the hands to set the correct date and day of the week.

1. First click (Set the date and day)
2. Second click (Set the time)



4 After adjusting the time and calendar, push in the crown. With a screw-lock type crown model, turn the crown clockwise while depressing it until it locks in place.

*Date adjustment at the end of the month. It is necessary to adjust the date at the end of February and 30-day months or on the first day of March and a month following a 30-day month. Please adjust the date.

5. 3-HANDS WITH SMALL SECOND HAND <TO SET THE TIME>



1 Pull out the crown, when the second hand is at the 12 o'clock position, and the second hand stops. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw. Then, pull out the crown, and the second hand stops.

*The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.

*Telephone time casting service (tel.117) might be helpful when you set the time.



2 Turn the crown to set the time.



3 Push in the crown in accordance with a time signal. With a screw-lock type crown model, adjust the time first, and then turn the crown clockwise while depressing it until it locks in place.

REMARKS ON THE BATTERY

NOTES ON THE BATTERY

(1) Battery life
Please note to the calibre of the watch.
Calibre: 6N01・7N01・7N07・7N08・7N82・7N83・7N85
Approximately three years
7N00・7N21・7N22・7N29・7N32・7N33・7N35・7N42・7N43・7N47・7N48
Approximately five years
If a new battery is inserted in your watch, it will last for the period specified in the attached table. Please note that the battery life varies depending on calibres.

(2) Monitor battery
The battery in your watch may run down in less than the specified period after the date of purchase, as it is a monitor battery which is inserted at the factory to check the function and performance of the watch.

(3) Battery change

1 For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased or at an authorized SEIKO DEALER, and request the battery for exclusive use with the SEIKO watches.

2 If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. have it replaced with a new one as soon as possible.

3 Battery replacement is charged even if it runs down within the guarantee period.

4 Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test pertaining to the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced. Please note that it takes several days to check the water resistant quality of your watch. When requesting the checking, therefore, please check the period required for it.

WARNING

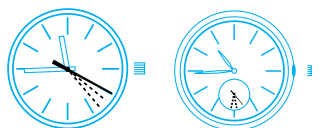
1. Do not remove the battery from the watch.
2. If it is necessary to take out the battery, keep it out of the reach of children.
3. If the child swallows it, consult a doctor immediately as it will adversely affect the health of the child.

CAUTION

1. Never short-circuit, tamper with or heat the battery, or never expose it to fire as it may explode, generate and intense heat or catch fire.
2. The battery in your watch is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
3. If the watch is left in a temperature below +5°C or above +35°C for a long time, the battery leakage may result, causing the battery life to be shortened.

Battery life indicator

(3-hands watch) (3-hands with small second hand)



The battery needs to be replaced within two or three days when you see the second hand moving in two second intervals instead of the normal one second interval. The watch will, however, remain accurate while the second hand is moving in two second intervals. We suggest that you have the battery replaced by the retailer from whom the watch was purchased or a SEIKO DEALER.

*Even though the second hand is moving at two-second intervals, time accuracy is not affected.

TO PRESERVE THE QUALITY OF YOUR WATCH

CAUTION

CARE OF YOUR WATCH

- The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust of those who have a delicate skin may have a rash.
- After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, adding to the life of the gasket.

<LEATHER BAND>

- When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.

<METAL BRACELET>

- Clean the watch bracelet with a soft toothbrush dipped in water or soapy water. If your watch is not water-resistant, be careful not to get the case wet when cleaning.

<SOFT PLASTIC BRACELET>

- The bracelet made of soft plastics does not require special care. If it gets dirty, however, it may cause trouble to the skin. Rinse it with soapy water from time to time. Since it is a chemical product, it may deteriorate by the use of solvents. The band will become hardened or discolored after several years of use. In that case, replace it with a new one.

- If your watch is not water-resistant, be careful not to get wet with water or sweat. When it gets wet with water or sweat, wipe it thoroughly dry with a hygroscopic cloth.
- If your watch is 5, 10 or 20 bar water resistant, rinse it in a bowl of fresh water after used in seawater. Do not use chemicals to wash it.
- If your watch has a rotating bezel, clean the bezel regularly. Otherwise, dust will gather under it, making the rotation harder.

CAUTION

RASH AND ALLERGY

- Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.
- If you are constitutionally predisposed to rash, the band may cause you to develop a rash or an itch depending on your physical condition.
- The possible causes of the rash are as follows:
 1. Allergy to metals or leathers
 2. Rust, dust or perspiration on the watch or band
- If you develop any skin reactions, take off the watch and consult a doctor immediately.

PLACES TO KEEP YOUR WATCH

- If the watch is left in a temperature below -10°C or above +60°C for a long time it may function improperly or stop operating.
- Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.
- Do not leave the watch where there is strong vibration.
- Do not leave the watch in a dusty place.
- Do not expose the watch to gases or chemicals. (Ex.: Organic solvents such as benzine and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)
- Do not leave the watch in a hot spring, or do not keep it in a drawer having insecticides inside.

CARE OF YOUR WATCH

CAUTION

WATER RESISTANCE

- Check the dial or case back of your watch for the water resistant quality, and then see the table below.
- Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.

Indication for water resistance	Condition of use	Degree of water resistance				
		No water resistance	Water resistance (3 bar)	Water resistance (5 bar)	Water resistance (10 bar)	Water resistance (20 bar)
a: Indication on the dial	Designed and manufactured to withstand accidental contact with water such as splashes and rains.	×	×	×	×	×
b: Indication on the case back		×	×	×	×	×
a: No indication	Suitable for swimming, yachting and other aquatic sports as well as for works closely associated with water such as kitchen work, watering and fishing.	×	×	×	×	×
b: WATER RESIST		×	×	×	×	×
a: No indication	Suitable for shallow diving without a heavy breathing apparatus and Bathing.	×	×	×	×	×
b: WATER RESIST or WATER RESIST 5 BAR		×	×	×	×	×
a: No indication, or WATER RESIST 10 BAR	Genuine diving using scuba.	×	×	×	×	×
b: WATER RESIST 10 BAR		×	×	×	×	×
a: No indication, or WATER RESIST 20 BAR	Genuine diving using helium gas.	×	×	×	×	×
b: WATER RESIST 20 BAR		×	×	×	×	×

ABOUT BATHING

Your watch can be worn while bathing if it is equipped with water resistance over 10 bar. In that case, please note the following carefully.
• Please do not operate your watch (Crown operation, Button operation etc.) when it is wet with soap or shampoo. It sometimes causes a reduction in the water proofing.
• When the watch gets warm due to warm water, the watch could gain or lose time to some degree. However, the watch will return to its usual accuracy at normal temperatures.

WARNING

- If your watch is 3 bar water resistant, do not use it in water.
- If your watch is 5 bar water resistant, do not use it in any type of diving including skin diving.
- If your watch is 10 or 20 bar water resistant, do not use it in saturation diving or scuba diving.

CAUTION

Antimagnetic quality of analogue quartz watches

Type of antimagnetic watches by JIS	Certified level of anti-magnetism	Indication of antimagnetism on the case back	Antimagnetic quality
—	1,600 A/m	No indication	Your watch will not be affected by the level of magnetism that ordinary watches can withstand.
Type 1	4,800 A/m	☺	Your watch will not be affected by the magnetism generated by household appliances at a distance of down to 5 cm.
Type 2	16,000 A/m	☺	Your watch will not be affected by the magnetism generated by household appliances at a distance of down to 1 cm.

*SEIKO Diver's Watches are antimagnetic without exception. Therefore, there is no such indication on the case back.

PRECAUTIONS ON WEARING YOUR WATCH

- Take utmost care in the following cases:
 - When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.
 - In case you tumble and fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.
 - When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.

CAUTION

- If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

NOTES ON OVERHAUL

- The watch is a precision device. If the parts run short of the oil or get worn out, the watch may stop its operation or lose time. In such a case, have the watch overhauled. Be sure to have the gasket and push-pin replaced with new ones when overhauling the watch.

SPECIFICATIONS

1. Frequency of crystal oscillator 32,768 Hz (Hz=Hertz—Cycles per second)
 2. Loss/gain Loss/gain in normal temperatures of between 5°C and 35°C. Monthly rate: less than ±15 seconds (14°F~+60°F)
 3. Operational temperature range -10°C~+60°C (14°F~140°F)
 4. Driving system Step motor
 5. Battery Silver oxide battery
SEIKO SB-AG...6N01・7N01・7N07・7N08・7N82・7N83・7N89
SEIKO SB-AF...7N00
SEIKO SB-AN...7N21・7N22・7N29・7N32・7N33
7N35・7N42・7N43・7N47・7N48 } 1 battery
 6. Battery life indicator By the second hand (7N01・7N07・7N08・7N22・7N33・7N35・7N42・7N43・7N47・7N48・7N82・7N83)
 7. IC C-MOS-IC...1 unit
- *The above specifications are subject to change without notice.

SEIKO
セイコーウォッチ
取扱説明書
INSTRUCTION

6N01・7N00・7N01・7N07・7N08・7N21・7N22・7N29・7N32・7N33・7N35・7N42・7N43・7N47・7N48・7N82・7N83・7N89

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