

Thank you for your purchase of this Citizen watch.
 Before using the watch, read this instruction manual (PDF) carefully to ensure correct use.

Caliber No. of this watch: **H864**

You can access the web instruction manual in addition by using the QR code or the URL: <https://www.citizenwatch-global.com/support/html/en/h864/h864.html>

Some models may be equipped with enhanced features functions such as slide rules and tachymeters. To see how to use such features and functions, which is not covered with the instruction manual, and other information, access the CITIZEN support page (<https://www.citizenwatch-global.com/support/>).



Safety precautions — IMPORTANT

This manual contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property. We encourage you to read the entire booklet (especially, pages 9 and 10) and understand the meaning of the following symbols:

■ Safety advisories are categorized and depicted in this manual as follows:

	DANGER	Highly likely to cause death or serious injury
	WARNING	Can cause serious injury or death
	CAUTION	Can or will cause minor or moderate injury or damage

■ Important instructions are categorized and depicted in this manual as follows:
 (Following symbols are examples of Pictograms.)

	Warning (caution) symbol followed by prohibited matters.
	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.

Features

- Radio controlled watch**
 Receives time signals from one of the five signal stations in four regions in the world and automatically adjusts the time and calendar.
- Eco-Drive**
 No periodical battery replacement is needed. This watch is fueled by light.
- World time**
 Indicates the time around the world by choosing one of 26 time zones.
- UTC indication**
 The arrow on the Northern hemisphere dial always indicates UTC (Coordinated Universal Time).
- Perpetual calendar**
 No need for monthly and leap-year date correction until February 28, 2100.

• “Eco-Drive” is an original technology of Citizen.

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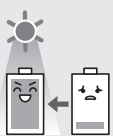
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Before using this watch

The following three operations must be done before using the watch:

- 1 **Checking the current power reserve (page 3)**
- 2 **Setting the time zone (page 3)**
- 3 **Checking the reception result of the time signal (page 5)**



This watch has a rechargeable cell which is charged by exposing the dial to light. Expose the dial to direct sunlight regularly to charge the watch. For details of charging, see page 7.

Band adjustment

We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury (excluding products containing the band adjustment tool).

Consult an authorized service center. Other shops may charge for, or may not provide, the service.

Protective stickers





Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

How to use a specially designed crown/button

Some models are equipped with a specially designed crown and/or push button to prevent accidental operation.

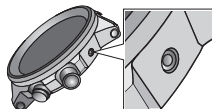
■ Screw down crown/button

Unlock the crown/button prior to operate your watch.

	Unlock	Lock
Screw down crown	 Rotate the crown counterclockwise until it releases from the case.	 Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.
Screw down push button	 Rotate the locking screw counterclockwise, and loosen until it stops.	 Rotate the locking screw clockwise, and tighten firmly.

■ Recessed button

Press the button with a non-marring narrow-tipped object.

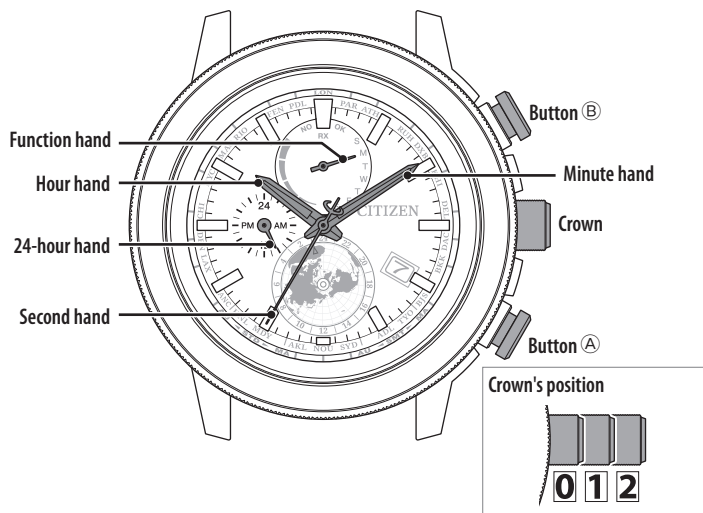


- Metal objects may cause marring or scratching of the button.

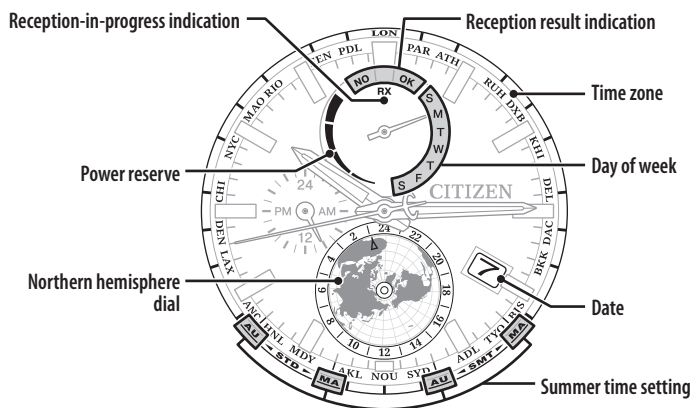
Component identification

- The illustrations in this instruction manual may differ from the actual appearance of your watch.

Hands and buttons



Indication

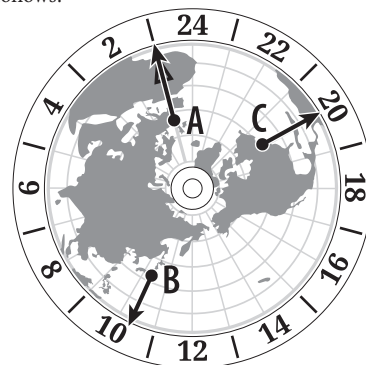


- A solar cell is placed under the dial.

■ About the Northern hemisphere dial

- A map of the Northern hemisphere, which centers the north pole, is shown on the dial.
- Synchronized with the watch, the dial turns fully around counterclockwise once a day.
- You cannot adjust the dial separately.
- The arrow on the dial always indicates UTC (Coordinated Universal Time).
- You can find approximate times of places on the Northern hemisphere by using the dial. For example, when the dial turns to the position as shown below, approximate times of places are read as follows:

Point A (London): about 1:00 AM
 Point B (Tokyo): about 10:00 AM
 Point C (New York): about 8:00 PM



* Use the time read through the Northern hemisphere dial only as reference. The actual time of a place depends on its time zone and if summer time is implemented there or not. Some borders of time zones match meridians and/or national borders, others do not because of historical, political or other practical reasons. Actual borders of time zones are in many cases determined by national governments and/or with international agreements. In addition, clocks are set forward in a certain period to utilize daylight fully in countries and areas where summer time is implemented.



Checking the power reserve

For details of charging, see “Charging your watch” (page 7).

- 1 Push the crown in to position 0.
- 2 Press and release the upper right button B. The function hand indicates the power reserve in levels.
- 3 Press and release the upper right button B to finish the procedure.
 - The hand returns to normal indication automatically in 10 seconds without pressing the button.

■ Indication of power reserve in levels

Level	3	2	1	0
Power reserve indication				
Duration (approx.)	180 - 130 days	130 - 70 days	70 - 2 days	2 days
Meaning	Power reserve is sufficient.	Power reserve is OK.	Power reserve is getting low.	Insufficient charge warning has started.
	OK for normal use		Charge immediately.	

- The function hand always indicates power reserve while power reserve level is “1” or “0”.

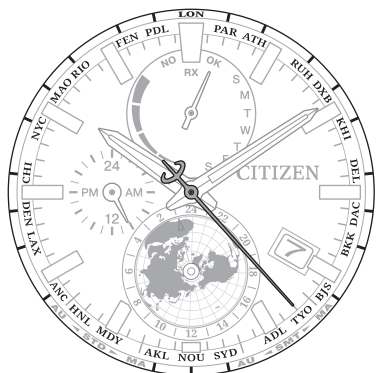
World time

This watch can indicate the time around the world according to which of 26 time zones (offsets from UTC — Coordinated Universal Time) is chosen.

- Signals to receive are different depending on the time zone you set.

Checking the time zone setting

- 1 Push the crown in to position 0.
- 2 Press and release the lower right button A. The second hand indicates the current time zone setting. Ex: when +9 is set as the time zone



- For time zones and positions of the second hand corresponding to them, see the table.
- 3 Press and release the lower right button A to finish the procedure.
 - The hand returns to normal indication automatically in 10 seconds without pressing the button.

Changing the time zone setting

- 1 Pull the crown out to position 1. The second hand indicates the current time zone setting.
- 2 Rotate the crown to select a time zone.
 - For time zones and positions of the second hand corresponding to them, see the table.
 - When you chose a different time zone from the current one, the hands and indication of the watch move corresponding to the new one.
- 3 Push the crown in to position 0 to finish the procedure. The watch returns to normal indication.

■ Correspondence of time zones and positions of the second hands

Second hand position	Time zone	Area name	Signal station
0	0	LON	Germany
2	+1	PAR	
4	+2	ATH	
7	+3	RUH	♦Germany
9	+4	DXB	
11	+5	KHI	♦China
14	+5.5	DEL	
16	+6	DAC	
18	+7	BKK	
21	+8	BJS	China
23	+9	TYO	Japan
25	+9.5	ADL	♦Japan
28	+10	SYD	
30	+11	NOU	
32	+12	AKL	
35	-11	MDY	♦United States
37	-10	HNL	
39	-9	ANC	
42	-8	LAX	United States
44	-7	DEN	
46	-6	CHI	
49	-5	NYC	
51	-4	MAO	♦United States
53	-3	RIO	
56	-2	FEN	♦Germany
58	-1	PDL	

- Values on the “Time zone” column mean time difference between UTC and the standard time of time zones.
- Time zones whose “Signal station” has ♦ mark in the table are out of reception range and cannot receive its signals. switching summer time and standard time must be executed manually there.
- It may be difficult to receive the time signal properly under certain environmental conditions which prevent signals to reach.



Summer time

About summer time

Summer time is a system adopted in some countries/areas to gain an extra daylight during summer.

- The summer time period varies depending on the country or area.
- The summer time rules may change depending on the country or area.

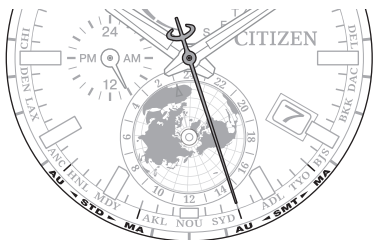
About summer time setting

- The standard time signals contain summer time signals, which tells it is summer time or not now.
- This watch can change summer time/standard time indication automatically by receiving summer time signals.
- You can set summer time on or off for each time zone.

Checking the summer time setting

1 Pull the crown out to position 2.

The second hand indicates the current summer time setting.
Ex.: "SMT AU" is set



Indication of the second hand	Time currently indicated	Switching summer time and standard time
	Summer time	Manual • Summer time is always indicated regardless what summer time signals tell.
		Automatic • When summer time signals tells it is not summer time, the watch automatically indicates standard time and setting status switches to STD AU .
	Standard time	Manual • Standard time is always indicated regardless what summer time signals tell.
		Automatic • When summer time signals tells it is summer time, the watch automatically indicates summer time and setting status switches to SMT AU .

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

The watch returns to normal indication.

Changing the summer time setting

When standard time signals are available and automatic switching is preferable	→ Choose "SMT AU" or "STD AU".
When standard time signals are not available and summer time is adopted	→ Choose "SMT MA" or "STD MA". Change the setting to "SMT MA" when summer time starts and to "STD MA" when summer time ends.
When summer time is not adopted	→ Choose "STD MA".

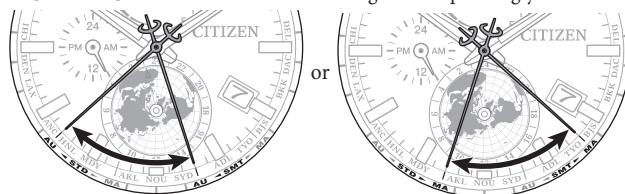
Switching summer time and standard time

1 Pull the crown out to position 2.

The second hand indicates the current summer time setting.

2 Rotate the crown to select time to be indicated.

- When you rotate the crown, the setting switches from "SMT" to "STD" or from "STD" to "SMT" and time indicated changes correspondingly.



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

The watch returns to normal indication.

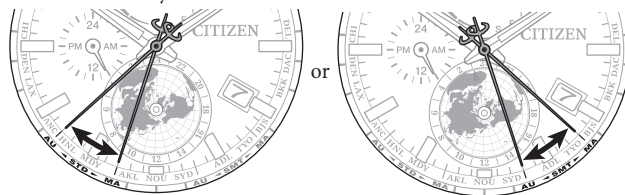
Changing the way to switch summer time and standard time

1 Pull the crown out to position 2.

The second hand indicates the current summer time setting.

2 Press and hold the lower right button (A) for 2 seconds to choose the way to switching the setting.

- Each time you press and hold the lower right button (A) for 2 seconds, "AU" and "MA" switch alternately.



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

The watch returns to normal indication.

For users in North America and Europe

In time zones on the following table, receiving summer time signals in one of them automatically changes indication to summer time/standard time in the other zones covered by the same signal station.

- Nevertheless, if you change the summer time setting to "SMT MA" or "STD MA" in a time zone, the watch does not change indication automatically in the zone even after receiving summer time signals.

Signal station	Time zone
United States	-9/-8/-7/-6/-5
Germany	-1/0/+1/+2





Receiving the time signal

Checking the previous signal reception result

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

2 Press and release the lower right button **A**.

The function hand indicates the result of the last signal reception.

OK		Reception was successful.
NO		Reception failed.

- Press the button again to return to normal indication. The hand returns to normal indication automatically in 10 seconds without pressing the button.
- If you had operated the crown after the previous signal reception, the function hand points “NO” regardless the reception result.

Receiving the time signal manually

• It takes 2 - 30 minutes to finish signal reception.

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

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

The function hand points “RX” and signal reception starts.

3 Put the watch in the place with good conditions for time signal reception.

- Do not move the watch as far as possible while the function hand points “RX”.
- The watch returns to normal indication after the reception finished.

■ To cancel signal reception

Pressing and holding the lower right button **A** for 2 seconds while the function hand points “RX” cancels signal reception and the watch returns to normal indication.

About signal reception

Types of signal reception

There are three ways to receive the time signal.

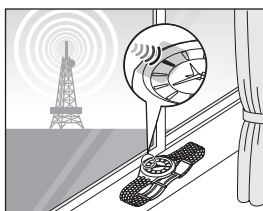
Type	Use
Automatic reception	The watch receives time signals once a day automatically.
Manual reception (On demand reception)	You can perform signal reception manually when required.
Recovery automatic reception	The watch automatically receives time signals when it is charged enough after it stopped due to insufficient charge.

- Even when this watch receives the signal successfully, the accuracy of the displayed time will be dependent on the reception environment and internal processing.
- This watch keeps ± 15 -second monthly accuracy even if no time signal is received.

When receiving the time signal

Take off the watch with pushing the crown in to position **0** and place it on a stable surface where it can receive the signal better, such as next to a window.

- When wire glass is used for the window, open it or change the reception place.
- The reception antenna is located at the 9:00 position of the watch. Place the watch with the 9:00 position facing toward the station.
- Do not move the watch during time signal reception.
- When the second hand is moving once every two seconds (during insufficient charge warning), time signal reception is not executed. Charge the watch before trying reception.



Poor reception areas

It may be difficult to receive the time signal properly under certain environmental conditions or in areas susceptible to radio noise.

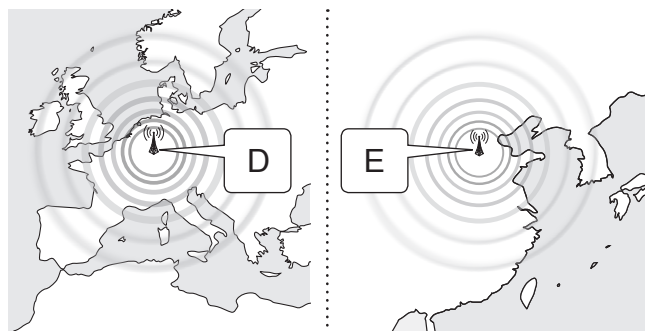
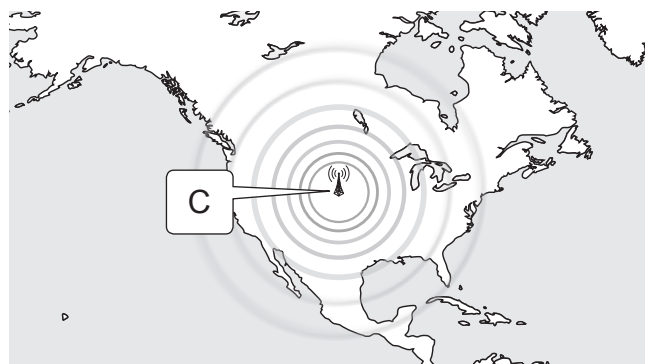
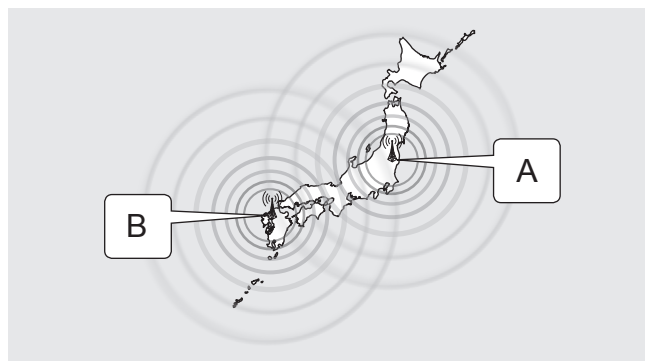
- Extremely hot or cold locations
- Inside vehicles
- Near electrical equipment or office appliances
- Near high-voltage electric cables, railway overhead cables, airports (transmission facilities)
- Inside reinforced concrete buildings, between tall buildings, mountains, or underground
- Near mobile phones or smartphones that are in use

Note on the time signal

This watch receives time signals from the five signal stations located in four regions in the world to adjust time and calendar automatically.

Signal stations	Kind of the time signal	Receivable distance
A Fukushima station (Japan)	JJY	Approx. 1500km
B Kyushu station (Japan)		Approx. 2000km
C Fort Collins station (Denver, United States)	WWVB	Approx. 3000km
D Mainflingen station (Germany)	DCF77	Approx. 1500km
E Shangqiu station (Henan, China)	BPC	Approx. 1500km

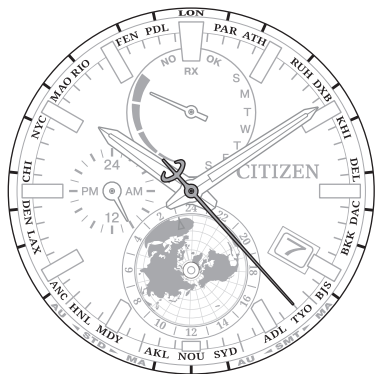
- The distance of receivable range is only used as an approximate value. The receivable range is often affected by the following conditions: receiving environment, time, weather, (lightning), and so on.



Adjusting the time and calendar manually

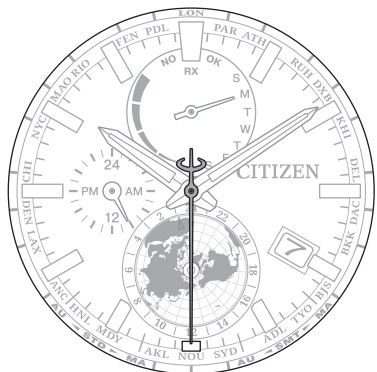
1 Pull the crown out to position 1.

The second hand indicates the current time zone setting.



2 Press and hold the upper right button B for 2 seconds or more.

The second hand points 30 seconds.



3 Pull the crown out to position 2.

The second hand points 0 second and the minute hand slightly moves.



4 Press and release the upper right button B repeatedly to change the hand/indication to be corrected.

- Each time you press the upper right button B, the target changes as follows: Hour/minute → date → day of week → year/month → (back to the top)
- The hands slightly move when selected to show they become adjustable.
- The function hand points “RX” when the date indication becomes adjustable.

5 Rotate the crown to adjust the hand/indication.

- The hour, minute and 24-hour hands move synchronously.
- Check AM/PM referring to the 24-hour hand.
- Date indication changes to the next as the function hand rotates 5 times.
- When you rotate the crown quickly a few times, the hands and date indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

6 Repeat steps 4 and 5.

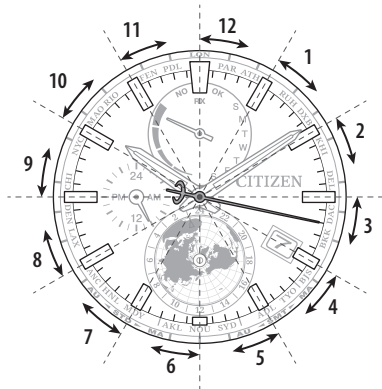
7 Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.

The Northern hemisphere dial moves corresponding to the time you set.

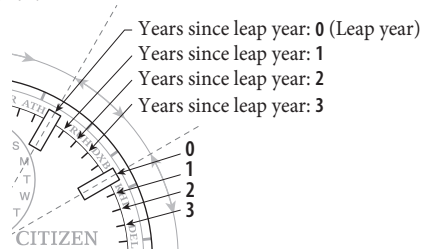
Month and year setting

Set the year and month for the calendar with the position of the second hand to indicate date and days of week correctly.

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



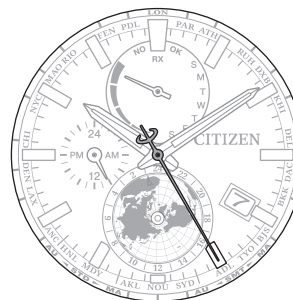
“Year” corresponds to the years since leap year and is indicated with markers in the zone of each month.



Year	Years since leap year	Second hand position
2024 2028 2032 2036	0 (Leap year)	Hour marker
2025 2029 2033 2037	1	1st min. marker
2026 2030 2034 2038	2	2nd min. marker
2027 2031 2035 2039	3	3rd min. marker

Ex.: Position of the second hand when setting May, 2024

You can find that the years since leap year of 2024 is “0” from the table and the second hand must be set to the hour marker of zone 5.

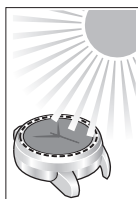


Charging your watch

This watch has a solar cell under the dial and stores the power generated by the cell in its built-in rechargeable cell. The cell is charged by exposing the dial to light such as direct sunlight or fluorescent lamps.

For optimal performance, be sure to:

- Put the watch in a location where the dial is exposed to bright light such as by the window even when it is not used.
- Expose its dial to direct sunlight for 5 or 6 hours at least every week.
- Avoid leaving it in dark places for long periods of time.



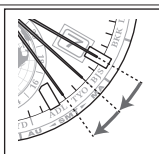
CAUTION

- Do not charge the watch at a high temperature (about 60°C (140°F) or higher) as doing so may cause movement malfunction.
- If the watch is obscured from light by long sleeves frequently, supplemental charging may be needed to ensure continual operation.
- The watch stops charging automatically after finishing (overcharging prevention function). The function prevents damage to performance of the watch and rechargeable cell due to overcharging.

When the watch reaches a low charge state (insufficient charge warning function)

When the power reserve becomes low, the second hand moves once every two seconds. This is the insufficient charge warning function. Be sure to fully charge your watch immediately as outlined below.

- When the watch is sufficiently charged, the second hand will move normally.
- If you do not charge the watch for 2 days or longer after the insufficient charge warning movement has begun, the watch will be depleted of all power and stop.



During the insufficient charge warning state

The time and date are indicated correctly. However, other functions of the watch will not be available for use.

Charging time by environment

Below are the approximate charging times when exposing to light continuously. Please use this table as a reference only.

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	2.0 hours	40 hours
Outdoors (cloudy)	10,000	12 minutes	2.0 hours	50 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	3.5 hours	–
Interior lighting	500	4.0 hours	13 hours	–

- Exposing to direct sunlight is recommended to charge your watch. A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

Duration without additional charging after charging the watch fully

About 6 months

Power save function

The hands stop automatically to save power when the watch has been kept in a dark place for a certain period of time and it cannot generate power.

- The watch works normally even while saving power. However, signal reception is not executed.
- The power save function is not activated when the position of the crown is **1** or **2**.

Canceling the power save function

The power save status ends and the hands return to normal indication as the watch is operated or the dial is exposed to light and power generation starts.

Troubleshooting

Cannot receive time signals

Symptom	Remedies	Page
The second hand does not point "RX".	Charge the watch previously if required.	7
	Push the crown in to position 0 .	5
	Check the current reference position of the hands of the watch and correct it if needed.	8
Reception result indicated is "NO" after reception.	Check the time zone setting.	3
	Check areas where time signals are receivable.	5
	Remove the watch and place it on a stable surface where it can receive the signal better, such as next to a window facing the signal station.	5

Movement of a hand seems strange

Symptom	Remedies	Page
The second hand moves once every two seconds.	Insufficient charge warning function is active. Power reserve of the watch is nearly empty. Charge immediately.	7
The second hand does not move.	Push the crown in to position 0 .	–
No hands move.	Charge the watch under direct sunlight until the second hand moves normally.	7
The hands start quick movement suddenly.	The power save function is canceled. Wait until the current time and calendar are displayed.	7

Time/calendar is abnormal.

Symptom	Remedies	Page
Time/calendar is incorrect.	Check the time zone setting.	3
	Check the summer time (DST) setting.	4
	Receive the signals to adjust the time and calendar.	5
	Adjust the time and calendar manually.	6
	Check and correct the reference position of the hands.	8
Time/calendar becomes incorrect soon after manual adjustment.	Check and correct the reference position of the hands.	8
Summer time and the standard time do not switch automatically.	Change the summer time setting to "SMT AU" or "STD AU" and execute signal reception.	4
	Execute signal reception in a place where it is summer time.	5
The standard time is indicated though it is summer time.	Receive the time signal manually.	5
	Change the summer time setting to "SMT MA".	4
Summer time is indicated though it is not summer time.	Receive the time signal manually.	5
	Change the summer time setting to "STD MA".	4

Checking and correcting the reference position

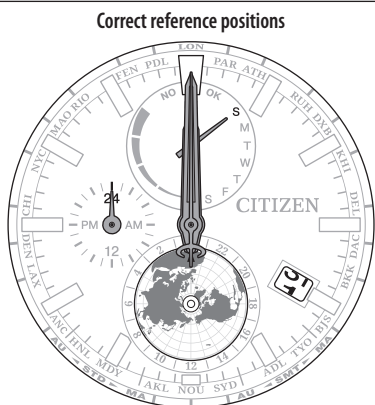
If the time or calendar is not shown correctly even after proper reception of the time info, check whether the reference position is correct.

- If the hands and indication do not reflect the correct reference position, the time and calendar will not be indicated accurately even if the time info is received.

What is the reference position?

The base position of all hands and calendar to properly indicate the various functions of this watch.

- Northern hemisphere dial: the arrow points just upright.
- Function hand: "S" (Sunday)
- Date indication: midway between "31" and "1"
- Hour, minute and second hands: 0 hour 00 minute 0 second
- Position of the 24-hour hand: "24"



1 Push the crown in to position 0.

2 Press and hold the upper right button (B) for 10 seconds or more.

The hands and indication start to move to the current reference positions stored in memory.

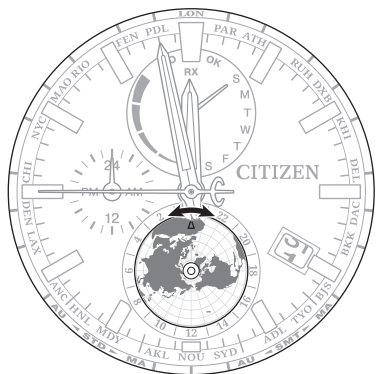
- Release the button as the hands start to move.

3 Check the reference positions of them referring to the illustration above.

Correct	Press and release the upper right button (B) to finish the procedure.
Wrong	Proceed to step 4 and correct the reference position.

4 Pull the crown out to position 2.

The Northern hemisphere dial slightly moves and reference position of the dial becomes adjustable.



5 Press and release the upper right button (B) repeatedly to change the hand/indication to be corrected.

- Each time you press the button, the target changes as follows:
Northern hemisphere dial → function hand/date indication → hour, minute and 24-hour hands → second hand → (back to the top)
- The hands and indications slightly move when selected to show they become adjustable.

6 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.
- Rotate the crown counterclockwise to adjust reference position of the Northern hemisphere dial.
- Rotate the crown clockwise to adjust reference position of the function hand and date indication.
- Date indication changes to the next as the function hand rotates 5 times.
- The hour, minute and 24-hour hands move synchronously.

7 Repeat steps 5 and 6.

8 Push the crown in to position 0.

9 Press and release the upper right button (B) to finish the procedure.

The watch returns to normal indication.

Resetting the watch - All Reset

When the watch does not work properly, you can reset all the settings. If the power reserve is insufficient, charge the watch first.

Be sure to perform the following operations after All Reset.

1 Correct the reference positions.

After All Reset, the watch is in the reference position adjustment mode. Refer to step 5 and after on page 8.

2 Setting the time zone

See page 3.

3 Adjust the time and calendar.

When adjusting them by receiving signals manually → page 5

When adjusting them manually → page 6

1 Pull the crown out to position 2.

The second hand and the function hand indicate the summer time setting and power reserve respectively.



2 Press and hold buttons (A) and (B) at the same time for 4 seconds or more and release them.

The hands and indication start moving and All Reset is executed. Wait until movement of the hands and indication stops.

The setting values after All Reset

Time	0:00:00 AM
Day/Month/Year	January 1 of leap year
Day of week	S (Sunday)
World time	Time zone 0
Summer time	"STD AU" at all time zones

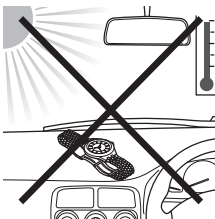
Eco-Drive watch handling precautions

<Always Make Sure to Recharge Frequently>

- Long sleeves may inhibit light transmission to your watch. This may result in your watch losing charge. In these cases supplemental charging may be necessary.
- When you take off the watch, try to place it in as bright a location as possible. This will ensure optimal operation.

⚠️ CAUTION Recharging Precautions

- Do not charge the watch at a high temperature (about 60°C (140°F) or higher) as doing so may cause the movement to malfunction.
Ex.:
 - Charging the watch too close to a light source which generates a large amount of heat such as an incandescent lamp or halogen lamp. When charging under an incandescent lamp, be sure to leave 50 cm (20 inches) or more between the lamp and the watch to avoid exposing the watch to excessive heat.
 - Charging the watch in a location where the temperature may become extremely high such as on the dashboard of a vehicle.



<Replacement of Rechargeable Cell>

- This watch utilizes a special rechargeable cell that does not require periodical replacement. However power consumption may increase after using the watch for a number of years due to wear of internal components and deterioration of oils. This may cause stored power to be depleted at a faster rate.

⚠️ WARNING Handling of Rechargeable Cell

- The rechargeable cell should never be removed from the watch. If for any reason it becomes necessary to remove the rechargeable cell from the watch, keep out of the reach of children to prevent accidental swallowing. If the rechargeable cell is accidentally swallowed, consult a doctor immediately.
- Do not dispose of the rechargeable cell with ordinary garbage. Please follow the instructions of your municipality regarding collection of batteries to prevent the risk of fire or environmental contamination.

⚠️ WARNING Use Only the Specified Battery

- Never use a battery other than the rechargeable cell specified for use in this watch. Although the watch structure is designed so that it will not operate when another type of battery is installed, if a conventional watch battery or other type of battery is installed in the watch and the watch is recharged, there is the risk of overcharging which may cause the battery to rupture. This can cause damage to the watch and injury to the wearer. When replacing the rechargeable cell, always make sure to use the designated rechargeable cell.

Water resistance

⚠️ WARNING Water resistance

- Refer to the watch dial and/or the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly. (The unit "1bar" is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) x×bar may also be indicated as W.R.x×bar.
- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to be worn while skin diving or scuba diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba diving or saturated diving using helium gas.

Name	Indication Dial or Case back	Specification	Water-related use					
			Minor exposure to water (washing face, rain, etc.)	Swimming and general washing work	Skin diving, marine sports	Scuba diving using an air tank	Saturation diving using helium gas	Operate the crown or button when the watch is wet
Non-water resistant	-	Non-water resistant	NO	NO	NO	NO	NO	NO
Everyday-use water resistant watch	WATER RESIST	Water-resistant to 3 atmospheres	OK	NO	NO	NO	NO	NO
Upgraded everyday use water resistant watch	W. R. 5 bar	Water-resistant to 5 atmospheres	OK	OK	NO	NO	NO	NO
	W. R. 10 bar W. R. 20 bar	Water-resistant to 10 and 20 atmospheres	OK	OK	OK	NO	NO	NO

Precautionary items and usage limitations

⚠️ CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do NOT wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.
- Take off your watch before going to bed. It may cause an unexpected injury or a rash.

⚠️ CAUTION Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do not operate (use the crown and/or buttons) the watch when it is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or an authorized service center for inspection and/or repair.
- Even if your watch has a high level of water resistance, please be careful of the following.
 - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
 - Do not pour water from a tap directly onto your watch.
 - Take off your watch before taking a bath.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

⚠️ CAUTION When Wearing Your Watch

<Band>

- Leather bands and rubber (urethane) bands will deteriorate over time due to perspiration or dirt. In addition, they are made of natural material and will be worn, deformed and discolored over time. It is recommended to replace the band periodically.
- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- Do not stain a leather band with substances containing volatile materials, bleach, alcohol (including cosmetics). Discoloration and premature aging may be occurred. Ultraviolet light such as direct sunlight may cause discoloration or deformation.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.
- Please request adjustment or repair of the band in the following cases:
 - You notice an abnormality with the band due to corrosion.
 - The pin of the band is protruding.
- We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury (excluding products containing the band adjustment tool). Consult an authorized service center. Other shops may charge for, or may not provide, the service.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature. Do not use the watch in places where the temperature is outside the operating temperature range as stated in the specifications.

<Magnetism>

- Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from keeping time accurately. Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note the watch may operate erratically or not at all if exposed to intense static electricity.

<Chemicals, Corrosive Gasses and Mercury>

- Do not use the watch in environment with chemicals or corrosive gasses. If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<Protective Stickers>

- Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.



CAUTION Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- The case and band of the watch come into direct contact with the skin. Corrosion of the metal or accumulated foreign matter may result in black residue coming from the bracelet when exposed to moisture or perspiration unnoticed soiling such as that caused by perspiration. Be sure to keep your watch clean at all times.
- The case and band of the watch come into direct contact with the skin. In rare circumstances, accumulated dirt, foreign matter may cause irritation with the skin. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician.
In the case of accumulation of sweat or dirt on a metal band or case, clean thoroughly using a brush and neutral detergent. In the case of a leather or rubber (urethane) band, wipe clean using a dry cloth.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For a metallic, plastic or rubber (urethane) watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- For a leather band, wipe off dirt using a dry cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

When Luminous Paint is used for your watch

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place.

It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission gradually becomes weaker as time passes.
- The duration of the light ("glow") will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

Specifications

Model	H864	Type	Analog solar-powered watch
Timekeeping accuracy (without reception)	Average monthly accuracy: ± 15 seconds when worn at normal operating temperatures between +5°C (41°F) and +35°C (95°F)		
Operating temperature range	-10°C (14°F) to +60°C (140°F)		
Display functions	<ul style="list-style-type: none"> • Time: Hours, minutes, seconds, 24-hour, UTC indication • Calendar: Date, day of week 		
Duration	<ul style="list-style-type: none"> • After charged fully, the watch runs without additional charging: approximately 6 months • When power save functions all the day: approximately 2.5 years • Power reserve upon insufficient charge warning function: Approximately 2 days 		
Battery	Rechargeable cell (lithium button cell), 1pc.		
Additional functions	<ul style="list-style-type: none"> • Solar power function • Overcharging prevention function • Insufficient charge warning function (two-second interval movement) • Power reserve indication (in four levels) • Energy saving function (power save feature) • Receiving time signal (automatic, on demand, automatic recovery) Signal stations: Japan (East/West)/USA/Germany/China • Automatic signal station selection function (for Japan standard signals only) • Confirming reception status (RX) • Indicating the result of the last reception (OK/ NO) • World time (26 time zones) • Summer time (automatic/manual switching between summer time and standard time) • Perpetual calendar (until February 28th, 2100) • Antimagnetic performance/Impact detection function/Automatic hand correction function 		

Specifications and contents are subject to change without prior notice.