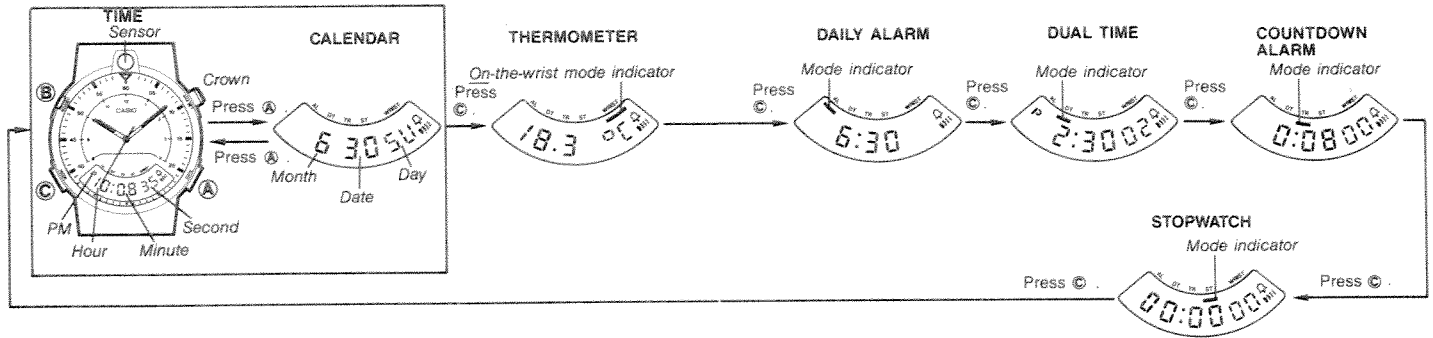
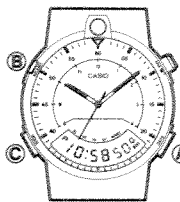


Module No. 378

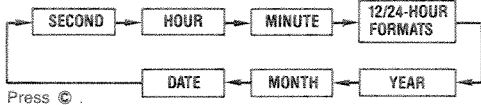
READING THE DISPLAY



SETTING TIME AND DATE



- 1) Press **(A)** in the time display to set new time.
- 2) Press **(A)** on a time signal to correct seconds.
- 3) Press **(C)** to shift flashing digit(s). Digit(s) to be changed will flash.



- 4) Each press of **(A)** increments digit. Keep pressed for quick advance.
- 5) Press **(B)** to complete.

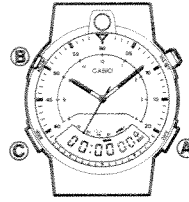
* Display automatically returns to the time display if left unused for a few minutes.

SETTING ANALOG TIME

- 1) When the second hand is at 12 o'clock position, stop the second hand by pulling the crown out.
- 2) Set the hands by turning the crown.
- 3) Press the crown in on a time signal.

* A gain or loss on second or less may result from properties of mechanical parts.

USING STOPWATCH



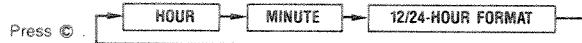
- Press **(A)** to start or stop.
Press and hold **(A)** to reset.
A signal confirms start/stop operation.

Working range

The stopwatch display is limited to 59 minutes 59 seconds, for longer times reset and started again.

SETTING DUAL TIME

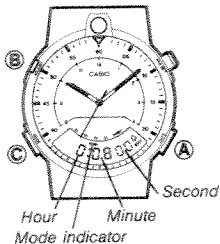
- 1) Press **(B)** in the DUAL TIME mode to set new dual time.
- 2) Pressing **(A)** increments digit. Keep pressed for quick advance.
- 3) Each press of **(C)** shifts flashing position.



- 4) Press **(B)** to complete.

* Display automatically returns to initial dual time mode if left unused for a few minutes.

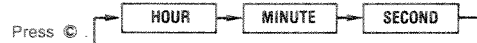
OPERATING COUNTDOWN ALARM



Countdown can be set from 1 second to 24 hours (display shows 0:00 00), and times to an accuracy of 1 second. Start/stop operation is possible by pressing **(A)**, and is confirmed by a signal. When display reaches zero, beeper will sound for 10 seconds until any button is pressed.

Setting countdown time

- 1) Press **(B)** in countdown alarm mode to set new time.
- 2) Pressing **(A)** increments digit(s). Keep pressed for quick advance.
- 3) Press **(C)** to shift flashing digit(s).



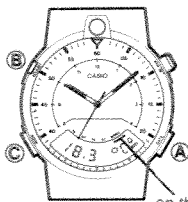
- 4) Press **(B)** to complete setting.

* Display automatically returns to initial countdown alarm mode if left unused for a few minutes.

Repeat function

Pre-entered time is retrieved when the display reaches zero.

USING THERMOMETER



Temperature is sensed by a built-in thermo-sensor and is displayed in °C or °F. The watch has 2 modes: an "on-the-wrist" mode and an "off-the-wrist" modes.

Selecting measuring mode and measuring scale

- 1) Press **(B)** in temperature mode: "ON" or "OFF" appears.
- 2) Press **(A)** to select "ON" ("on-the-wrist" mode) or "OFF" ("off-the-wrist" mode).
- 3) Press **(C)** to select the scale of measurement: "°C" or "°F" appears.
- 4) Press **(A)** to select "°C" or "°F".
- 5) Press **(B)** to complete setting.

Tips

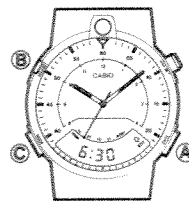
In "on-the-wrist" mode the watch automatically compensates for body temperature. Slight error may occur under conditions of wearing many layers of clothing. The "off-the-wrist" mode is recommendable where accuracy is critical.

Measuring temperature

When the temperature mode is selected or the **(A)** button is pressed in the temperature mode, the watch starts measuring temperature. It displays the temperature a few seconds later, then continues the temperature every 2 minutes.

* The display indicates "—" if the temperature exceeds the measuring range of the watch (-10°C to 60°C).

OPERATING DAILY ALARM



Beeper sounds for 20 seconds at preset time every day until cleared when daily alarm is set. Press any button to stop beeper. Signal sounds every hour on the hour if time signal is set.

Sound demonstration

Press and hold **(C)** to sound beeper.

- 1) Press **(B)** in the alarm mode to set new alarm time.
- 2) Pressing **(A)** increments digit. Keep pressed for quick advance.
- 3) Each press of **(C)** shifts flashing position.
- 4) Press **(B)** to complete.

* Display automatically returns to initial alarm mode display if left unused for a few minutes.

ON OR OFF SETTING OF ALARM AND TIME SIGNAL

