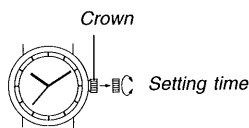


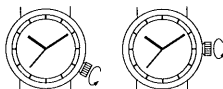
OPERATION CHART: MODULE QW-1389

TO SET THE TIME

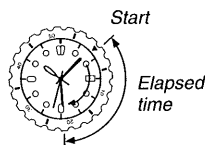


1. Pull the crown out when the second hand is at 12 o'clock position and the second hand stops.
2. Set the hands by turning the crown.
3. Push in the crown to restart timekeeping in accordance with a time signal (from a radio or TV).

With models using screw crown, loosen the crown first by turning to left and pull it out when setting the time.



- The watch attached with a bezel can measure the elapsed time. Align the ▼ mark on the bezel with the minute hand by turning it so that the time elapsed from the ▼ mark can be measured.



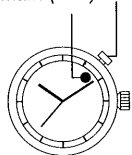
ABOUT THE BACKLIGHT

This watch is equipped with an auto backlight switch that automatically illuminates the display whenever you tilt the watch towards your face and move it up and down. You can also turn the backlight on by pressing a button.

Using the Auto Backlight Switch

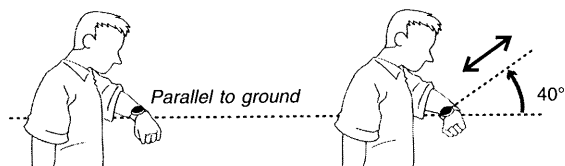
The backlight automatically turns on for 2.5 seconds under the conditions described below. Avoid wearing the watch on the inside of your wrist. Doing so causes the auto backlight switch to operate when not needed, which shortens battery life.

ON mark (Red) Light switch

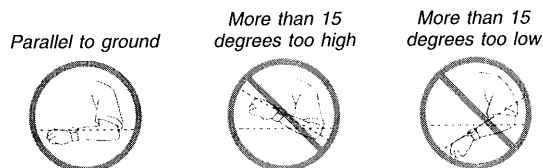


1. Pull the Light switch out to activate the auto backlight switch.
- You can see a red mark on the face of the watch while the auto backlight switch is activated.

2. Move the watch to a position that is parallel to the ground
3. Tilt it towards you approximately 40 degrees.
4. Move the watch up and down in the direction indicated by the arrow in the illustration to turn on the back light.



- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to ground.



- Static electricity or magnetic force can interfere with proper operation of the auto backlight switch. If the auto backlight does not illuminate, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.

- Under certain conditions the backlight may not light until about one second or less after you move the watch up and down. This does not necessarily indicate malfunction of the backlight.
- To deactivate the auto backlight switch, press the Light switch back in.

To turn the backlight on manually

Hold down the Light switch to illuminate the display. The display remains illuminated for a few seconds after you release the switch.

Caution

- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This is because the EL light vibrates slightly when lit. It does not indicate malfunction of the watch.

Warning!

- **Never try to read your watch when mountain climbing or hiking in areas that are dark or in areas with poor footing. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when running on a roadside or in any other location where there might be vehicular or pedestrian traffic. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when riding on a bicycle or when operating a motorcycle or any other motor vehicle. Doing so is dangerous and can result in a traffic accident and serious personal injury.**
- **When you are wearing the watch, make sure that its auto backlight function is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle.**

Sudden and unintended operation of the auto backlight can create a distraction, which can result in a traffic accident and serious personal injury.