



# PULSAR

## MECHANICAL WATCHES

- Automatic winding

ENGLISH



MECHANICAL\_E

1



09.7.21, 10:40 AM



# PULSAR

## MECHANICAL WATCHES

### HOW TO USE THE WATCH

English

#### ■ SCREW DOWN CROWN (for models with screw down crown)

##### Unlocking the crown

- 1 Turn Crown counterclockwise until you no longer feel the threads turning.
- 2 Crown can be pulled out.



##### Locking the crown

- 1 Push Crown back in to normal position.
- 2 Turn Crown clockwise while pressing it lightly until tight.



##### \* When using the watch in water:

Before using the watch in water, be sure the crown is screwed in completely.  
Do not operate the crown when the watch is wet or in water.

2

MECHANICAL\_E

2-3

#### ■ HOW TO START THE MECHANICAL WATCH

To initially start your watch, swing it from side to side in a horizontal arc for about 30 seconds.

\* If the watch is worn daily, PULSAR's automatic mechanism will wind the mainspring automatically through normal wrist movement.

\* If the watch is used without being wound up sufficiently, gain or loss of the watch may result. To avoid this, wear the watch for more than 8 hours a day.

#### ■ TIME SETTING FOR MODELS WITHOUT CALENDAR

##### CROWN

- 1 Pull out to the second click.
- 2 Turn to set the time.
- 3 Push back in to normal position.



English

#### ■ TIME/CALENDAR SETTING FOR MODELS WITH DATE CALENDAR

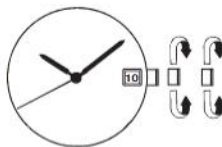
##### CROWN

- 1 Pull out to the first click.

3

09.7.21, 10:41 AM

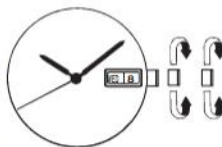
- 2 Turn to show the previous day's date.
- 3 Pull out to the second click.
- 4 Turn until the desired date appears.  
*\* Turn Crown to advance Hour and Minute hands.*
- 5 Turn to set the time.
- 6 Push back in to normal position.



#### ■ TIME/CALENDAR SETTING FOR MODELS WITH DAY AND DATE CALENDAR

##### **CROWN**

- 1 Pull out to the first click.
- 2 Turn to show the previous day's date.
- 3 Turn in the opposite direction to show the previous day of the week.
- 4 Pull out to the second click.
- 5 Turn until the desired date and day appears.



*\* Turn Crown to advance Hour and Minute hands.*

- 6 Turn to set the time.
- 7 Push back in to normal position.

##### **Notes on time setting:**

- When setting the hands, first set them to a time a few minutes earlier than the correct time, and then advance them to the exact time.

##### **Notes on calendar setting:**

- Do not change the day or the date between 9:00 p.m. and 4:00 a.m.
- Turn the hands past the 12 o'clock marker to determine whether the watch is set for the A.M. or P.M. period. If the calendar changes when the hour hand passes the 12 o'clock marker, the time is set for A.M. If the calendar does not change, the time is set for P.M.
- It is necessary to adjust the date at the end of February and 30-day months.

## TO PRESERVE THE QUALITY OF YOUR WATCH

### WATER RESISTANCE

#### ● Non-water resistant



If "WATER RESISTANT" is not inscribed on the case back, your watch is not water resistant, and care should be taken not to get it wet as water may damage the movement. If the watch becomes wet, we suggest that you have it checked by an AUTHORIZED PULSAR DEALER or SERVICE CENTER.

English

#### ● Water resistance (3 bar)



If "WATER RESISTANT" is inscribed on the case back, your watch is designed and manufactured to withstand up to 3 bar, such as accidental contact with splashes of water or rain, but it is not designed for swimming or diving.

6

#### ● Water resistance (5 bar)\*



If "WATER RESISTANT 5 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 5 bar and is suitable for swimming, yachting and taking a shower.

#### ● Water resistance (10 bar/15 bar/20 bar)\*



If "WATER RESISTANT 10 BAR", "WATER RESISTANT 15 BAR" or "WATER RESISTANT 20 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar/15 bar/20 bar and is suitable for taking a bath, shallow diving, but not for scuba diving. We recommend that you wear a PULSAR Diver's watch for scuba diving.

- \* Before using the water resistance 5, 10, 15 or 20 bar watch in water, be sure the crown is pushed in completely. Do not operate the crown when the watch is wet or in water. If used in sea water, rinse the watch in fresh water and dry it completely.
- \* When taking a shower with the water resistance 5 bar watch, or taking a bath with the water resistance 10, 15 or 20 bar watch, be sure to observe the following:
  - Do not operate the crown when the watch is wet with soapy water or shampoo.
  - If the watch is left in warm water, a slight time loss or gain may be caused. This condition, however, will be corrected when the watch returns to normal temperature.

#### NOTE:

Pressure in bar is a test pressure and should not be considered as corresponding to actual diving depth since swimming movement tends to increase the pressure at a given depth. Care should also be taken on diving into water.

### TEMPERATURES



Your watch works with stable accuracy within a temperature range of 5 °C and 35 °C (41 °F and 95 °F). Do not leave your watch in very low temperatures below -5 °C (+23 °F) for a long time since the cold may

cause a slight time loss or gain. However, the above conditions will be corrected when the watch returns to normal temperature.

English

7

**CARE OF CASE AND BRACELET**

To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.

**SHOCKS & VIBRATION**

Light activities will not affect your watch, but be careful not to drop your watch or hit it against hard surfaces, as this may cause damage.

**CHEMICALS**

Be careful not to expose the watch to solvents, mercury, cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.

**MAGNETISM**

The watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

**PERIODIC CHECK**

It is recommended that the watch be checked once every 2 to 3 years. Have your watch checked by an AUTHORIZED PULSAR DEALER or SERVICE CENTER to ensure that the case, crown, gasket and crystal seal remain intact.

**PRECAUTION REGARDING CASE BACK PROTECTIVE FILM**

If your watch has a protective film and/or a sticker on the case back, be sure to peel them off before using your watch.

**LUMIBRITE™**

LumiBrite is a newly developed luminous paint that is completely harmless to human beings and the natural environment, containing no noxious materials such as radioactive substances.

LumiBrite absorbs the energy of sunlight or artificial light in a short time and stores it to emit 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 5 to 8 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.

When you make a dive in dark water, LumiBrite may not emit light unless it has absorbed and stored light sufficiently.

Before diving, therefore, be sure to expose the watch to light under the conditions specified above, so that it fully absorbs and stores light energy. Otherwise, use the watch together with an underwater flashlight.

**< Reference data on luminance >**

- |  |                                      |
|--|--------------------------------------|
| (A) Sunlight   | (Cloudy weather): 10,000 lux         |
| [Fine weather]: 100,000 lux                                    |                                      |
| (B) Indoor (Window side during daytime)                        | (Cloudy weather): 1,000 to 3,000 lux |
| [Fine weather]: more than 3,000 lux                            |                                      |
| [Rainy weather]: less than 1,000 lux                           |                                      |
| (C) Lighting apparatus (40-watt daylight fluorescent light)    |                                      |
| [Distance to the watch: 1 m]: 1,000 lux                        |                                      |
| [Distance to the watch: 3 m]: 500 lux (average room luminance) |                                      |
| [Distance to the watch: 4 m]: 250 lux                          |                                      |

\* "LUMIBRITE" is a trademark of SEIKO HOLDINGS CORPORATION.