

Power recovery
mode indicator



- Overuse of display illumination or the beeper can cause the **R** (Recover) indicator to appear in the upper display, which indicates that the watch is in the battery power recovery mode. Face illumination, the alarm, the countdown timer alarm, time signals, and all hand operations are disabled in the power recovery mode. The watch continues to keep time internally, so regular timekeeping and function will resume as soon as battery power recovers to normal levels, which is indicated when the **R** indicator disappears.
- If **R** appears frequently, it probably means that remaining battery power is low. Leave the watch in bright light for some time to allow it to charge.

Charging Precautions

Certain charging conditions can cause the watch to become very hot. Avoid leaving the watch in the areas described below whenever charging its rechargeable battery. Also note that allowing the watch to become very hot can cause its liquid crystal display to black out. The appearance of the LCD should become normal again when the watch returns to a lower temperature.

Warning!

Leaving the watch in bright light to charge its rechargeable battery can cause it to become quite hot. Take care when handling the watch to avoid burn injury. The watch can become particularly hot when exposed to the following conditions for long periods.

- On the dashboard of a car parked in direct sunlight
- Too close to an incandescent lamp
- Under direct sunlight

Charging Guide

After a full charge

- The following ta
- light each day in

Exposure Level (E

Outdoor sunlight (S

Sunlight through a

Daylight through a

Indoor fluorescent

For details about

"Power Supply"

Stable operation

Charging Guide

After a full charge, timekeeping remains enabled for up to about six months.

- The following table shows the amount of time the watch needs to be exposed to light each day in order to generate enough power for normal daily operations.

Exposure Level (Brightness)	Approximate Exposure Time
Outdoor sunlight (50,000 lux)	8 minutes
Sunlight through a window (10,000 lux)	30 minutes
Daylight through a window on a cloudy day (5,000 lux)	48 minutes
Indoor fluorescent lighting (500 lux)	8 hours

- For details about the battery operating time and daily operating conditions, see the "Power Supply" section of the Specifications (page E-77).
- Stable operation is promoted by frequent exposure to light.

Recovery Times

The table below shows the amount exposure that is required to take the battery from one level to the next.

Exposure Level (Brightness)	Approximate Exposure Time				
	Level 5	Level 4	Level 3	Level 2	Level 1
Outdoor sunlight (50,000 lux)		2 hours		22 hours	6 hours
Sunlight through a window (10,000 lux)		7 hours		82 hours	22 hours
Daylight through a window on a cloudy day (5,000 lux)		10 hours		133 hours	36 hours
Indoor fluorescent lighting (500 lux)		113 hours		-----	-----

- The above exposure time values are all for reference only. Actual required exposure times depend on lighting conditions.

Timekeeping

You can adjust the

Pressing (D) in
screens shown



Timekeeping

You can adjust the Home City time and date in the Timekeeping Mode manually.

- Pressing **D** in the Timekeeping Mode will toggle the lower display between the screens shown below.

Home City Date



Home City Time

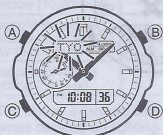


Read This Before You Set the Time and Date!

This watch is preset with a number of city codes, each of which represents the time zone where that city is located. When setting the time, it is important that you first select the correct city code for your Home City (the city where you normally use the watch). If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.

- Note that all of the times for the World Time City codes (page E-29) are displayed in accordance with the time and date settings you configure for the Timekeeping Mode.

To set the time and date manually



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1. In the Timekeeping Mode, hold down **(A)** for about five seconds, until the watch beeps twice and the city code flashes on the upper display. This is the setting mode.
2. Use **(D)** and **(B)** to select the city code you want.
 - Make sure you select your Home City code before changing any other setting.
 - For full information on city codes, see the "City Code Table" at the back of this manual.

3. Press **(C)** to change the city code and select the other city code.

City Code
Power Saving

4. When the time and date change it as desired.

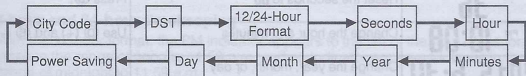
Screen:

TYO

OFF

12H

3. Press **Ⓢ** to change the flashing screen content in the sequence shown below to select the other settings.



4. When the timekeeping setting you want to change is flashing, use **Ⓢ** or **Ⓜ** to change it as described below.

Screen:	To do this:	Do this:
TYO	Change the city code.	Use Ⓢ (east) and Ⓜ (west).
OFF	Cycle between Auto DST (AUTO), Daylight Saving Time (ON) and Standard Time (OFF).	Press Ⓢ .
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press Ⓢ .

Screen:	To do this:	Do this:
36	Reset the seconds to 00	Press D .
PM 10:00	Change the hour and minutes	Use D (+) and B (-).
2015 6-30	Change the year, month, or day	
PS 00	Toggle between Power Saving on (D ff) and off (B ff)	Press D .

5. Press **A** to exit the setting mode.

- For details about the Daylight Saving Time setting, see "To change the Daylight Saving Time (summer time) setting" (page E-63). For information about Power Saving, see "To turn Power Saving on and off" (page E-68).
- Auto DST (**AUTO**) can be selected only while **LIS, LON, MAD, PAR, ROM, BER, STO, ATH, MOW, TPE, SEL, TYO, HNL, ANC, YVR, LAX, YEA, DEN, MEX, CHI, MIA, YTO, NYC, YHZ**, or **YYT** is selected as the Home City code. For more information, see "Daylight Saving Time (DST)" below.

- The day of the week is displayed automatically in accordance with the date (year, month, and day) settings.

12-hour and 24-hour timekeeping

- With the 12-hour format, the PM indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

The time calibration signals transmitted from Mainflingen (Germany), Anthon (England), and Fort Collins (the United States) include both Standard Time and DST data. When the Auto DST setting is turned on, the watch switches between Standard Time and DST (Daylight Saving Time) automatically in accordance with the signals.

- Though the time calibration signals transmitted by the Fukushima and Fukuoka/Saga, Japan transmitters include summer time data, summer time currently is not implemented in Japan (as of 2013).
- The default DST setting is Auto DST (**AUTO**) whenever you select **LIS, LON, MAD, PAR, ROM, BER, STO, ATH, MOW, TYO, ANC, YVR, LAX, YEA, DEN, MEX, CHI, MIA, YTO, NYC, YHZ**, or **YYT** as your Home City code.
- If you experience problems receiving the time calibration signal in your area, it probably is best to switch between Standard Time and Daylight Saving Time (summer time) manually.

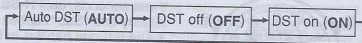


To change the Daylight Saving Time (summer time) setting



DST indicator

1. In the Timekeeping Mode, hold down (A) for about five seconds, until the watch beeps twice and the city code flashes on the upper display. This is the setting mode.
2. Press (C). This will display the DST setting screen.
3. Use (D) to cycle through the DST settings in the sequence shown below.

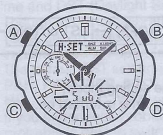


4. When the setting you want is selected, press (A) to exit the setting mode.
- The DST indicator appears to indicate that Daylight Saving Time is turned on.

Hand Home Position Correction

The hands of the watch can be thrown off by exposure to strong magnetism or impact. If that happens, check if the home positions of the hands are correct and adjust the home positions as required.

To adjust the home positions



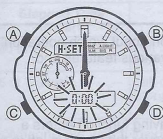
Correct dial hand positions

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1. In the Timekeeping Mode, hold down **(D)** for about three seconds, until **H-SET** appears on the upper display and "Sub" flashes in the lower display.
 - The left dial hand is in its correct home position when it moves to **C (CHG)**. If it doesn't, use **(B)** to adjust its position.
2. After confirming that the left dial hand is in its correct home positions, press **(C)**.
 - This will change to hour hand and minute hand home position manual correction.



Correct h
minute
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**Correct hour and
minute hand
positions**

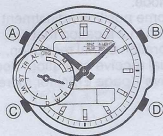
- The hour and minute hands are in their correct home positions if they are at 12 o'clock. If they are not, use (D) (+) and (B) (-) to adjust their positions as required.
- Pressing (C) here will return to the setting at the beginning of step 2.

3. After everything is the way you want, press (A) to return to the Timekeeping Mode.
 - After you complete the home position adjustment procedure, place the watch in a location that allows for good time calibration signal reception, and then perform a manual receive operation. See "To perform manual receive" (page E-24) for more information.

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Power Saving Function



When turned on, the Power Saving function enters a sleep state automatically whenever the watch is left in an area for a certain period where it is dark. The table below shows how watch functions are affected by the Power Saving function.

- Wearing the watch
state.

- The watch will
is already in the
sleep state.

To recover from

Perform any one

- Move the watch

- Press any button

- Angle the watch

Elapsed Time in Dark	Hands and Display	Operation
60 to 70 minutes	Left dial hand: PS; Other hands: Normal; Display: Blank	All functions enabled, except for displays
6 or 7 days	Left dial hand: PS; Other hands: Stopped at 12 o'clock; Display: Blank	Auto receive, beeper tone, illumination, and display disabled.

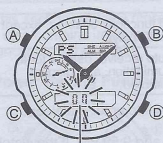
- Wearing the watch inside the sleeve of clothing can cause it to enter the sleep state.
- The watch will not enter the sleep state between 6:00 AM and 9:59 PM. If the watch is already in the sleep state when 6:00 AM arrives, however, it will remain in the sleep state.

To recover from the sleep state

Perform any one of the following operations.

- Move the watch to a well-lit area.
- Press any button.
- Angle the watch towards your face for reading (page E-47).

To turn Power Saving on and off



On/Off status

1. In the Timekeeping Mode, hold down **(A)** for about five seconds, until the watch beeps twice and the city code flashes on the upper display. This is the setting mode.
2. Press **(C)** nine times until **PS** appears in the upper display and a flashing **11** or **11 FF** appears in the lower display. This is the Power Saving on/off screen.
3. Press **(D)** to toggle Power Saving on (**11 11**) and off (**11 FF**).
4. Press **(A)** to exit the setting mode.

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Radio-controlled Atomic Timekeeping Precautions

- Strong electrostatic charge can cause the time setting to be thrown off.
- The time calibration signal bounces off the ionosphere. Because of this, such factors as changes in the reflectivity of the ionosphere, as well as movement of the ionosphere to higher altitudes due to seasonal atmospheric changes or the time of day may change the reception range of the signal and make reception temporarily impossible.
- Even if the time calibration signal is received properly, certain conditions can cause the time setting to be off by up to one second.
- The current time setting in accordance with the time calibration signal takes priority over any time settings you make manually.
- The watch is designed to update the date and day of the week automatically for the period January 1, 2000 to December 31, 2099. Setting of the date by the time calibration signal cannot be performed starting from January 1, 2100.
- This watch can receive signals that differentiate between leap years and non-leap years.
- Though this watch is designed to receive both time data (hour, minutes, seconds) and date data (year, month, day), certain signal conditions can limit reception to time data only.

- If you are in an area where proper time calibration signal reception is impossible, the watch keeps the time with the precision noted in "Specifications".
- If you have problems with proper time calibration signal reception or if the time setting is wrong after signal reception, check your current city code, and DST (Daylight Saving Time) settings (page E-58).
- The Home City setting reverts to the initial default of **TYO** (Tokyo) whenever the battery power drops to Level 5 (**CHG**) or when you have the rechargeable battery replaced. If this happens, change the Home City to the setting you want (page E-12).

Transmitters

The time calibration signal received by this watch depends on the currently selected Home City (page E-12).

- When a U.S. time zone is selected, the watch receives the time calibration signal transmitted from the United States (Fort Collins).
- When a Japanese time zone is selected, the watch receives the time calibration signals transmitted from Japan (Fukushima and Fukuoka/Saga).
- When a European time zone is selected, the watch receives the time calibration signals transmitted from Germany (Mainflingen) and England (Anthorn).

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Auto Return

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High-Speed

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- When a China time zone is selected, the watch receives the time calibration signal transmitted from China (Shanggiu City).
- When your Home City is **LIS, LON, MAD, PAR, ROM, BER, STO, ATH, MOW** (which can receive both the Anthorn and Mainflingen signals), the watch first tries to pick up the signal it last received successfully. If that fails, it tries the other signal. For the first receive after you select your Home City, the watch tries the nearest signal first (Anthorn for **LIS, LON**, Mainflingen for **MAD, PAR, ROM, BER, STO, ATH**, and **MOW**).

Auto Return Features

- If you leave the watch with a flashing setting on the display for two or three minutes without performing any operation, the watch will exit the setting mode automatically.
- The watch will return to the Timekeeping Mode automatically if you do not perform any operation for two or three minutes in the Alarm Mode.

High-Speed Movement

- The **Ⓢ** and **Ⓜ** buttons are used to change the hand setting in various setting modes. In most cases, holding down these buttons will start high-speed movement of the applicable hand(s).

Initial Screens

When you enter the World Time Mode or Alarm Mode, the data you were viewing when you last exited the screen will appear first.

Timekeeping

- Resetting the seconds to **00** while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to **00** without changing the minutes.
- The year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except when battery power drops to Level 5 (**CHG**) (page E-51).
- The current time for all city codes in the Timekeeping Mode and World Time Mode is calculated in accordance with the Coordinated Universal Time (UTC) for each city, based on your Home City time setting.

Illumination

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- Illumination
- Frequent use

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Illumination Precautions

- Illumination may be hard to see when viewed under direct sunlight.
- Illumination turns off automatically whenever an alarm sounds.
- Frequent use of illumination runs down the battery.

Auto light switch precautions

- The auto light switch is turned off automatically whenever battery power is at Level 4 (CHG) (page E-51).
- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.

*More than 15 degrees
too high*



- Illumination may not turn on if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- Illumination turns off in about one second, even if you keep the watch pointed towards your face.

- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If illumination does not turn on, 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, illumination may not turn on until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the auto light switch.
- You may notice a very faint clicking sound coming from the watch when it is shaken back and forth. This sound is caused by mechanical operation of the auto light switch, and does not indicate a problem with the watch.



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Specifications

Accuracy at normal temperature: ± 15 seconds a month (with no signal calibration)

Digital Timekeeping: Hour, minutes, seconds, p.m. (PM), month, day, day of the week

Time format: 12-hour and 24-hour

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

Other: Home City code (can be assigned one of 48 city codes); Standard Time /

Daylight Saving Time (summer time)

Analog Timekeeping: Hour, minutes (hand moves every 10 seconds)

Time Calibration Signal Reception: Auto receive 6 times a day (Remaining auto

receives cancelled as soon as one is successful) (5 times a day for the

Chinese calibration signal); Manual receive

Receivable Time Calibration Signals: Mainflingen, Germany (Call Sign: DCF77,

Frequency: 77.5 kHz); Anthorn, England (Call Sign: MSF, Frequency: 60.0

kHz); Fort Collins, Colorado, the United States (Call Sign: WWVB,

Frequency: 60.0 kHz); Fukushima, Japan (Call Sign: JJY, Frequency: 40.0

kHz); Fukuoka/Saga, Japan (Call Sign: JJY, Frequency: 60.0 kHz); Shangqiu

City, Henan Province, China (Call Sign: BPC, Frequency: 68.5 kHz)

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World Time: 48 cities (29 time zones) and Coordinated Universal Time

Other: Daylight Saving Time/Standard Time; Home City/World Time City Swapping

Stopwatch:

Measuring unit: 1/100 second

Measuring capacity: 23:59' 59.99"

Measuring modes: Elapsed time, split time, two finishes

Countdown Timer:

Measuring unit: 1 second

Input range: 1 minute to 60 minutes (1-minute increments)

Other: Auto-repeat timing

Alarms: Four one-time alarms; one snooze alarm; Hourly Time Signal

Illumination: LED (light-emitting diode); Auto Light Switch (Full Auto LED Light operates only in the dark)

Other: Power Saving

Power Supply: Solar panel and one rechargeable battery

Approximate battery operating time: 6 months (from full charge to Level 5 (CHG)) under the following conditions:

- Watch not exposed to light
- Internal timekeeping
- Display on 18 hours per day, sleep state 6 hours per day
- 1 illumination operation (1.5 seconds) per day
- 10 seconds of alarm operation per day
- 4 minutes of signal reception per day

Frequent use of illumination runs down the battery. Particular care is required when using the auto light switch (page E-73).

Operating Precautions

Water Resistance

- The following applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

Marking	On watch front or on back cover	Water Resistance Under Daily Use	Enhanced Water Resistance Under Daily Use		
			5 Atmospheres	10 Atmospheres	20 Atmospheres
		No BAR mark	5BAR	10BAR	20BAR
Example of Daily Use	Hand washing, rain	Yes	Yes	Yes	Yes
	Water-related work, swimming	No	Yes	Yes	Yes
	Windsurfing	No	No	Yes	Yes
	Skin diving	No	No	Yes	Yes

- Do not use your watch for scuba diving or other types of diving that requires air tanks.

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OPUM-B

- Watches that have a back cover a... under condit... to direct spla... Even if a wa... Such types o... the glass. - Do not ope... wet. - Avoid wea... - Do not we... temperatur... - Do not we... or while pe... • After subme... watch. • To maintain... (about once

- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.
- Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
 - Do not operate the crown or buttons while your watch is submersed in water or wet.
 - Avoid wearing your watch while in the bath.
 - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
 - Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.
- After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).

- A trained technician will inspect your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO service center.
- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.
- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

Band

- Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.
- Deterioration, rust, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.
- Immediately stop using a band if you even notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to your original retailer or to a CASIO service center for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

Temperature

- Never leave your watch on the dashboard of a car, near a heater, or in any other location that is subject to very high temperatures. Do not leave your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.
- Leaving your watch in an area hotter than $+60^{\circ}\text{C}$ (140°F) for long periods can lead to problems with its LCD. The LCD may become difficult to read at temperatures lower than 0°C (32°F) and greater than $+40^{\circ}\text{C}$ (104°F).

Impact

- Your watch is designed to withstand impact incurred during normal daily use and during light activity such as playing catch, tennis, etc. Dropping your watch or otherwise subjecting it to strong impact, however, can lead to malfunction. Note that watches with shock-resistant designs (G-SHOCK, Baby-G, G-ms) can be worn while operating a chain saw or engaging in other activities that generate strong vibration, or while engaging in strenuous sports activities (motocross, etc.)

Magnetism

- The hands of analog and combination (analog-digital) watches are moved by a motor that uses magnetic force. When such a watch is close to a device (audio speakers, magnetic necklace, cell phone, etc.) that emits strong magnetism, the magnetism can cause timekeeping to slow down, speed up, or stop, resulting in the incorrect time being displayed.

Electrostatic Charge

- Exposure to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.
- Electrostatic charge can cause the display to go blank momentarily or cause a rainbow effect on the display.

Chemicals

- Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the resin case, resin band, leather, and other parts.

Storage

- If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.

Resin Components

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.

- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

Leather Band

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.
- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

CAUTION: Exposing a leather band to rubbing or dirt can cause color transfer and discoloration.

Metal Components

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.

- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

Bacteria and Odor Resistant Band

- The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture. A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

Liquid Crystal Display

- Display figures may be difficult to read when viewed from an angle.

User Maintenance

Caring for Your Watch

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.

- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

Dangers of Poor Watch Care

Rust

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
 - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.

- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

- Leaving sweat or water on a resin band or bezel, or storing your watch in an area subject to high moisture can lead to premature wear, cuts, and breaks.

Skin Irritation

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

Battery

- The special rechargeable battery used by your watch is not intended to be removed or replaced by you. Use of a rechargeable battery other than the special one specified for your watch can damage your watch.

The rechargeable battery is charged when solar panel is exposed to light. The battery is not recharged when the watch is not in use. However, charging the battery will not damage the battery. The battery is designed to last for 10 years. The battery is not recharged when the watch is not in use. The battery is designed to last for 10 years. The battery is not recharged when the watch is not in use. The battery is designed to last for 10 years.

Precautions Wear

- Leaving sweat or water on a resin band or bezel of watch or your watch on your wrist subject to high moisture can lead to premature wear, cuts, and breaks.

Skin Irritation

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should wear their leather band or resin band periodically each day. Avoid your over exposure to sun or large skin exposure. Always daily remove your watch and consult a skin care professional.

Battery

- The rechargeable battery used by your watch is not intended to be removed or replaced by you. Use of a rechargeable battery other than the one specified for your watch can damage your watch.