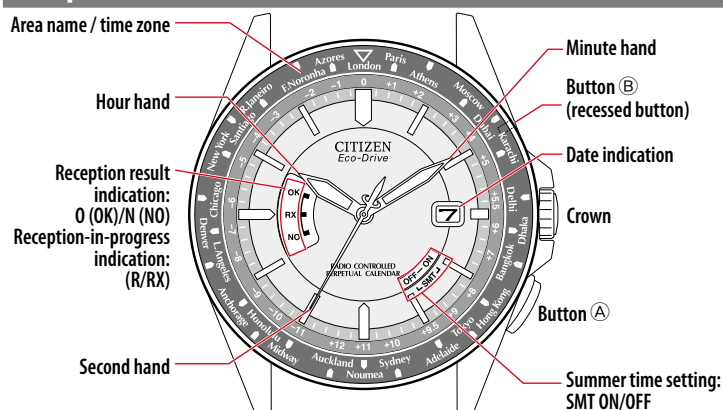
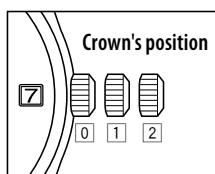


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications, and operations, refer to the instruction manual:  H144/H145 instruction manual

Component identification



- Actual appearance may differ from the illustration.
- The crown has two positions when pulling it out.



Checking the power reserve

1. Push the crown in to position 0.
2. Press and release the lower right button A.

The second hand moves to indicate the power reserve.

Second hand movement	Power reserve status
Pointing "O (OK)" or "N (NO)" after moving clockwise	Power reserve is sufficient.
Pointing "O (OK)" or "N (NO)" after moving counterclockwise	Charge immediately

- "OK" and "NO" indicate the time signal reception result. They have no relation to the charge level.

3. Press and release the lower right button A to finish the procedure.

The indication returns to current time.

- It returns to current time indication automatically in about 10 seconds without pressing the button.

Checking the signal reception result

1. Push the crown in to position 0.
2. Press and release the lower right button A.

The second hand moves to indicate the result of the last reception.

Indication	Reception result
OK	The reception was successful.
NO	The reception failed.

- Try signal reception following the steps in [Receiving the signal manually \(on-demand reception\)](#) if the last reception failed.

3. Press and release the lower right button A to finish the procedure.

The indication returns to current time.

- It returns to current time indication automatically in about 10 seconds without pressing the button.

Setting the world time

- The world time setting controls the target station from which the watch tries to receive signals.

1. Pull the crown out to position 1.

The second hand moves to point the area currently set.

2. Rotate the crown to select an area.

- Select an area from [Table of time zones and representative areas](#)
- Each time you change the area, the time and date of the selected area is shown.

3. Push the crown in to position 0 to finish the procedure.

The indication returns to current time.

Table of time zones and representative areas

- When using the watch in an area not listed in the table, select an area name in the same time zone.
- It may be difficult to receive signals in certain environment where it is hard for signals to reach.

Time zone	Second hand	Area name	Representative area	Signal station
0	0	LON	* London	Germany
+1	2	PAR	* Paris	
+2	4	ATH	* Athens	
+3	7	MOW/RUH	* Moscow/Riyadh	♦ Germany
+4	9	DXB	Dubai	
+5	11	KHI	Karachi	♦ China
+5.5	14	DEL	Delhi	
+6	16	DAC	Dhaka	
+7	18	BKK	Bangkok	
+8	21	BJS	Beijing	
+9	23	TYO	Tokyo	China
+9.5	25	ADL	Adelaide	Japan
+10	28	SYD	Sydney	♦ Japan
+11	30	NOU	Noumea	
+12	32	AKL	Auckland	
-11	35	MDY	Midway	♦ USA
-10	37	HNL	Honolulu	
-9	39	ANC	** Anchorage	
-8	42	LAX	** Los Angeles	USA
-7	44	DEN	** Denver	
-6	46	CHI	** Chicago	
-5	49	NYC	** New York	
-4	51	SCL	Santiago	
-3	53	RIO	Rio de Janeiro	♦ USA
-2	56	FEN	Fernando de Noronha	♦ Germany
-1	58	PDL	* Azores	

- The time zone in the table is based on UTC (Coordinated Universal Time).
- Countries or regions may change time zones for various reasons.
- For an area with * or **, indication of summer time and that of standard time are linked together.
- Areas with ♦ mark are out of receivable range and signals cannot be received. (The watch tries to receive signals from the target signal station though.)

Receiving the signal manually (on-demand reception)

- It takes 2-15 minutes to finish reception.

1. Push the crown in to position **0**.

2. Press and hold the lower right button **A** for 2 seconds or more.

The second hand points "RX" and signal reception starts. The second hand returns to normal movement after finishing reception.

Reception was successful	The time will be updated.
Reception failed	The time is not corrected and the previously set time resumes.

- Press and hold button **A** for 2 seconds or more to cancel reception.

Switching the summer time and standard time

1. Pull the crown out to position **2**.

2. Rotate the crown to change the summer time setting.

H144:

Summer time setting	Description
SMT ON	Summer time is indicated.
SMT OFF	The standard time is indicated. The time signal update overrides any manual settings that may have been made.

H145:

Summer time setting	Description
SMT ON	Summer time is indicated. The watch automatically switches between standard time and summer time depending whether the summer time check signal is contained or not in the signal received.
SMT OFF	The standard time is indicated. The standard time is kept indicated even when the summer time check signal is received.

3. Push the crown in to position **0** to finish the procedure.

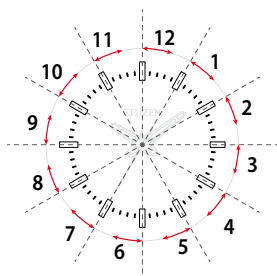


Adjusting the time and calendar manually

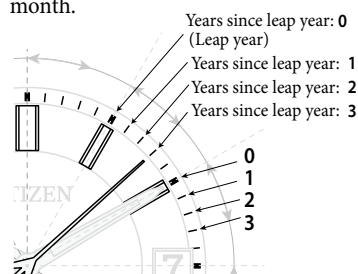
- Check world time setting in [Setting the world time](#) beforehand.

- Pull the crown out to position [2].**
- Press and release the lower right button (A).**
The second hand points to 0 second.
- Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.**
 - Each time you press button (A), the target changes as follows:
Minute → hour → date → year/month → (back to the top)
 - The hands and indications slightly move when selected to show they become adjustable.
- Rotate the crown to adjust the hand/indication.**
 - When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
 - The hour hand and date indication move synchronously.
 - Change of date indication shows it just became AM. Take care the time set is AM or PM.
 - Year and month are indicated with the second hand.

“Month” corresponds to one of the 12 zones shown in the figure below.
Each number means month.



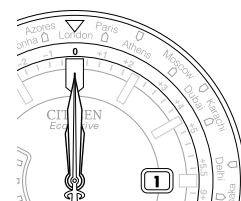
“Year” corresponds to the years since leap year and is indicated with markers in the zone of each month.



- Repeat steps 3 and 4.**
- Push the crown in to position [0] in accordance with a reliable time source to finish the procedure.**

Checking the reference position

- Pull the crown out to position [1].**
- Press and hold the upper right button (B) for 5 seconds or more.**
The hands and indication start to move to the current reference positions stored in memory.
 - Release the button as the hands/indication start to move.
- Check the reference positions.**
Correct reference positions:
 - Hour, minute and second hands: 0 hour 00 minute 0 second
 - Date indication: “1”



When the current reference position is different from the correct one, adjust the position following the steps of “Correcting the reference position”.

- Push the crown in to position [0] to finish the procedure.**

Correcting the reference position

- Pull the crown out to position [1].**
- Press and hold the upper right button (B) for 5 seconds or more.**
The hands and indication start to move to the current reference positions stored in memory.
 - Release the button as the hands/indication start to move.
- When all the hands stop moving, pull the crown out to position [2].**
- Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.**
 - Each time you press the button, the target changes as follows:
Hour hand → second/minute hands → date indication → (back to the top)
- Rotate the crown to adjust the hand/indication.**
 - When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
 - The second and minute hands move synchronously.
- Repeat steps 4 and 5.**
- Push the crown in to position [0] to finish the procedure.**

Resetting the watch - All Reset

- Pull the crown out to position [2].**
- Press and release both the lower right button (A) and upper right button (B) at the same time.**
The second hand moves to the 0 second position and other hands and date indication move slightly, and All Reset is executed.

The setting values after All Reset	
Calendar	January of leap year (5 seconds position)
World time	±0 from UTC (LON), London
Summer time	Off at all areas

After All Reset

After All Reset, adjust the reference position. Set the world time setting and receive signals manually (on-demand reception) to adjust the time and calendar after that.

