


You are now the proud owner of a SEIKO Automatic Diver's Watch. Before using your Diver's Watch, please read the instructions in this booklet carefully for its proper use and care. Keep this manual handy for ready reference.

Puede sentirse orgulloso de su reloj de buceador automatico SEIKO. Antes de usarlo, lea detenidamente las instrucciones de este folleto para su uso y cuidado apropiados. Conserve este manual para referencia.



# CONTENTS

	Page
HOW TO START THE WATCH .....	6
TIME/CALENDAR SETTING .....	7
HOW TO USE THE ROTATING BEZEL .....	9
PRECAUTIONS .....	10
TO PRESERVE THE QUALITY OF YOUR WATCH .....	11

**REMARKS ON LUMINOUS PAINT**

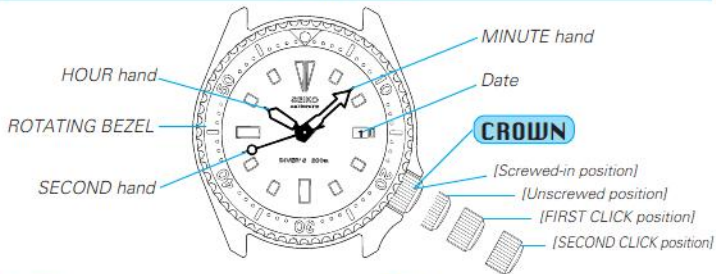
- ◆ **Your SEIKO Automatic Diver's Watch uses promethium-147 as the active ingredient in the luminous paint.**

The use of radioactive materials such as promethium-147 is strictly regulated by Japanese Law and monitored by the Japanese Science and Technology Agency. SEIKO luminous watches, manufactured in accordance with the law, contain an approved amount of promethium-147 harmless to human beings. The amount of radiation they emit also conforms to the standard specified by the Us Nuclear Regulatory Commission.

- ◆ **If the watch glass is broken and the luminous paint on the dial and hands is exposed, immediately send the watch to a nearby SEIKO Service Center, taking care not to touch the luminous paint directly.**

# SEIKO AUTOMATIC DIVER'S WATCH

## Cal. 7002



### 200 METER WATER RESISTANCE

- Suitable for scuba diving

### ROTATING BEZEL

- Elapsed time measurement during diving (Up to 60 minutes)

### SCREW DOWN CROWN

### TIME/CALENDAR

- Hour, minute & second hands
- Date

## HOW TO START THE WATCH

This is an automatic mechanical watch.



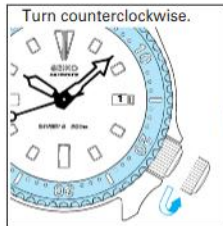
To initially start your watch, swing it from side to side in a horizontal arc for about 30 seconds.

*\* If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement.*

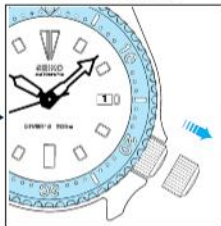
# TIME/CALENDAR SETTING

## Date setting

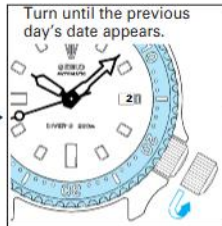
**1** Unlock **CROWN**



**2** Pull out **CROWN**  
to **FIRST CLICK**



**3** Set the date



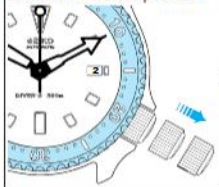
### NOTES

- Do not change the calendar between 9:00 p.m. and 4:00 a.m. Otherwise, it may not change properly.  
\* If it is necessary to set the calendar during that time period, first change the time to any time outside this period, set the calendar and then reset the correct time.
- It is necessary to adjust the date at the end of February and 30-day months.

## Time setting

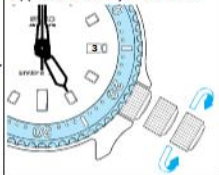
- 4** Pull out **CROWN** to **SECOND CLICK**

Pull out when **SECOND** hand is at the 12 o'clock position.



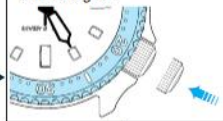
- 5** Set the time

Advance **HOUR & MINUTE** hands until the desired date appears. Then adjust the time.



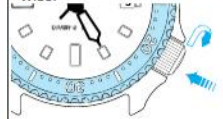
- 6** Push back **CROWN** in to **NORMAL POSITION**

Push in in accordance with a time signal.



- 7** Lock **CROWN**

While pressing, turn clockwise.



### NOTES

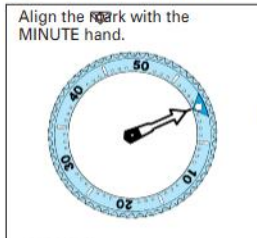
- First set the hands to a time a few minutes earlier than the correct time, and then advance them to the exact time.
- Check that **AM/PM** is correctly set.
  - \* Turn the hands past the 12 o'clock marker. If the date changes, the time is set for the **A.M.** period. If it does not change, the time is set for the **P.M.** period.

# HOW TO USE THE ROTATING BEZEL

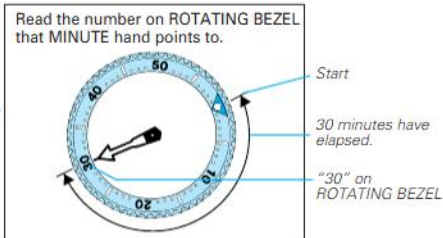
ROTATING BEZEL can show up to 60 minutes of elapsed time.

## Elapsed time measurement

### 1 Turn ROTATING BEZEL



### 2 Read the elapsed time




## NOTES

- 1 To prevent accidental rotation, ROTATING BEZEL is so designed that rotation becomes harder in water.
- 2 For safety's sake, ROTATING BEZEL rotates only counterclockwise, so that the time measured is never shorter than the actual elapsed time.

## PRECAUTIONS

### Before diving

- Do not use the watch for saturation diving using helium gas.
- Check that:
  - the time and calendar are appropriately set.
  - Rotating Bezel turns counterclockwise smoothly (the rotation must not be too loose or too tight) and the “ mark aligns with MINUTE hand.
  - **CROWN** is locked tightly in place.
  - there are no visible cracks in the crystal.
  - the strap is securely fastened to the watch case.
  - the buckle keeps the strap firmly secured to the wrist.

If there are any malfunctions, we recommend that you contact an AUTHORIZED SEIKO SERVICE CENTER.

### While diving

- Do not operate **CROWN** when the watch is wet or in water.
- Take care not to hit the watch against hard objects such as rocks.
- Bezel rotation may become slightly harder in the water but this is not a malfunction.

## After diving

- After checking that **CROWN** is screwed in completely, rinse the watch in fresh water, and wash out all seawater, soil, sand, etc.
- After cleaning the watch in fresh water, be sure to wipe it thoroughly dry to prevent possible rust on the case.

## TO PRESERVE THE QUALITY OF YOUR WATCH

### ■ CHEMICALS



Be careful not to expose the watch to solvents (e.g., alcohol and gasoline), mercury (i.e., from a broken thermometer), cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.

### ■ 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.

## ■ MAGNETISM



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

## ■ 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.

Otherwise, perspiration getting in under them may rust the case back.

## ■ 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.

## ■ PERIODIC CHECK



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