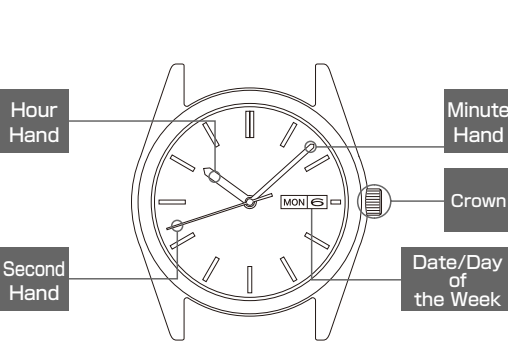


Names of the parts



Two hands watch

To set the time
Pull out the crown, and set the time.
If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw and then pull out the crown and set the time.

Three hands watch or watch with small second hand

To set the time
1 Pull out the crown, when the second hand is at the 12 o'clock position, and the second hand stops.
2 Turn the crown to set the time.
3 Push in the crown in accordance with a time signal.

Watch with date function

To set the date
1 Pull out the crown to the first click position.
2 Turn the crown to set the date before the designated date.
3 Pull the crown out to the second click, and turn the hands to set the correct date.

取扱説明書 INSTRUCTION 説明書 FAC

該当機種 アナログ 2針・3針(日付・曜日つき)
1E20, 1F20, 1N00, 1N01, 2E20, 6G28, 7N00, 7N01, 7N21, 7N32, 7N33, 7N42, 7N43, 7N82, 7N89, V220, V501, V701, V721, V732, V733, V742, V743, V782, V811, VD78, VJ20, VJ21, VJ22, VJ32, VJ33, VJ46, VJ47, VJ48, VJ52, VJ76, VB20, VC00, VC01, VC10, VC11, VX00, VX01, VX32, VX33, VX3K, VX42, VX43, VX50, VX51, VX82, VX83, VX89, Y121, Y136, Y150, Y151, Y520

セイコーウオッチ株式会社

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セイコーウオッチ株式会社
本社 〒105-8467 東京都港区虎ノ門2-8-10
http://www.seiko-watch.co.jp/

To set the time

1 Pull the crown out all the way to the second click and the second hand stops moving.
2 Turn the crown to set the time.
3 Push the crown back to the normal position in accordance with a time signal.

Watch with date or day-date function

To set the calendar
The day of the week can be shown bilingually in English or Japanese, choose whichever you like.
1 Pull out the crown to the first click position.
2 Turn the crown to set the day before designated day.
3 Pull the crown out to the second click, and turn the hands to set the correct date and day of the week.

To set the time

1 Pull the crown out all the way to the second click and the second hand stops moving.
2 Turn the crown to set the time.
3 Push the crown back to the normal position in accordance with a time signal.

To preserve the quality of your watch

Care of your watch
The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust of those who have a delicate skin may have a rash.
Please wipe away moisture, sweat or dirt with a soft cloth.
To clean the clearances (around the metal bracelet, crown or case back), a soft toothbrush is convenient.

Rash and allergy
Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.
If you are constitutionally predisposed to rash, the band may cause you to develop a rash or an itch depending on your physical condition.
The possible causes of the rash are as follows:
1. Allergy to metals or leathers
2. Rust, dust or perspiration on the watch or band

Places to keep your watch
If the watch is left in a temperature below -5°C or above +50°C for a long time it may function improperly or stop operating.
This watch is so adjusted that it will maintain stable time accuracy in normal temperatures. (5°C ~ 35°C) It will lose or gain slightly, but it will regain high time accuracy when it returns to normal temperature.
Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.
Do not leave the watch where there is strong vibration.
Do not leave the watch in a dusty place.

Table with columns for water resistance (5 BAR, 10-15-20 BAR) and activities (Swimming, Scuba diving, etc.).

Water resistance
Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.
Do not leave moisture, sweat and dirt on the watch for a long time.
Do not wear the watch while talking a bath or a sauna.

Magnetic resistance (affect of magnetic field)
Affected by nearby magnetism, a quartz watch may temporarily gain or lose time or stop operating.
Examples of common magnetic products that may affect watches: Cellular phone (speaker), Magnetic health belt, Bag (with magnet buckle), Magnetic necklace, AC-powered shaver, Magnetic health mat, Portable radio (speaker), Magnetic health pillow, Magnetic cooking device etc.

Precautions on wearing your watch
When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.
In case you tumble and fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.

Remarks on the battery

Notes on battery
Monitor battery
The battery in your watch may run down in less than two years after the date of purchase, as it is a monitor battery which is inserted at the factory to check the function and performance of the watch.
Battery change
For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased or a DEALER, and request the genuine battery.

Battery/Battery life/Accuracy

Battery life and its accuracy vary depending on the type of your watch.
Check the case back of your watch to identify the type of watch.
Table with columns: Type of watch, Battery SB, Battery life, Loss/Gain (per month).

LumiBrite

LumiBrite uses externally-energized luminous material which doesn't contain any radioactive substance.
LumiBrite is a newly-developed luminous paint that absorbs the light energy of the sunlight and lighting apparatus 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 3 to 5 hours.

Notes on guarantee and repair

Contact the retailer the watch was purchased from or a SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
Within the guarantee period, present the certificate of guarantee to receive repair services.
Guarantee coverage is provided in the certificate of guarantee.
Read carefully and retain it.
For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.