

Thank you for your purchase of this Citizen watch.
Before using the watch, please read this instruction manual carefully to ensure correct use.
After reading the manual, store it in a safe place for future reference.

Expose the watch dial to light and charge the watch fully before use. (See page 50)

- **For optimum performance, expose the watch dial to direct sunlight for several hours at least once a month.**



Special notice

Due to special technologies, with the exception of the band, this watch must be repaired only at an Authorized CITIZEN Service Center.
All requests for repairs must be directed to an Authorized CITIZEN Service Center.



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Features



Receives a time signal and adjusts the time automatically when in Europe (see page 22)

- When you adjust the time and calendar in an area where you cannot receive the signal, see pages 34 to 38.

Eco-Drive

Solar-powered—no need for battery replacement



Dive mode assures accurate time indication while diving (see page 42)



Perpetual calendar—no need for date correction at the end of each month (see page 37)



Time difference correction function—easy adjustment to the local time overseas (see page 40)

To avoid hand misalignment by impacts or magnetism

- ❑ **Impact detection function:** This function prevents unwanted movement of the hour, minute and second hands when the watch receives an impact.
- ❑ **Hand correction function (hand reference position auto-correction function):** The reference position of the hands is checked at regular intervals, and if there is any misalignment, the hour, minute and second hands are rapidly corrected to maintain the correct time.



Safety precautions

Diving is a potentially dangerous sport. When using this watch for diving, make sure you have a proper understanding of the procedures for handling the watch as described in this manual and observe proper procedures.

Handling of this watch in a manner contrary to that described in this user's manual may prevent the watch from functioning properly.

THIS WATCH IS NOT INTENDED FOR USE AS A PRIMARY DIVE INSTRUMENT.



To avoid injury

- DO NOT wear the watch where the temperature becomes extremely high—such as in a sauna. The watch may become hot and burn the skin.
- Be careful when engaged in strenuous exercise or work, to avoid injury to yourself or others.
- Be particularly careful when holding a small child with your watch on.
- The case and band of the watch come into direct contact with the skin. Wearing this watch may cause itching or rashes if you have sensitive skin or certain physical conditions. If you think there is something wrong, take off the watch immediately and consult your physician.

Possible causes of rashes include
<ul style="list-style-type: none">• Allergy to certain metal or leather• Rust, dirt or perspiration present on the watch's body or band• Build up of foreign matter in the band and case


Safety precautions

General diving precautions

- **In the case of using this watch for diving, always make sure you receive the proper diving training from a licensed instructor to acquire the experience and skills required for safe diving.**
- **Make sure you have completely mastered the handling and operation of this watch.**

Even recreational diving can be potentially dangerous. Diving without the proper or adequate training can lead to a fatal or serious accident.

THIS WATCH IS NOT INTENDED FOR USE AS A PRIMARY DIVE INSTRUMENT.

- 
- **Each diver must take responsibility for planning and executing his or her own diving plan to ensure safe diving.**

This watch is not equipped with a function that prevents decompression sickness. In addition, this watch is also unable to check differences in physiological functions of individual divers or differences in physical condition on that day.


Since the occurrence of decompression sickness is greatly affected by physical condition, the degree of the risk of decompression sickness varies depending on your physical condition on that day. It is recommended to avoid diving whenever you are in poor physical condition such as when you are ill, fatigued, have not had enough sleep or have a hangover.

Precautions relating to use of this watch

- **This watch is not equipped with a function that indicates decompression diving.**
Do not engage in decompression diving while using this watch.

Precautions relating to use of this watch (continued)

- **When using this watch for diving, always make sure to use the watch in combination with other diving instruments (dive table, divers' watch, residual pressure gauge or water depth gauge).**
Sudden atmospheric fluctuations and changes in water temperature may have an effect on the display and performance of the watch. In addition, always make sure to use the watch in combination with other diving instruments in case the watch should happen to malfunction. This watch is not intended for use as a primary dive instrument.
- **Always make sure to check all functions of the watch before each dive to prevent malfunctions and accidents caused by the use of improper settings.**
In particular, make sure to check whether the watch is sufficiently charged and that there are no insufficient charge warning (see page 51) on the display.

- 
- **The use of this watch for diving is limited to recreational diving (non-decompression diving) at a water temperature of 0°C/32°F to +50°C/122°F.**

Do not use this watch for the following types of diving:

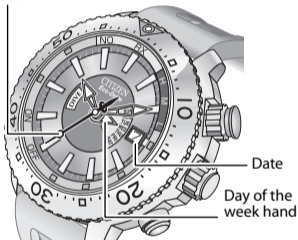
- Diving outside the above temperature range
 - Decompression diving
 - Saturation diving using helium gas
 - Freshwater diving (this watch is calibrated for saltwater diving)
- **Allow a sufficient margin during diving with respect to non-decompression diving limit time.**
 - **Do not engage in skin diving after scuba diving since this can have a serious effect on your health.**

This watch has no function to distinguish between scuba diving and skin diving.

Using your watch—quick start guide

Check your watch as follows before using it:

Second hand



Checking the power reserve

Check the movement of the second hand.

The second hand is moving at 1-second intervals.

The second hand is moving at 2-second intervals or has stopped.

Charge the watch. (See page 50)

When exposing your watch to the light after a period of darkness, the hands may turn rapidly. That is indicating the watch is exiting power save feature. (See page 54) This is not a malfunction. Allow the watch to return to fully normal operation before using for diving or other function. Wait until the rapid movement stops.

Checking the time and calendar

Check the time and calendar.

- See page 34 to check the calendar.

Time and calendar are correct.

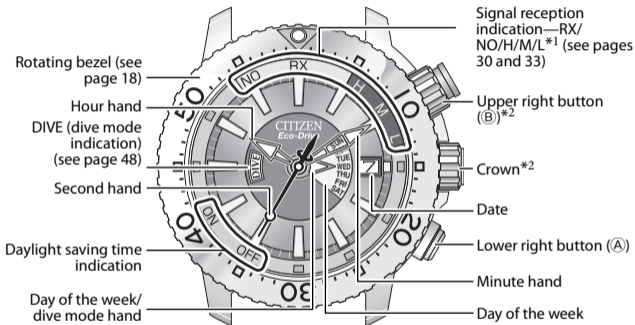
Time and calendar are not correct.

Start using the watch!

Adjust the time and calendar using either of the two following methods:

- On demand reception of the time signal (see page 28)
- Manual correcting of the time and calendar (see pages 34 to 38)

Part names and their main functions



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

- *1 Some models indicate the time signal reception status using the tip of the second hand, and others use the tail.

**Indicating with the tip of
the second hand**



**Indicating with the tail of
the second hand**







- *2 There are two types of crowns and buttons: normal and screw down. Refer to page 16 to see how to use the screw down crown and button.

Part names and their main functions

■ How to use the screw down crown and screw down push button

Some models feature a screw down crown and screw down push button. Locking the crown and button prevents accidental operation. Unlock them when you want to operate the watch.



	Unlock	Relock
Screw down crown	 <p>Rotate the crown counterclockwise (left) until it releases from the case.</p>	 <p>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.</p>
Screw down push button	 <p>Rotate the locking screw counterclockwise (left), and loosen until it stops.</p>	 <p>Rotate the locking screw clockwise (right), and tighten firmly.</p>


- Unlocking is not required when a standard crown and button are equipped.

Part names and their main functions

■ How to use the unidirectional rotating bezel

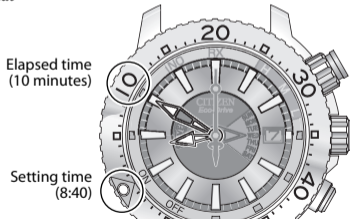
You can easily check the elapsed time or remaining time from or to a certain point of time by rotating the bezel. It is useful for checking the diving duration.

<To determine the elapsed time>

Set the  mark to the current position of the minute hand.

- You can see the elapsed time from that point of time.

Ex.: 10 minutes elapsed after setting

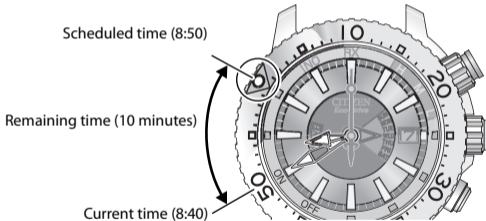


<To determine the remaining time>

Set the ◀ mark to the scheduled time.

- You can see the remaining time until the time scheduled.

Ex.: 10 minutes remaining to the scheduled time



The unidirectional rotating bezel turns only counterclockwise or left) for safety when diving.



Receiving the time signal to set the time and calendar

■ Before receiving the signal (Reference position check)

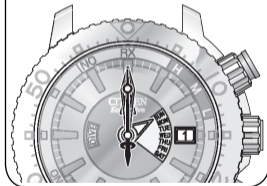
Ensure the reference position is correct or not before receiving the signal.

The correct reference position for the time and calendar is "SUN (Sunday)," "12:00:00," "1 (1st day)." If the reference position is incorrect, the watch will not display the time and calendar correctly even after receiving the signal.

- The reference position may become incorrect if the watch is exposed to strong magnetism, static or shock. Adjust the reference position (see page 60) if the time and calendar are not displayed correctly after receiving the signal.

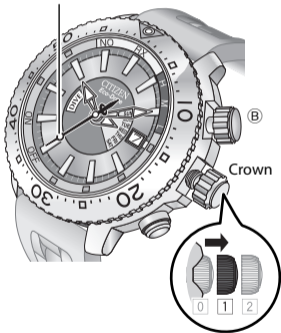
Correct reference position

- Day of the week hand points to "SUN."
- Hour, minute and second hands point to "12:00."
- Date window displays "1."



<Check the reference position>

Second hand



1. Pull the crown out to position 1.

The second hand indicates the current setting for the time difference.

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

The current reference position is indicated. (This process can take up to 7 minutes.)

3. Check the reference position.

- Go to step 3 on page 60 if the reference position is incorrect.

4. Push the crown in to position 0 to finish the check.

All hands move to indicate the current time.

Receiving the time signal to set the time and calendar

■ Radio controlled watch

This watch receives the time signal from the signal station and automatically adjusts the time and calendar. This watch also features a function to show the reception result (success/failure) and the condition of reception (reception level).

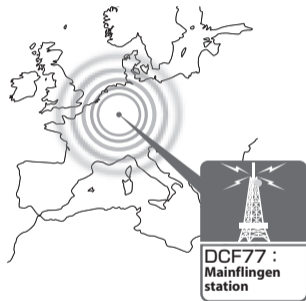
- The signal is normally broadcast continuously 24-hours a day, but may occasionally be interrupted due to maintenance.
- Even when this watch receives the signal successfully, the time indication may be off a little bit depending on the reception environment and internal processing.
- Without reception of the signal, the watch will continue to be accurate to within ± 15 seconds per month.
- The time signal has no effect on the human body or medical equipment.

■ Receiving range of the signal

Frankfurt station broadcasts the time signal in Europe. This watch automatically receives the signal from only this location.

- This watch can receive only the German signal (DCF77), and cannot receive those from any other area.

Even in the receivable area illustrated, the watch may not be able to receive the time signal depending on the weather, radio wave conditions, or reception environment (see page 25).

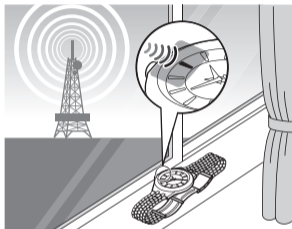


Receiving the time signal to set the time and calendar

■ Placement for better reception

Remove the watch and place it on a stable surface where it can receive time signal better, such as next to a window.

- 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. (See page 23)
- Do not move the watch during the time signal reception otherwise reception may be interrupted.



The reception may be unstable depending on the environment. Check the reception level of the watch (see page 33) and find the direction and place which provides the best 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-tension electrical lines, railway overhead wires or communication facilities



- Near cellular phones that are in use



- Inside reinforced concrete buildings, between tall buildings, mountains, or underground



It is recommended to try the signal reception at night, when there is less radio interference to the time signal.

Receiving the time signal to set the time and calendar

■ Receiving the signal

There are two ways to receive the signal:

- Automatic reception:** automatically receiving the signal on time (see page 27)
- On demand reception:** receiving the signal when you want to adjust the time and calendar (see page 28)
- The reception is automatically done while charging the watch after it has stopped due to a low charge. (See page 50)

Caution

Be sure to deactivate the dive mode (DIVE) before starting the reception. (See page 49)



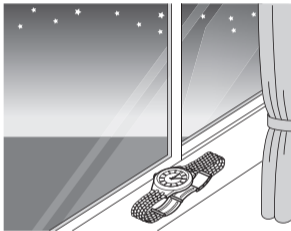
Automatic reception

Place the watch according to
“Placement for better reception.”

(See page 24)

The watch automatically receives the time signal at 3 a.m. every day.

- If the time signal cannot be received at 3 a.m., it will automatically try again at 4 a.m.
- See page 30 for how the watch hands moves when receiving the time signal.

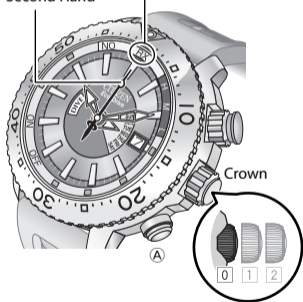


Receiving the time signal to set the time and calendar

On demand reception

Reception standby indication (RX)

Second Hand



1. Push the crown in to position 0.
2. Press and hold the lower right button (A) for two or more seconds.

The second hand indicates the last reception result (NO, H, M or L), then points to RX.

3. Place the watch according to “Placement for better reception.” (See page 24)

- Do not move the watch until all hands start to move again.
- See page 30 for how the watch hands moves when receiving the time signal.



Caution

The watch cannot receive the time signal while the date and day are changing. Perform the on-demand reception after they have changed.

■ Interrupting the reception of the signal

1. Press and hold the lower right button (A) for two or more seconds.

Signal reception will be canceled and all hands move to indicate the current time.

Caution

If reception is interrupted for any reason, the time and calendar will not be automatically updated.

Receiving the time signal to set the time and calendar

■ Movement of the hands during signal reception

When receiving the signal, the watch moves as follows:

<Preparing reception>



<During reception>



<Reception completed>



The second hand points to **RX**.

The second hand indicates the reception level by pointing to **H**, **M** or **L**. (See page 33)

- It may take time depending on the situation (max. 13 minutes).

All hands start to move.



Caution

When you operate the watch during reception, the reception is interrupted.

When the reception has been completed...

When the reception has been successfully completed, the hands will resume indicating the correct time.

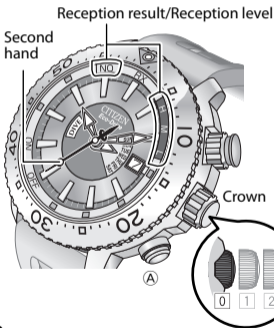
If the signal reception fails, the time is not adjusted.

- See page 32 to check the reception result.

Receiving the time signal to set the time and calendar

■ Checking signal reception

You can check whether the last reception of the time signal succeeded or not. You can also see the reception level if it succeeded.



1. Push the crown in to position 0.
2. Press the lower right button (A).

The second hand moves to indicate the result of the last reception and the reception level. (See page 33)

- The result indicated is that of the most recent completed reception. Interrupted reception attempts are ignored.

Caution

You cannot check the reception while the date and day indications are in the process of changing. Check it after the change has completed.

<Result of the reception>

H/M/L: reception succeeded

NO: reception failed

- If NO is indicated, find a location and direction where the reception is better and perform reception again. (See page 28)

<Reception level>

H (High)	Very good condition for reception.
M (Middle)	Good condition for reception.
L (Low)	Not good condition for reception.

- H, M and L only indicate the condition for reception, and are not related to the performance of the watch.

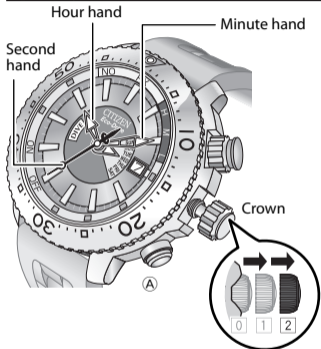
- If the time is not indicated properly even after successful reception, correct the reference position. (See page 60)

To return to the usual time indication

Press **the lower right button** (A) again.

- The current time will be indicated automatically 10 seconds after indicating the reception result.

Adjusting the time/calendar manually



1. Pull the crown out to position

2.

The second hand indicates the daylight saving time setting.

2. Press the lower right button

(A).

- You can change the daylight saving time setting by rotating the crown. (See page 39)

3. Press the lower right button (A) again.

The second hand indicates the 12:00 position.

While the dive mode is activated, the crown and buttons do not work until the dive mode hand indicates the current day of the week.

Now, you can adjust the time.

- You can skip the time adjustment to adjust the calendar by pressing **the lower right button (A)**.

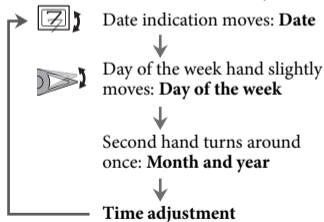
4. Rotate the crown to adjust the time.

The hour, minute and second hands move.

- If you quickly spin **the crown** continuously, the three hands start to move continuously. To stop the hands, rotate **the crown**.
- When you set the time to 12:00 a.m., the indications for the date and day start to change. Go to step **5** after the movement of the date indication and day of the week hand stops.

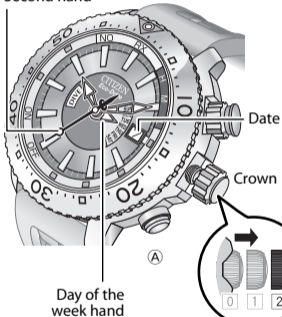
5. Press the lower right button (A).

Now, you can adjust the calendar. Each time you press **the lower right button (A)**, the adjustable item changes as follows:



Adjusting the time/calendar manually

Second hand



6. Rotate the crown to adjust the selected item.



Date




Day of the week



Month and year

- See page 38 to check the month and year.
- If you quickly spin **the crown** continuously, the date starts to move continuously. To stop the date, rotate **the crown**.

- 
- 7.** Repeat steps **5** and **6** when you need to adjust the other items.
- 8.** Push **the crown** in to position **0** on the signal on a radio, TV, etc. to finish adjusting the time/calendar.
All hands move to indicate the current time.

Caution

While the indication is moving, you cannot go to the next step.

Perpetual calendar

The date is automatically adjusted 28 February, 2100. So you do not need to correct it at the end of each month.

Adjusting the time/calendar manually

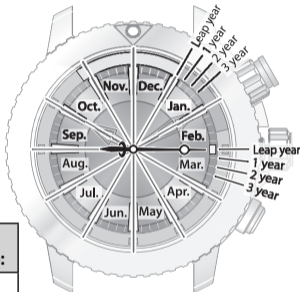
<Month and year indication>

You can check the year (years passed since leap year) and month at the position where the second hand points.

- You can see the number of years past a leap year by checking which minute marker the second hand points to.

Quick reference chart for number of years passed since leap year

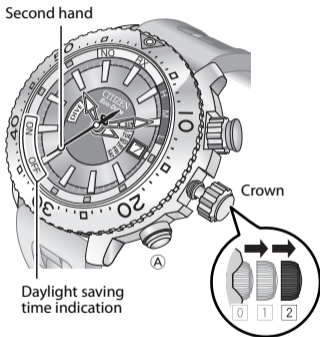
Year		Passed years	The second hand points to:
2012	2016	0 year (leap year)	hour marker
2009	2013	1 year	1st min. marker
2010	2014	2 years	2nd min. marker
2011	2015	3 years	3rd min. marker



e.g. When it is March in the leap year



Changing the daylight saving time (DST) setting



1. Pull the crown out to position

2.

The second hand indicates the daylight saving time setting.

- When you want to check the setting only, go to step **4** to finish the checking.

2. Press the lower right button

(A).

3. Rotate the crown to change the setting.

4. Push the crown in to position

0 to finish the setting.

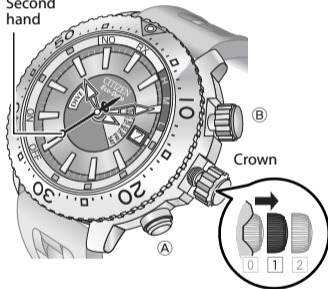
All hands move to indicate the current time.



Setting to the local (travel) time (time difference correction function)

When you go to a different time zone, you can easily set to the local (travel) time temporarily.

Second hand



1. Pull the crown out to position

1.

The second hand indicates the current setting for the time difference.

- When you want to check the setting only, go to step **4** to finish the checking.

2. Press the lower right button

(A).

While the dive mode is activated, the crown and buttons do not work until the dive mode hand indicates the current day of the week.

3. Move the second hand by rotating the crown.

- You can set the time difference in the range of ± 27 hours from Germany time (see page 41).

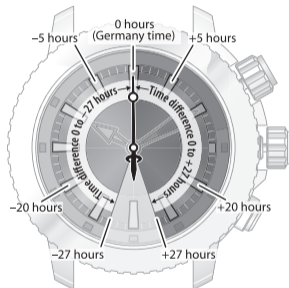
4. Push the crown in to position 0 to finish the time difference setting.

The local (travel) time (using the time difference set) is indicated.

To return to Germany time

Set the second hand to the 0 second (± 0 hour) position at step **3**.

<Time difference indication>



- You can adjust time difference ± 1 hour per step of the second hand.




Using the watch during diving—Dive mode

Using the watch when diving

Diving is a potentially dangerous sport. When using this watch for diving, always make sure you receive proper diving instruction and training from a licensed instructor and obey the rules after having acquired the experience and skills required for safe diving. Even recreational diving can be potentially dangerous. Diving without proper or adequate training may lead to a fatal or serious accident.

- When using this watch for diving, make sure you have a proper understanding of the procedures for handling and operating the watch and observe those procedures. Handling of this watch in a manner contrary to that described in this user's manual may prevent the watch from functioning properly.
- Always make sure to inspect all functions of this watch before diving to make sure they operate properly.
This watch is not intended to be used as a primary dive instrument.

- 
- In the case of using the watch, always make sure to use the watch in combination with other diving instruments (such as a dive table, residual pressure gauge or water depth gauge).
 - The use of this watch for diving is limited to recreational diving (non-decompression diving) at a water temperature of $0^{\circ}\text{C}/32^{\circ}\text{F}$ to $+50^{\circ}\text{C}/122^{\circ}\text{F}$.
Do not use this watch for the following types of diving:
 - Diving outside the above temperature range
 - Decompression diving
 - Saturation diving using helium gas
 - Freshwater diving (this watch is calibrated for saltwater diving)
 - Allow a sufficient margin during diving with respect to the non-decompression diving limit time.
 - Make sufficient safety stops and decompression stops.
 - Make sure that the rotating bezel moves properly.

Using during diving—Dive mode

Prohibited matters when using during diving

Do not use this watch for diving in the following cases:

- When the second hand moves every 2 seconds due to inadequate charge of the watch.
When the insufficient charge warning function is active, you cannot change to Dive mode.
- When the watch has stopped or malfunctioned.
- When out of range of the guaranteed temperature.
- During dangerous behavior or life-threatening situations.
- In a helium gas atmosphere (such as during saturation diving).
- Freshwater diving (this watch is calibrated for saltwater diving).



Precautions before diving

Be sure to check the following:

- Always make sure to inspect all functions of this watch prior to diving.
- Is the band securely attached to the watch case?
- Are there any cracks, scratches or chips on the band or glass?
- Are the time and date set correctly?
- Are the screw down crown and screw down push button(s) locked?
- Is the watch sufficiently charged to ensure proper operation?
- Is the insufficient charge warning function (see page 51) inactive?

Precautions during diving

- Avoid ascending too rapidly.
A rapid ascent can cause decompression sickness and other detrimental effects on the body. Maintain a safe ascent rate.
- Do not use the watch when there is a malfunction or physical damage to the watch.
- Dive while allowing a sufficient margin for the non-decompression limit time to ensure safety.
- When ascending, always make sure to make decompression stops according to a dive table to ensure safety.
- Do not operate any buttons or the crown of the watch during diving.



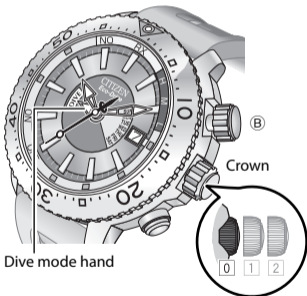
Precautions after diving

- Make sure to rest sufficiently after diving.
- It is recommended to avoid flying for at least 24 hours following the completion of diving.
- Carefully rinse off any seawater, mud or sand adhered to the watch and then wipe off any excess moisture with a dry cloth.

Using during diving—Dive mode

■ Using the dive mode

Be sure to activate the dive mode when diving to prevent the watch from stopping the hands for the time signal reception.



1. Set the crown to position 0.
2. Press and hold the upper right button (B) for seven or more seconds.

The dive mode hand points to **DIVE** and the dive mode is activated.



- It takes about 1 minute for the dive mode hand to move to **DIVE**.

You cannot use the time signal reception function when the dive mode is activated.

- Reception of the signal (see page 26)
- Checking the results of the reception (see page 32)

To deactivate the dive mode

Set **the crown** to position **0**, then press and hold **the upper right button** (Ⓑ) for seven or more seconds.

The dive mode hand moves to indicate the current day of the week.

Caution

- You cannot activate/deactivate the dive mode while the insufficient charge warning function (see page 51) is active. Use the watch only after charging it fully.
- You cannot activate/deactivate the dive mode while the indications for the date and day are changing. Activate/deactivate it after they have changed.
- Make sure to deactivate the dive mode after diving.

Charging your watch

■ Charging your watch

This watch has a rechargeable cell which is charged by exposing the watch dial to light such as direct sunlight or fluorescent lamps.

Do not charge the watch at a high temperature (about 60°C/140°F or higher).

To obtain optimum performance:

- Expose the watch with the watch dial towards direct sunlight for several hours at least once a month.
- After taking off the watch, put it in a position so that the watch dial is exposed to bright light, such as by a window.
- Before storing the watch in a dark place for an extended period of time, be sure to charge it fully.

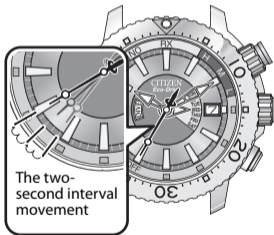


When the watch is not exposed light sufficient for charging such as when covered with long sleeves, the watch may not be charged sufficiently for normal operation. Try to keep the watch exposed to light sufficient for charging.

While you are charging the watch after it has stopped due to inadequate charge, the watch automatically receives the time signal once (recovery automatic reception). To make the reception surer, place the watch according to "Placement for better reception" (see page 24) while recharging it.

■ 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. Charge the watch by exposing the watch dial to light.



- After the watch is charged, the second hand will move normally. (See pages 52 and 53)
- If you have not charged the watch for two days or more since the insufficient charge warning movement began, the watch will run out power and stop.

NOTICE:

You cannot check or adjust the settings while the warning movement continues, though you can see the time.

Charging your watch

■ Charging time

Below are the approximate times needed for charging when exposing the watch dial to light continuously. Use the table below only as a reference.

Illuminance (Lx)	Environment	Charging time to work for one day (approx.)	Charging time to start working normally when the rechargeable cell is empty (approx.)
500	Interior lighting	4 hours	13 hours
1,000	60-70 cm under a fluorescent lamp (30 W)	2 hours	6 hours
3,000	20 cm under a fluorescent lamp (30 W)	40 minutes	2.5 hours
10,000	Under cloudy weather	11 minutes	1 hour
100,000	Under direct sunlight in summer	5 minutes	40 minutes

Power reserve duration after fully charging (without further charging)

About 6 months

	Time for charging fully when the rechargeable cell is empty (approx.)
	—
	—
	110 hours
	45 hours
	30 hours

<After the watch is fully charged—Overcharge prevention function>

After the watch is fully charged, charging automatically stops to prevent overcharging, which may damage the rechargeable cell, or affect the accuracy, functions and performance of the watch.

Power save feature

When the watch is not exposed to light for more than 7 days such as when you store it in a dark place such as in a case, all hands automatically stop to save the power. (Power save feature)

During the power save feature...

Hour, minute and second hands stop at the 12:00 position.



Date and day of the week advance by 1 day at 12:00 a.m. every day.

To cancel the power save feature

Expose the watch to light sufficient for charging.

- All hands start to move and indicate the current time as the power save feature is canceled.
- Keep exposing the watch to light sufficient for charging if the second hand is moving once every 2 seconds. (See page 50)

Caution

- You cannot cancel the power save feature by operating the crown and buttons.
- If the indicated time is not correct after canceling power save feature, perform on-demand reception or adjust the time and calendar manually.



Troubleshooting

If you have a problem with your watch, check the table below.

Symptoms	Remedies	Page
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Problems with time signal reception.

Cannot start reception/cannot check the reception result.	Deactivate the dive mode.	49
Reception is unsuccessful in a receivable area.	Avoid things likely to interfere with a time signal and place the watch with the 9:00 position facing toward the station.	24
	Do not move the watch until the reception is finished.	24
The correct time and calendar are not indicated after successful reception.	Check the time difference setting.	40
	Check and correct the reference position.	60
	Check the daylight saving time setting.	39

Symptoms	Remedies	Page
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Cannot activate the dive mode.

The dive mode hand does not move to "DIVE."	Activate the mode after the reference position check or the change of date and day of the week has finished.	48
	Charge the watch if the second hand is moving once every 2 seconds.	51

The hands do not work properly.

The second hand moves once every 2 seconds.	Charge the watch.	51
All hands stop moving.	Push the crown in to position 0 .	—
	Charge the watch.	50
The hands start turning rapidly as you take it out of the case.	The watch is canceling the power save feature. Wait until the rapid movement stops.	55

Troubleshooting

Symptoms	Remedies	Page
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The calendar is not correct

The date and/or day of the week is wrong.	Receive the time signal to adjust the time and calendar.	28
	Set the year, month, date and day of the week correctly.	34
	Check the time difference setting.	40
	Check and correct the reference position.	60
The day of the week is not indicated.	Deactivate the dive mode.	49
The date changes at around 12:00 p.m.	Receive the time signal to adjust the time and calendar.	28
	Adjust the time by 12 hours.	34

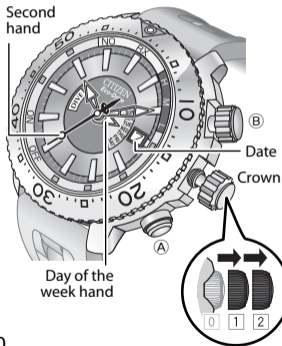
Symptoms	Remedies	Page
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Others

The watch does not work properly even if you have tried the remedies stated in “Troubleshooting” (see pages 56 to 59).	Contact your nearest Authorized Citizen Service Center.	—
The watch does not move even if the watch is fully charged. (See page 52)		

Adjusting the reference position

If the time and calendar are not indicated correctly even after the reception of the time signal, adjust the reference position.



1. Pull the crown out to position 1.

The second hand moves to indicate the month and year.

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

The current reference position is indicated. (This process can take up to 7 minutes.)

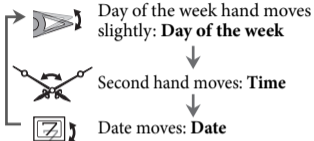
- Go to step 7 when the reference position is correct (“SUN,” “0:00:00” and “1”).

3. Pull the crown out to position 2.

The second hand points to the 0 second position, and you can adjust the reference position.

4. Press the lower right button (A) repeatedly to select the item you want to adjust.

Each time you press the lower right button (A), the adjustable item changes as follows:



5. Rotate the crown to adjust the selected item.

- If you quickly spin the crown continuously, the selected item (day of the week hand, second hand, or date) starts to move continuously. To stop the item, rotate the crown.



6. Repeat steps 4 and 5 to adjust the items to "SUN," "0:00:00" and "1" respectively.

7. Push the crown in to position 0 to finish the reference position adjustment.






All hands move to indicate the current time.




Precautions

Water-resistance performance

This watch is water resistant to 200 meters. Although it can be used for diving using an air tank (scuba diving), it cannot be used for saturation diving involving the use of helium gas.

Examples of use					
					
Indication	Minor exposure to water (washing face, rain, etc.)	Moderate exposure to water (washing, kitchen work, swimming, etc.)	Skin diving, marine sports	Scuba diving using an air tank	Saturation diving using helium gas
Case (case back)					
AIR DIVER's 200m	OK	OK	OK	OK	NO

- 
- The rubber gaskets and other seals used in this watch will deteriorate over time and use. If the gaskets and seals are not checked at regular intervals, their condition may not be sufficient to guard against the entrance of moisture. In order to maintain the water resistant quality of your watch, we recommend that you have the gaskets and seals of your watch inspected by a CITIZEN Authorized Service Center every two to three years. More frequent inspections may be necessary if the watch is used in environments such as chlorinated pools or if the watch is not rinsed with clear water after use in salt water. Gaskets and seals used to guard against the entrance of moisture are considered consumable supplies that are not covered under the terms of the warranty. Inspections and any components that need to be replaced in order to maintain the water resistant quality of the timepiece are at the expense of the consumer.
 - If moisture has entered the watch, or if the inside of the glass is fogged up and does not become clear for an extended period of time, do not leave the watch in that state; instead, immediately take the watch to the Citizen Consumer Help Desk or your nearest Customer Support Center for inspection and repair.
 - If sea water enters the watch, place the watch in a box or plastic bag, and immediately take it in for repair. Otherwise, the pressure inside the watch will increase and parts (such as the glass and buttons) may come off.
 - Be sure to use the watch with the crown pressed in fully (normal position) to ensure the water resistance. If the crown of your watch is the screw down crown, be sure to tighten it completely.
 - Do not operate the crown or buttons when the watch is wet.

Precautions

Handling the rechargeable cell

- Do not remove the rechargeable cell. If it is removed, keep the rechargeable cell out of the reach of children to prevent ingestion.
- If the rechargeable cell is swallowed, consult a doctor and seek medical treatment.

Keep your watch clean

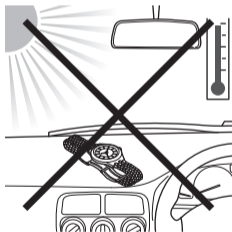
- Keep your watch clean to prevent rust or dirt building up as this may stain your clothes, damage the watch or appear as black residue on your wrist. Depending on use, occasional cleaning of the exterior of your watch may be necessary.
- DO NOT wear the band too tightly. Leave enough space between the band and your skin to allow adequate ventilation.
- Wipe dirt off the leather band with a soft and dry cloth to prevent it from discoloring.

Caution about charging

- Excessively high temperature when charging watch may cause discoloration and deformation of the components, and result in malfunction of the movement.
- Do not charge the watch at a high temperature (about 60°C/140°F or higher).

Example:


- charging the watch too close to light such as an incandescent lamp or halogen lamp (Halogen lights are not recommended for charging due to their high heat output.)
- charging the watch in locations where the temperature may become extremely high—such as on the dashboard of a vehicle



Precautions

To avoid malfunction

- DO NOT use the watch where the temperature is lower or higher than the operating temperature specified in this manual. Doing so may cause the watch to malfunction or stop.
- DO NOT place the watch nearby any materials generating a strong magnetic field such as:
 - magnetic health equipment such as a magnetic necklace
 - a magnetic latch of a refrigerator door
 - a magnetic clasp on a handbag
 - a magnetic coin tray
 - speakers of a mobile phone
 - electromagnetic cooking devicesThey may interfere with function of the movement in the watch causing it to stop or operate erratically.

- 
- DO NOT place the watch on or nearby household appliances that generate static electricity such as Televisions or computer monitors. The timekeeping may be affected.
 - DO NOT apply any strong shock, for example, by dropping it onto a hard floor.
 - Avoid using the watch where it may be exposed to chemicals or corrosive gases. If solvents, such as thinners or benzine, or substances containing such solvents come in contact with the watch, discoloration, melting, cracking, etc. may occur. The case, band, or other parts may become discolored if the watch comes into contact with some household chemicals mercury that may be found in thermometers.
 - 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.).
 - 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.



Maintenance

Daily maintenance

- 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.
- Wipe off dirt, perspiration, and water from the case and glass with a clean soft cloth occasionally.
- To clean a metal, plastic, or rubber watchband, wash away dirt with water. Use a soft brush to remove dust and dirt stuck in the gaps in a metal band.
- Do not use a polishing type of cloth as this may damage the surface and certain treatments.
- Do not use solvents (thinner, benzine, etc.), as they may damage the finish.

Storage

- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture. Then store in a cool, dry location, avoiding locations subject to excessively high or low temperatures and high humidity.
- If you will not be using your watch for an extended period of time, it is recommended to store it in a place that is well lit to avoid insufficient battery charge.

Luminous dials and hands

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	H162
Type	Analog solar-powered watch
Timekeeping accuracy	Within ± 15 seconds per month on average (when worn at normal temperatures between $+5^{\circ}\text{C}/41^{\circ}\text{F}$ and $+35^{\circ}\text{C}/95^{\circ}\text{F}$ without the time signal reception)
Display functions	Time: Hours, minutes, seconds Calendar: Years passed since the last leap year, Month, Date, Day of the week
Battery duration without recharging	Fully charged to empty: Approx. 6 months (When the power save feature is active: Approx. 2.5 years) Two seconds interval movement to stopping: Approx. 2 days
Battery	Rechargeable cell, 1pc.



Additional functions	<ul style="list-style-type: none">• Time signal reception function (automatic reception, on-demand reception, recovery automatic reception)• Reception standby indication function (RX)• Reception level indication function (H, M, L)• Reception status confirmation function (H, M, L or NO)• Time difference checking/correction function• Daylight saving time function• Dive mode• Energy save function (power save feature)• Overcharge prevention function• Insufficient charge warning function• Impact detection function/Automatic hand correction function• Perpetual calendar (until February 28, 2100)• Reference position checking/correction function
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Specifications are subject to change without prior notice.

Functions list

Second hand



Function
Activate/deactivate the dive mode.
Receive the time signal manually.
Check the time signal reception result.
Set to the local time temporarily (time difference correction).
Adjust the time/calendar manually.
Set the daylight saving time manually.

	Position of the crown	Operation using button/crown	Page
	0	Press and hold the upper right button (B) for seven or more seconds.	48
	0	Press and hold the lower right button (A) for two or more seconds.	28
	0	Press the lower right button (A).	32
	1	Rotate the crown after pressing the lower right button (A).	40
	2	Press the lower right button (A) repeatedly to select the item to set (time date, day of the week, month and year), and turn the crown.	34
	2	Rotate the crown after pressing the lower right button (A).	39

