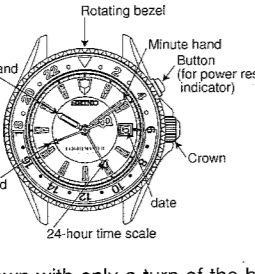


FEATURES

Unlike the conventional quartz watch powered by the button-type battery, the SEIKO KINETIC (cal.5M65) is equipped with an automatic power generating system developed by SEIKO. It generates the electrical energy to power the watch, utilizing the movement of the arm or wrist, and stores it in KINETIC ELECTRICITY STORAGE UNIT. So, the watch does not use a battery, and the battery replacement procedures are completely eliminated. The watch features a power reserve indicator function that shows with the movement of the second hand how many days of power reserve is stored KINETIC E.S.U. If fully charged, the watch will keep operating for between 4 to 6 months. When you travel abroad, the times of places you visit can easily be shown with only a turn of the hour hand, while the 24-hour hand shows the time at home. By using the rotating bezel, the 24-hour hand can show the times of the cities in the world. Thus, the watch is especially useful for those who travel overseas frequently. Unlike conventional quartz watches, Cal. 5M65 never uses a battery, completely eliminating worries about battery exhaustion during a trip abroad.



CAUTION

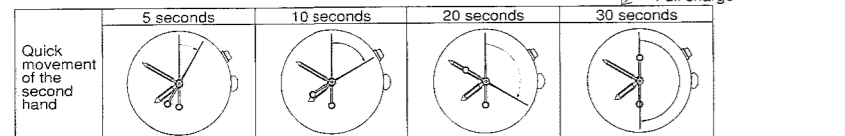
The movement of the arm while the watch is worn causes the automatic power generating system to work, and the watch is powered by the electrical energy thus generated. Therefore, the watch will not be charged while left unused. As the guideline of recharging, it is recommended that the watch be worn on your wrist daily for more than 10 hours. When the energy stored in the KINETIC E.S.U. is reduced to an extremely low level, the second hand starts moving at two-second interval instead of the normal one-second intervals, indicating that the watch needs recharging and will run down in approximately 1 day. Please see "How to charge the watch" in "HOW TO USE".

HOW TO USE

How to charge the watch (How to start the watch)
(1) Swing the watch from side to side rhythmically at a rate of twice a second as shown in the illustration below. The second hand starts moving at two-second intervals. Approximately 250 swings will reserve one day of power. The second hand starts moving at the normal one-second intervals instead of two-second intervals.
* To charge KINETIC E.S.U. efficiently, swing the watch from side to side, drawing an arc of about 20 cm.
* Even if the watch is swung extremely quickly with vigor, it will not be charged efficiently.
* When the watch is swung, the oscillating weight in the generating system rotates to drive the mechanism. As it rotates, it gives out sound, which is not a malfunction.
(2) It is recommended that the watch be swung further until one day of power is reserved. If fully charged, the watch will keep operating for approximately 6 months. It is not necessary, however, to fully charge KINETIC E.S.U. at this step. 200 to 250 swings are required to reserve one day of power.
* The current power reserve of KINETIC E.S.U. can be checked by using the power reserve indicator function. (Refer to "How to use the power reserve indicator")
* Immediately after the watch is swung to charge KINETIC E.S.U., the second hand may not properly indicate the power reserve in the capacitor. 10 to 15 minutes are required to get proper indication.
* The watch is equipped with a system to prevent overcharge. Even if it is further swung after being fully charged, no malfunction will result.



The power reserve stored in KINETIC E.S.U. can be checked by using the power reserve indicator function. The power reserve indicator shows how many days the power reserve in KINETIC E.S.U. can keep the watch operating. By pressing the button, the second hand advances quickly by a certain amount of seconds depending on the power reserve in KINETIC E.S.U. Besides using while the watch is in use, the power reserve indicator is particularly useful for checking the power reserve before you leave the watch unused for a long time.
<How to read the power reserve indicator>
The power reserve stored in KINETIC E.S.U. is classified into four levels and represented by the number of seconds that the second hand advances. The power reserve indicator gives a rough indication of the power reserve and, therefore, does not indicate the exact period of time during which the watch keeps operating without being recharged.
<Relationship between the quick movement of the second hand and power reserve>
Quick movement of the second hand: 5 seconds, 10 seconds, 20 seconds, 30 seconds.
Power reserve (Duration within which the watch keeps operating without being recharged): Between 1 to 7 days, Between 7 days to 1 month, Approx. 1 month, Approx. between 1 to 6 months.



The power reserve indicator provides a general guideline of the duration within which the watch keeps operating without being recharged. Actual power reserve may differ slightly from the amounts in the table.
* After the second hand moves quickly by a certain amount of seconds, it stops on the spot until the current time catches up with the time the second hand indicates.
* You can immediately press the button again to recheck the power reserve one more time. To do so a third time, however, wait until the second hand resumes normal movement before pressing the button again.
* Please note that the power reserve indicator cannot be used while the second hand is moving at two-second interval.
<Full charge (quick movement of the second hand by 30 seconds)>
* If KINETIC E.S.U. has been fully charged, the second hand advances 30 seconds by pressing the button, meaning the watch keeps operating for between 4 to 6 months without being recharged.
* Immediately after the watch is swung to charge the KINETEC E.S.U., the second hand may indicate power reserve slightly larger than the actual power reserve in the KINETEC E.S.U. Therefore, recheck the power reserve after 10 to 15 minutes.
<Two-second interval movement of the second hand (When the second hand moves at two-second interval)>
* If you find the second hand moving at two-second interval while the watch is in use or while it is left unused, the watch may run down in 1 day. Therefore, be sure to swing the watch and recharge the watch. (See "How to charge the watch".)
* Please note that the power reserve indicator cannot be used while the second hand is moving at two-second interval.
* The watch remains accurate even while the second hand is moving at two-second interval.

HOW TO SET THE TIME (The 24-hour hand can be used in two ways.)

Be sure to set the time after charging the watch until the second hand starts moving at the normal one-second intervals. (See "How to charge the watch".)
The 24-hour hand can be used in two ways. When setting the time, follow one of the two procedures below according to the purpose of use.
<Method 1> To set the 24-hour hand to the current time of your area (The time is set on a 24-hour basis.):
* This use is convenient when you travel abroad.
* For example, if you live in Japan, set the 24-hour hand to the current time of Japan. When you travel abroad, the 24-hour hand shows the time of Japan, while the time of the place you visit can be shown by adjusting the hour hand each time you move to a different time zone.
<Method 2> To set the 24-hour hand to the time of an area in a different time zone:
* Set the 24-hour hand to the time of the desired area in a different time zone, while setting the hour hand to the current time of your area.
* For example, set the 24-hour hand to the Greenwich Mean Time and the hour hand to the current time of Japan. The Greenwich Mean Time can be checked as you desire.
[Method 1: To set the 24-hour hand to the current time of your area]
(1) <SCREW TYPE CROWN> Unscrew the crown by turning it counterclockwise. (For watch without screw type crown, it is unnecessary to unlock the crown.)
* If the watch stops operating, the time cannot be set accurately. Check that the second hand moves at one-second interval, and then set the time. (See "How to charge the watch".)
(2) Pull out the crown all the way to the second click.
* Pull out the crown to the second click when the second hand is at the 12 o'clock position. The second hand stops on the spot.
(3) Turn the crown clockwise to set the 24-hour and minute hands to the current time of your area.
<Example> To set 10:00AM, set the 24-hour hand to the 5 o'clock position (10:00AM) and the minute hand to the 12 o'clock position.
To set 6:00PM, set the 24-hour hand to the 9 o'clock position (6:00PM) and the minute hand to the 12 o'clock position.



* The hour hand may not indicate the time that the 24-hour hand indicates. It is not necessary to adjust the hour hand at this step as it can be adjusted independently later.
* The date may change depending on the time that the hour hand indicates. It is not necessary, however, to reset it at this step, as it can also be adjusted independently later.
* When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.
(4) Push the crown back in to the normal position in accordance with a time signal. Adjustments of the 24-hour, minute and second hands have been completed.
(5) Set the hour hand to the current hour (time of Japan). To do so, first pull out the crown to the first click.
(6) Turn the crown counterclockwise to set the hour hand to the current hour.
* The date can be adjusted at this step. To do so, refer to "HOW TO SET THE DATE".
* Check that AM/PM is correctly set by turning the hour hand past the 12 o'clock marker. If the date changes to the next, the time is set for the AM period. If the date does not change, the time is set for PM period.
* The hour hand moves in 1-hour increments.
* When setting the hour hand, the other hands may move slightly. However, this is not a malfunction.
(7) After setting the hour hand, push the crown back in to the normal position. <SCREW TYPE CROWN> While pressing the crown, turn it clockwise until it locks in place.

The time setting procedure for "Method 1" has been completed. This use is very convenient when you travel abroad. The 24-hour hand shows the time back home, while the time of the place you visit can be shown by adjusting the hour hand independently of the 24-hour hand each time you move to a different time zone. (Refer to "TIME DIFFERENCE ADJUSTMENT".)
<Method 2> To set the 24-hour hand to the time of an area in a different time zone:
<For example, set the 24-hour hand to the Greenwich Mean Time and the hour hand to the current time of Japan.>
(1) <SCREW TYPE CROWN> Unscrew the crown by turning it counterclockwise. (For watch without screw type crown, it is unnecessary to unlock the crown.)
* If the watch stops operating, the time cannot be set accurately. Check that the second hand is moving at one-second interval, and then set the time. (See "How to charge the watch".)
(2) Pull out the crown all the way to the second click.
* Pull out the crown to the second click when the second hand is at the 12 o'clock position. The second hand stops on the spot.
(3) Turn the crown clockwise to set the 24-hour and minute hands to the time of a desired area. For the difference between Greenwich Mean Time and the time of Japan, refer to "TIME DIFFERENCES".
<Example> To set the 24-hour hand to the Greenwich Mean Time: When it is 10:00AM in Japan, it is 1:00AM on the Greenwich Mean Time.
Therefore, set the 24-hour hand to the middle point between the 12 o'clock and 1 o'clock positions (1:00AM), and the minute hand to the 12 o'clock position.
* The hour hand may not indicate the time that the 24-hour hand indicates. It is not necessary to adjust the hour hand at this step as it can be adjusted independently later.
* The date may change depending on the time that the hour hand indicates. It is not necessary, however, to reset it at this step, as it can also be adjusted independently later.
* When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.
(4) Push the crown back in to the normal position in accordance with a time signal. Adjustments of the 24-hour, minute and second hands have been completed.
(5) Set the hour hand to the current hour (time of Japan). To do so, first pull out the crown to the first click.
(6) Turn the crown counterclockwise to set the hour hand to the current hour.
* Check that AM/PM is correctly set by turning the hour hand past the 12 o'clock marker. If the date changes to the next, the time is set for the AM period. If the date does not change, the time is set for PM period.
* The hour hand moves in 1-hour increments.
* When setting the hour hand, the other hands may move slightly.
* To adjust the date at this step, refer to "HOW TO SET THE DATE".
(7) After setting the hour hand, push the crown back in to the normal position. <SCREW TYPE CROWN> While pressing the crown, turn it clockwise until it locks in place.



<Example of Method 2>

World Time Display (only for models with the rotating bezel for world time display)
* By using the 24-hour hand and rotating bezel, the times of 22 cities in different time zones throughout the world can be read from the dial.
City mark: Rotating bezel, 24-hour hand.
Turn the rotating bezel so that the city mark corresponding to the area whose time has been set in the "TIME (DUAL TIME) / DATE SETTING" aligns with the 24-hour hand.
Each city mark on the bezel indicates the time of the city or area it represents. Read the times in the various cities, referring to the 24-hour marks on the dial.
* Marks on the bezel and names of cities/areas:
Table with 4 columns: Marks on the bezel, Name of city or area, Marks on the bezel, Name of city or area.
Example of use:
If you are in Rome and wish to know the time of New York:
Set "ROM" on the bezel to the 24-hour hand.
Read the time that "NYC" on the bezel points to in the 24-hour indication.
Rome: 17:08 -> 5:08 p.m.
New York: 11:08 -> 11:08 a.m.

TIME DIFFERENCES

Table with 4 columns: Time difference from GMT, Name of city or area, Daylight saving time, Other cities and areas. Lists cities like London, Paris, Rome, Cairo, Moscow, Dubai, Karachi, Dacca, Bangkok, Hong Kong, Tokyo, Sydney, Noumea, Wellington, Midway, Honolulu, Anchorage, Los Angeles, Denver, Chicago, New York, Caracas, Rio de Janeiro, Casablanca, Dakar, Amsterdam, Frankfurt, Berlin, Athens, Istanbul, Kiev, Cape Town, Tripoli, Mecca, Nairobi, Tashkent, Phnom Penh, Jakarta, Manila, Beijing, Singapore, Seoul, Pyongyang, Guam, Khabarovsk, Solomon Islands, Fiji Island, Oakland, San Francisco, Vancouver, Dawson (Canada), Edmonton (Canada), Mexico City, Washington D.C., Montreal, Santiago (Chile), Buenos Aires.

* Please note that use of daylight saving time may change when so decided by the countries concerned. The date for the table above was collected as of August, 1992.

WORLD TIME DISPLAY (only for models with the rotating bezel for world time display)

By using the 24-hour hand and rotating bezel, the times of 22 cities in different time zones throughout the world can be read from the dial.
City mark: Rotating bezel, 24-hour hand.
Turn the rotating bezel so that the city mark corresponding to the area whose time has been set in the "TIME (DUAL TIME) / DATE SETTING" aligns with the 24-hour hand.
Each city mark on the bezel indicates the time of the city or area it represents. Read the times in the various cities, referring to the 24-hour marks on the dial.
* Marks on the bezel and names of cities/areas:
Table with 4 columns: Marks on the bezel, Name of city or area, Marks on the bezel, Name of city or area.
Example of use:
If you are in Rome and wish to know the time of New York:
Set "ROM" on the bezel to the 24-hour hand.
Read the time that "NYC" on the bezel points to in the 24-hour indication.
Rome: 17:08 -> 5:08 p.m.
New York: 11:08 -> 11:08 a.m.

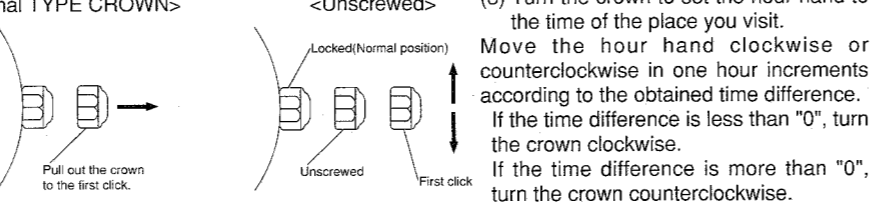


HOW TO SET THE DATE

The watch is so designed that the date changes one day by turning the hour hand two full circles.
* By turning the hour hand two full circles clockwise, the date advances one day, and by turning it two full circles counterclockwise, the date is put back one day.
* Follow the procedure below to adjust the date after setting the time, or in 30-day month or February.
(1) <SCREW TYPE CROWN> Unscrew the crown by turning it counterclockwise. (For watch without screw type crown, it is unnecessary to unlock the crown.)
(2) Pull out the crown to the first click.
(3) Turn the crown to set the date. By turning the hour hand two full circles clockwise or counterclockwise, one day is advanced or put back, respectively.
<Normal TYPE CROWN>
<Unscrewed>
Turning the crown clockwise: The hour hand turns counterclockwise, and the date is put back one day when it turns two full circles.
Turning the crown counterclockwise: The hour hand turns clockwise, and the date advances one day when it turns two full circles.
Pull out the crown to the first click.
* Turn the crown either clockwise or counterclockwise to set the date as you require.
* Turn the crown gently to set the date.
* If the date is set by turning the hour hand two circles, AM/PM will not be changed.
* When setting the hour hand, the other hands may move slightly, but this is not a malfunction.
(4) After setting the date, reset the hour hand to the current hour, and then, push the crown back in to the normal position. <SCREW TYPE CROWN> While pressing the crown, turn it clockwise until it locks in place.

TIME DIFFERENCE ADJUSTMENT

The hour hand can be adjusted independently of other hands. When you travel abroad and move between different time zones, the time of the place you visit can be shown easily on the watch by turning the hour hand only.
* The date changes correspondingly with the hour hand. If the time difference adjustment is made, therefore, it is automatically adjusted to show the date of the place you visit.
[How to determine the time difference between two cities]
* Before making the time difference adjustment, it is necessary to obtain the time difference between the two cities.
* As the hour hand indicates the time on a 12-hour basis, AM/PM and the date of the place may be adjusted properly even if the hour hand is turned to show the time of the place you visit. Before setting the hand, therefore, be sure to find the time difference between the cities following the procedure below.
<How to calculate the time differences>
Assuming that you move from time zone "A" to time zone "B" and that the time difference from GMT for the two zones are "a" and "b", respectively, time difference between them can be obtained from the following formula:
[b] - [a].
Ex.) If you move from Japan to New York:
Time difference from GMT for Japan, time zone A : +9 (a)
Time difference from GMT for New York, time zone B : -5 (b)
Time difference between the two cities is:
[b] - [a] = (-5) - (+9) = (-14) hours
* If the daylight saving time is in effect in an area, add one hour to the time difference from GMT before calculation.
(Time difference adjustment)
Set the hour hand to the time of the place you visit using the time difference obtained in "How to determine the time difference between two cities".
(1) <SCREW TYPE CROWN> Unscrew the crown by turning it counterclockwise. (For watch without screw type crown, it is unnecessary to unlock the crown.)
(2) Pull out the crown to the first click.
<Normal TYPE CROWN>
<Unscrewed>
(3) Turn the crown to set the hour hand to the time of the place you visit. Move the hour hand clockwise or counterclockwise in one hour increments according to the obtained time difference.
If the time difference is less than "0", turn the crown clockwise.
If the time difference is more than "0", turn the crown counterclockwise.
* Turn the crown either clockwise or counterclockwise to set the date as you require.
* When setting the hour hand, check that AM/PM, date and moon phase are set properly.
* Turn the crown gently to set the date.
* When setting the hour hand, the other hands may move slightly, but this is not a malfunction.
* When moving back the hour hand past the 12 o'clock marker to set it between 9:00 PM and 12:00 AM, put the hour hand further past 8:00 PM, and then advance it to the desired hour.
(4) After setting the hour hand, reset it to the current hour, and then, push the crown back in to the normal position. While pressing the crown, turn it clockwise until it locks in place.

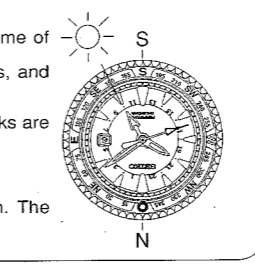


HOW TO USE THE ROTATING BEZEL WITH 24-HOUR SCALE (only for models with the 24-hour scales rotating bezel)

Calculate the time difference between the city whose time the 24-hour hand indicates and the city whose time you wish to know. Then, by turning the rotating bezel according to the time difference, the 24-hour scale on the bezel indicated by the 24-hour hand gives the time of the city you wish to know.
(Follow the formula below to determine the time difference and the direction in which to turn the rotating bezel):
A: The amount of hours and minutes to turn the rotating bezel.
C: Time difference between GMT and the time 24-hour hand indicates.
D: Time difference between GMT and the time you wish to know.
E=C-D
In the examples below, the 24-hour hand indicates Japan time, and, therefore, C=+9.
* Before using the rotating bezel, be sure to check that the "24" mark is at the 12 o'clock position of the watch.
Example (a): When you wish to know the time of a city belonging to the time zone of GMT.
D=0
Therefore, E=C-D=(+9) - (0)=+9
Turn the rotating bezel 9 hours clockwise.
Read the 24-hour scale on the rotating bezel where the 24-hour hand points to GMT is "1:00".
* If E is a positive number (+) turn the rotating bezel clockwise. If it is a negative number (-) turn it counterclockwise.
Example (b): When you wish to know the time of Los Angeles.
D=-8
Therefore, E=C-D=(+9) - (-8)=+17
Turn the rotating bezel 17 hours clockwise (or turn it 7 hours counter clockwise).
Read the 24-hour scale on the rotating bezel where the 24-hour hand points to Los Angeles time is "17:00".

COMPASS (only for models with the compass bezel) (When used with the 24-hour hand, it can indicate the directions.)

Precautions on using the compass:
* The compass can be used in the Northern Hemisphere only. In areas at the latitude lower than the tropic of Cancer, it may not indicate the directions properly depending on the season.
* Please use the compass in places where the direction of the sun can be checked.
* Before using the compass, it is necessary to set the 24-hour hand to the current time of your area. (Refer to "HOW TO SET THE TIME".)
* The compass is so designed to provide only the rough indications of the directions, and not the accurate directions.
* How to use the compass bezel
(1) Set "S" on the rotating compass bezel to the 12 o'clock position. The direction marks are set as follows:
3 o'clock position: E (East)
6 o'clock position: S (South)
9 o'clock position: W (West)
(2) While keeping the dial level, point the 24-hour hand to the direction of the sun. The direction marks indicate the corresponding directions. The compass bezel is graduated in 15° increments.



SPECIFICATIONS

- 1. Frequency of crystal oscillator: 32,768 Hz (Hz = Hertz ... cycles per seconds)
2. Loss/gain (monthly rate): Less than 15 seconds at normal temperature range (5°C ~ 35°C)
3. Operational temperature range: -10°C ~ +60°C
4. Driving system: Step motor
5. Power supply: KINETIC ELECTRICITY STORAGE UNIT, 1 pc.
6. Expected life per charge: From full charge to stoppage: Approx. between 4 to 6 months. From the start of the second hand's 2-second step movement to stoppage: Approx. 1 day
7. Power reserve indicator: JIS Class 1 anti-magnetic watch (480A/m (60 gauss))
8. IC (Integrated Circuit): Oscillator, frequency divider, driving and charge control circuit. CMOS-LSI, 1 pc.
9. Power generator: Miniature A.C. generator
10. Magnetic resistance: JIS Class 1 anti-magnetic watch (480A/m (60 gauss))
* The specifications are subject to change without prior notice, for product improvement.

LUMIBRITE

[IF YOUR WATCH HAS LUMIBRITE]
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 5 to 8 hours. Please note, however, that, as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.
<Reference data on the luminance>
(A) Sunlight [Fine weather]: 100,000 lux [cloudy weather]: 10,000 lux
(B) Indoor (window side during day) [Fine weather]: more than 3,000 lux [cloudy weather]: 10,000 to 3,000 lux [Rainy weather]: more than 10,000 lux
(C) Light apparatus (40-watt daylight fluorescent light) [Distance to the watch: 1M]: 1,000 lux [Distance to the watch: 3M]: 500 lux (average room luminance) [Distance to the watch: 4M]: 250 lux

SEICO KINETIC 5M65 連続リユウス ネジロックリュウス 兼用 (西暦ベゼル) 取扱説明書
このたびはセイコーキネティック 5M65をお買い上げいただきましてありがとうございます。ご使用前にこの取扱説明書をよくお読みのうえ正しくご愛用くださいますようお願い申し上げます。なおこの取扱説明書はお手もとに保存し、必要に応じてご覧ください。

TO PRESERVE THE QUALITY OF YOUR WATCH

CAUTION WATER RESISTANCE
* Check the dial or case back of your watch for the water resistant quality, and then see the table below.
* Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.
Table with 4 columns: Indication for water resistance, Condition, Degree of water resistance, Degree of water resistance.
Table with 4 columns: Indication for water resistance, Condition, Degree of water resistance, Degree of water resistance.
Table with 4 columns: Indication for water resistance, Condition, Degree of water resistance, Degree of water resistance.

WARNING

Do not use this watch in saturation diving or scuba diving.

CAUTION

Do not turn or pull out the crown when the watch is wet, as water may go inside the watch. When your watch is exposed to salt-water or pouring perspiration, rinse it in fresh water and then wipe it thoroughly dry.

CAUTION

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.
* After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, adding to the life of the gasket.
* Clean the watch bracelet with a soft toothbrush dipped in water or soapy water.
* Rinse the watch with fresh water after using in seawater. Do not use chemicals to wash it.
* Clean the bezel regularly. Otherwise, dust will gather under it, making the rotation harder.

CAUTION

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. Frust, dust or perspiration on the watch or band
* If you develop any skin reactions, take off the watch and consult a doctor immediately.

PLACES TO KEEP YOUR WATCH

If the watch is left in a temperature below -10°C or above +60°C for a long time, it may function improperly or stop operating.
* 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.
* Do not expose the watch to gases or chemicals. (Ex.: Organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)
* Do not leave the watch in a hot spring, or put it in a drawer having insecticides inside.

PRECAUTIONS ON WEARING YOUR WATCH

Take utmost care in the following cases:
* 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.
* When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.
* PERIODIC CHECK
* It is recommended that the watch be checked once every 2 or 3 years. A periodic check will prevent any damage from insufficient lubrication, entrance of moisture or perspiration, etc. and ensure longer use. To have it checked, take your watch to the retailer from whom the watch was purchased. Your watch will be sent to a SEIKO SERVICE CENTER to undergo a thorough checking work is done. Depending on the result of checking, adjustment or repair may be required.
* When replacing parts, please specify that only genuine SEIKO parts be used.

NOTE ON THE KINETIC E.S.U.

The watch uses a KINETIC E.S.U. instead of a battery, and therefore, the battery replacement procedures are completely eliminated.
* Even while the second hand is stopped by pulling the crown to the second click, the current is consumed to control the built-in IC. Please note, therefore, that while the watch is not in use, pulling the crown to the second click will not save the energy stored in the KINETIC E.S.U.
* The duration for which the watch keeps operating after charged fully may be shorter than the specified period after long years of use.
WARNING Never insert a miniature silver oxide battery instead of the KINETIC E.S.U.

TROUBLE SHOOTING

Table with 3 columns: Phenomenon, Possible cause, Remedies. Lists issues like stopped operating, gain/loss of time, burr in display, second hand moves at two-second interval, date changes at 12 o'clock, rotating bezel not smooth.

REMARKS ON REPLACEMENT PARTS

SEIKO makes it policy to usually keep a stock of spare parts for its watches for 7 years. In principle, your watch can be reconditioned within this period if used normally. (Replacement parts are those which are essential to maintaining the functional integrity of the watch.)
* The number of years that a watch is considered repairable may vary greatly depending on the conditions under which it was used, and normal accuracy may not be achieved in some cases. We recommend, therefore, that you consult the retailer from whom the watch was purchased when having them repair your watch.
* The case, dial, hands glass and bracelet, or parts thereof may be replaced with substitutes if the originals are not available.

REMARKS ON AFTER-SALES SERVICING

If the watch requires service, take it to the retailer from whom the watch was purchased. If the trouble occurs within the guarantee period, submit the certificate of guarantee together with the watch.
* For repair after the guarantee period or for any other information regarding the watch, contact the retailer from whom the watch was purchased or the "CUSTOMER SERVICE DEPARTMENT" of SEIKO CORPORATION or the "SEIKO SERVICE CENTER CO., LTD."
* Guarantee coverage is spelled out in the certificate of guarantee. Please read it carefully and keep the certificate for ready reference.