

**SEIKO**  
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取扱説明書

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Thank you very much for choosing a SEIKO watch.  
For proper and safe use of your SEIKO watch,  
please read carefully the instructions  
in this booklet before using.  
Keep this manual handy for easy reference.

※Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER (listed on the back cover). The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.

※Battery replacement is at cost even within the guarantee period.

The battery in the watch at the time of purchase is a monitor battery inserted in the watch at the factory for performance checks. Therefore, the battery may run down earlier than the specified period.

## **WARNING**

To indicate the risks of serious consequences such as severe injuries unless the following safety regulations are strictly observed.



WARNING

**Do not remove the battery from the watch.**



WARNING

**Keep the watch and accessories out of the reach of babies and children.**

Care should be taken to prevent a baby or a child accidentally swallowing the battery or accessories.

If a baby or child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child.



WARNING

**Immediately stop wearing the watch in following cases.**

- If the watch body or band becomes edged by corrosion etc.
- If the pins protrude from the band.

※ Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER (listed on the back cover).



## CAUTIONS

To indicate the risks of light injuries or material damages unless the following safety regulations are strictly observed.



CAUTIONS

### Avoid the following places for wearing or keeping the watch.

- Places where volatile agents (cosmetics such as polish remover, bug repellent, thinners etc.) are vaporizing
- Places where the temperature drops below 5 °C or rises above 35 °C for a long time
- Places of high humidity
- Places affected by strong magnetism or static electricity
- Dusty places     Places affected by strong vibrations
- ※ Do not leave a dead battery within the watch for a long time as leakage might occur.



CAUTIONS

### If you observe any allergic symptoms or skin irritation

Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist



CAUTIONS

### Other cautions

- Note that there is a risk of damaging your clothes, hand or neck with the band, cord or chain of the pocket watch or pendant watch.
- Do not disassemble or tamper with the watch.
- Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any injury or allergic rash or itching that may be caused when they touch the watch.

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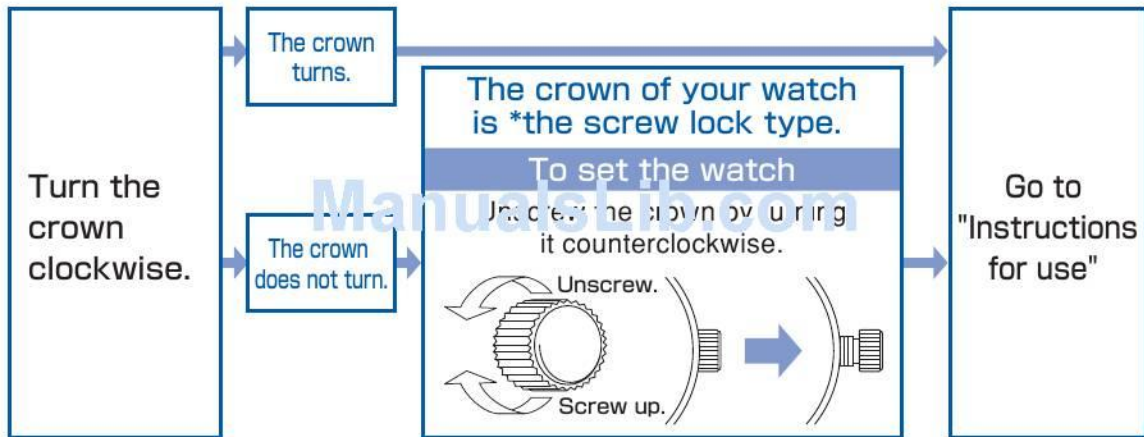
**ManualsLib.com**  
How to use

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# Names of the parts



## Check the type of the crown of your watch



※ This type of crown can be screwed into the watch body to avoid being pulled out by mistake.

- After completing all settings of the watch, screw the crown in again by turning it clockwise while pressing it.
- If the crown turns out to be too stiff to be screwed up, turn the crown counterclockwise once and then give another try.  
Do not screw it in by force as it may damage the slots of the crown.

## Instructions for use (models with two hands/models with three hands)

Models with two hands



Models with three hands



## Time Setting

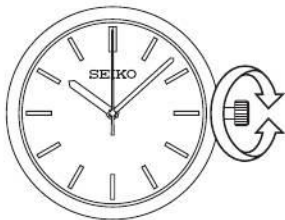
### Pull out the crown.

If your watch has three hands, pull out the crown when the second hand is at the 12 o'clock position.



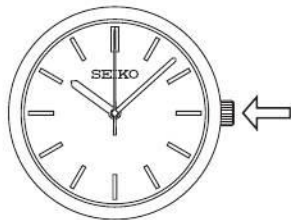
### Turn the crown to set the time.

In order to set the time accurately, turn the minute hand 4 or 5 minutes ahead and then return it to the correct time.



### Push the crown back in to its normal position.

If your watch has three hands, push the crown back in simultaneously with a time signal.



### Note

For models with a screw lock type crown, always screw the crown up again after setting the time

○ The telephone time signal service (Tel. 117) is convenient for setting the time.

# Instructions for use (models with date/models with date and day of the week)

Models with date



Models with date and day of the week



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## Time setting

Pull out the crown to the second click when the second hand is at the 12 o'clock position.

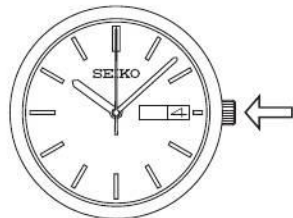
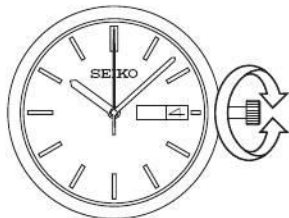


Turn the crown to set the time.

In order to set the time accurately, turn the minute hand 4 minutes ahead and then return it to the correct time.



Push the crown back in to its normal position simultaneously with a time signal.



### Note

For models with a screw lock type crown, always screw the crown up again after setting the time

○ The telephone time signal service (Tel. 117) is convenient for setting the time.

## Date (Day of the week) setting (Do not set date/day of the week between 9:00 PM and 4:00 AM)

Pull out the crown to the first click.

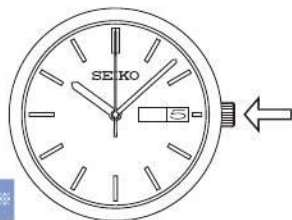
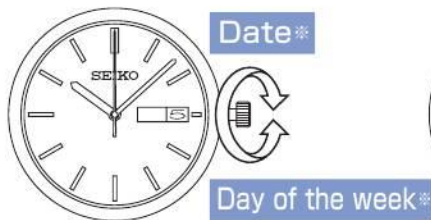


Turn the crown to set the date (day of the week).



Push the crown back in to its normal position.

Day of the week can be displayed either in Japanese or English by your choice.



※Some models display the date and day of the week in the reverse order.

### Note

For models with a screw lock type crown, always screw the crown up again after setting the time

## When date adjustment is required

The date makes one round in a 31- day period.  
It is necessary to adjust the date at the end of the month following a month that has less than 31 days.

### Note

Time period that is not good for setting the date (day of the week)

Between 9:00 PM and 4:00 AM  
(The date (day of the week) may not change.)

### When date (day of the week) changes during daytime

It happens when AM/PM is wrongly set.  
Advance the hour hand by twelve hours.  
(Refer to "Time Setting".)

## INTERCALARY SECOND (LEAP SECOND)

Normally there are 86,400 seconds in a day. Due to a slight change in the earth's rotation, extra second may be added to one day during the year. This is called the intercalary second. Every year the decision is made whether such an adjustment is needed. When the adjustment takes place, the standard time should be corrected by delaying the standard time one second. To keep your SEIKO watch accurate with the world standard time, adjust your watch to a time signal whenever such adjustment is made.

According to the information from the observatories all over the world, the standard time is delayed one second simultaneously throughout the world by the Greenwich Royal Observatory.

In the Greenwich Mean Time, an extra second will be added to the one minute between 11:59 P.M. and 12:00 A.M. either on December 31st or on June 30th.

In the Japan Time, due to the time differential an extra second will be added to the one minute between 8:59 A.M. and 9:00 A.M. on January 1st or July 1st.

However, the adjustment may not be made in some years. Please, check by a newspaper, etc. whether such an adjustment will be made or not.

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TO PRESERVE THE QUALITY OF YOUR WATCH

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## After-sale service

### Repair parts

- The repair parts of this watch will be retained usually for 7 years.
- Some alternative parts may be used to repair, if necessary.

### Battery replacement

- Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER to have the battery replaced with a new one.  
It is recommended to exchange the gasket at the same time to maintain the water resistant performance.
- Battery replacement will be at cost even within the guarantee period.
- For a water resistant watch with 10 BAR or above, a water resistant performance check is also recommended.  
Please note that it may take some days to conduct the check.
- If the watch runs down on a new battery, it requires an overhaul.

## 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.

## Notes on guarantee and repair

- Contact the retailer the watch was purchased from or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
- Within the guarantee period, present the certificate of guarantee to receive repair services.
- Guarantee coverage is provided in the certificate of guarantee. Read carefully and retain it.

# Guarantee

Within one year from the date of purchase, we guarantee free repair/adjustment service against any defects according to the following guarantee regulations, provided that the watch was properly used as directed in this instruction booklet.

## Guarantee coverage

- The watch body (metal case) and metallic band

## Exceptions from guarantee

In following cases, repair/adjustment services will be at cost even within the guarantee period or under guarantee coverage.

- Battery replacement and change of leather/urethane/cloth band
- Troubles or damage caused by accidents or improper usage
- Scratches or grime caused by use
- Problems and damage caused by acts of god, natural disasters including fire, floods or earthquakes.
- The certificate of guarantee is valid only if all the necessary items are properly filled in. We will not honor an altered or tampered certificate of guarantee for free repair services.

Free repair services are guaranteed only under the period and conditions specified in the certificate of guarantee. It does not affect specific legal rights of a consumer.

The certificate of guarantee is valid only in Japan.

## Procedure to claim free repair services

- For any defects under guarantee, submit the watch together with the attached certificate of guarantee to the retailer from whom the watch was purchased.
- If repair services cannot be provided by the retailer from whom the watch was purchased, contact SEIKO CUSTOMER SERVICE CENTER. In this case, the attached certificate of guarantee is also needed.

## Others

- The case, dial, hands, glass and bracelet, or parts thereof may be repaired with substitutes if the originals are not available. If necessary, movements will be replaced. Refer to the page 54 of this booklet for the retention period of the parts.
- For length adjustment service of a metallic band, ask the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER. Other retailers may undertake the service on a chargeable basis.

# Daily care

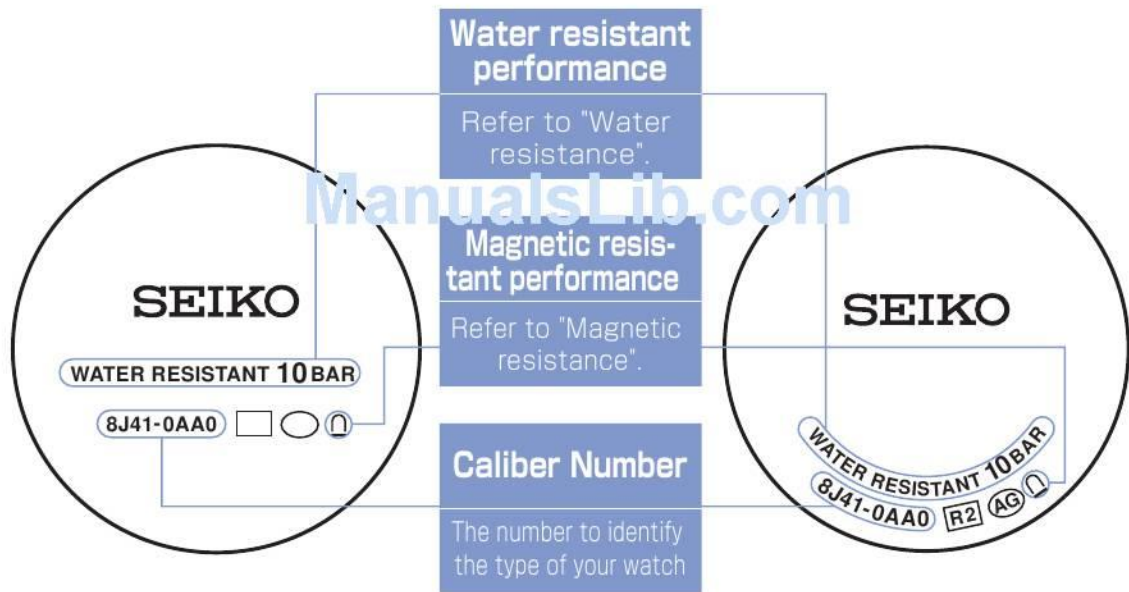
## The watch requires good daily care

- Wipe away moisture, sweat or dirt with a soft cloth
- To clean the crevices (around the metal band, crown or case back), a soft toothbrush is convenient.
- After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.

## Turn the crown from time to time

- In order to prevent corrosion of the crown, turn the crown from time to time.
- The same practice should be applied to a screw lock type crown.  
(No need to pull out the screw lock type crown.)

The case back shows the caliber and performance of your watch



※The figure above is one example. Performance of your watch is different from above sample.

# Water Resistance

Refer the table below for the description of each degree of water resistant performance of your watch before using.

(Refer to " P.59 ")

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Indication on the case back	Water resistant performance
	Non-water resistance
	Water resistance for everyday life
	Water resistance for everyday life at 5 barometric pressures
	Water resistance for everyday life at 10(20) barometric pressures.

 **Cautions**

- In order to maintain the water resistant performance at factory-adjusted level, make sure to replace the gasket when changing the battery.
- For a water resistant watch with 10 BAR or above, be sure to have the water resistant performance check when changing the battery.

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Condition of Use

### Avoid drops of water or sweat

The watch withstands accidental contact with water in everyday life.



**WARNING** Not suitable for swimming

The watch is suitable for sports such as swimming.

The watch is suitable for diving not using an air cylinder.

## WARNING



**Do not use the watch in scuba diving or saturation diving.**

The various tightened inspections under simulated harsh environment, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on the water-resistant watch with the BAR (barometric pressure) display. For diving, use special watches for diving.

## CAUTION

- ※ If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER (listed on the back cover).



**Do not turn or pull out the crown when the watch is wet.**

Water may get inside of the watch.

## CAUTION



**Do not leave moisture, sweat and dirt on the watch for a long time.**

Be aware of a risk that a water resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass (or gasket) or the development of rust on stainless steel.



**Do not wear the watch while taking a bath or a sauna.**

Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch.





**Do not pour running water directly from faucet.**

The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.

## Magnetic resistance (affect of magnetic field)

Affected by nearby magnetism,  
a quartz watch may temporarily gain or lose time or stop operating.

※This defective condition caused by magnetism will be corrected soon after the watch is removed from the magnetic source. Reset the time once again before using the watch.

Indication on the case back	Condition of use
No indication	Keep the watch more than 10 cm away from magnetic products.
	Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)
	Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)

## Examples of common magnetic products that may affect watches



Cellular phone (speaker)

Magnetic health belt



Bag (with magnet buckle)

Magnetic necklace

AC-powered shaver

Magnetic health mat



Portable radio (speaker)

Magnetic health pillow



Magnetic cooking device etc

The reason why analogue quartz watch is affected by magnetism.

It is because the built-in motor of the watch, which harnesses magnetic power and external strong magnetism, affect each other to stop the motor or suppresses the turn of the motor.

## Band (maintenance procedure)

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The watch requires a lot of attention for long usage.

### Metallic band

- Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.
- Lack of care may cause a yellowish or gold stain on the lower sleeve edge of shirts.
- Wipe off moisture, sweat or soil with a soft cloth as soon as possible
- To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off with a soft toothbrush.  
(Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)

### Leather band

- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.

## Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
- Especially a translucent white, or pale colored band easily adsorbs other colors, resulting in color smears or discoloration.
- Wash out dirt in water and clean it off with a dry cloth.  
(Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
- When the band becomes less flexible or cracked, replace the band with a new one.

### Notes on skin irritation and allergy

Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.

### Notes on the length of the band

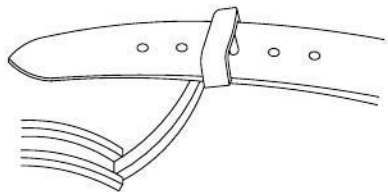
Adjust the band to allow a little clearance with your wrist to ensure proper airflow. When wearing the watch, leave enough room to insert a finger between the band and your wrist.



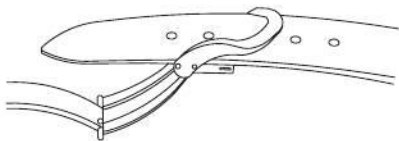
## Special Clasps

There are 2 type of special clasps as described below;  
If the clasp of the watch you purchased is one of them,  
please refer to the indications.

A type

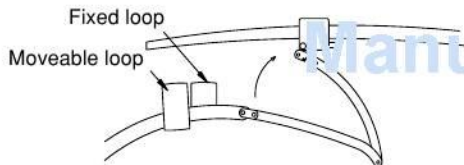


B type



## A Type

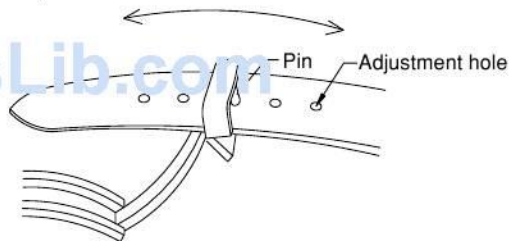
1) Lift up the clasp to release the buckle.



2) Open the flap.



3) Take the pin out of the adjustment hole, adjust the size of the strap by sliding it back and forth, and then put the pin back into the appropriate adjustment hole.



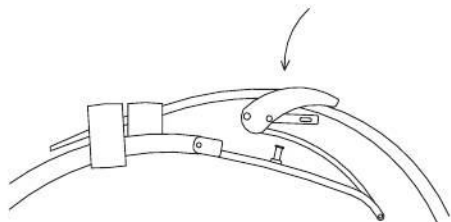
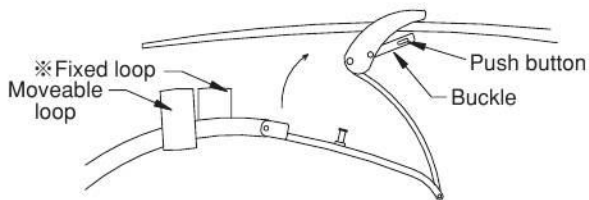
4) Close the flap.



## B Type

### 1 How to wear or take off the watch

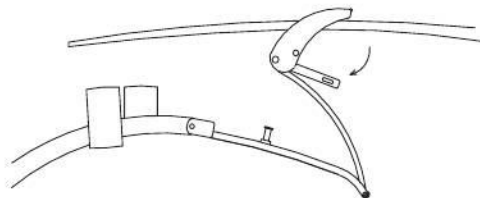
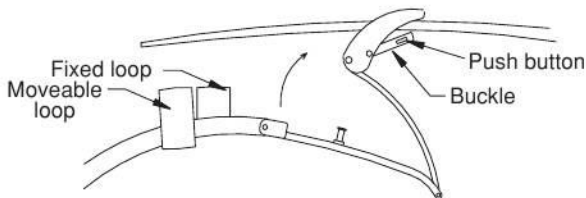
- 1) Press the button on both sides of the buckle ; pull the band loop up.  
The band will automatically come out of the loop.
- 2) Place the tip of the band into the moveable loop and fixed loop, and fasten the clasp by pressing the frame of the buckle.



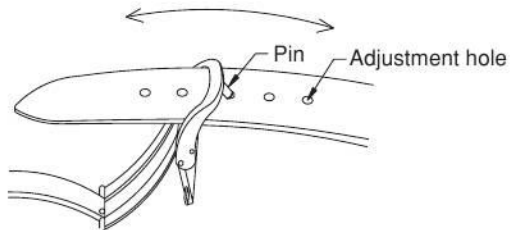
※No Fixed loop with Metal Bracelets.

## 2 How to adjust the length of the leather band

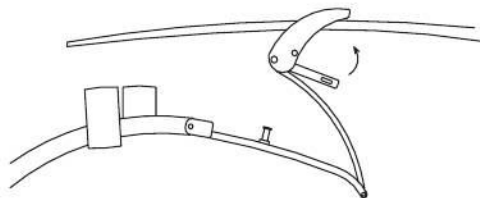
- 1) With pressing buttons on both sides of the buckle, pull the leather band out of the moveable loop and fixed loop. Then open the clasp.
- 2) Press the push buttons again to fasten the buckle.



- 3) Pull the pin out of an adjustment hole of the band. Slide the band to increase its length and find an appropriate hole. Place the pin into the hole.



- 4) Fasten the buckle with pressing the push buttons



# LUMIBRITE

## (IF YOUR WATCH HAS LUMIBRITE)

LumiBrite is a luminous paint that is completely safe to human beings and natural environment, containing no noxious materials such as radioactive substance.

LumiBrite is a newly-developed luminous paint that absorbs the light in the dark.

For example, if exposed to a light of more than 500 lux for approximately 10 minutes, LumiBrite can emit light for 3 hours. Please note, however, that as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

<Reference data on the luminance>

### (A) Sunlight

[Fine weather]: 100,000 lux      [Cloudy weather]: 10,000 lux

### (B) Indoor (Window-side during daytime)

[Fine weather]: more than 3,000 lux      [Cloudy weather]: 1,000 to 3,000 lux

[Rainy weather]: less than 1,000 lux

### (C) Lighting apparatuses (40-daylight fluorescent light)

[Distance to the watch: 1m]: 1,000 lux

[Distance to the watch: 3m]: 500 lux (average room luminance)      [Distance to the watch: 4m]: 250 lux

# Battery/Battery life/Accuracy

Battery life and its accuracy vary depending on the type of your watch.  
 Check the case back of your watch to identify the type of watch.  
 (Refer to " Daily care ".)

Type of watch (The first four digits of the caliber number of your watch)	Battery	Battery life	Loss/Gain ( per year )
	A6	Approx. 2 years	±20 seconds
	AF		
	A6		±10 seconds
	AR		
	AF		
	AT	Approx. 3 years	±20 seconds
	AJ		
	AN		
	AC		±10 seconds
	AG		
	AT		

Type of watch (The first four digits of the caliber number of your watch Ex. 8J41-0AA0)	Battery ( SB- )	Battery life	Loss/Gain ( per year )
	AJ	Approx. 3 years	±10 seconds
	AJ		
	AJ		
	AN	Approx. 5 years	±20 seconds
	AJ	Approx. 2.5 years	
	AN	Approx. 5 years	±10 seconds

- The battery life shown above is for a watch with a new battery.
- The battery in the watch at the time of purchase is a monitor battery inserted in the watch at the factory for performance checks, therefore, the battery may run down earlier than the above-specified period.
- When the battery is exhausted, the second hand moves at two-second intervals.
- The accuracy is under the condition that the watch is worn on the wrist in a normal temperature range between 5 °C and 35 °C.
- Loss / Gain is determined per year ; i.e., each month does not lose / gain the same number of seconds (e.g. One month = 2 secs., another month = 1 sec., etc)
- Operational temperature range is -10°C~+60°C (14°F~140°F).