

# Operation Guide 3467

ENGLISH

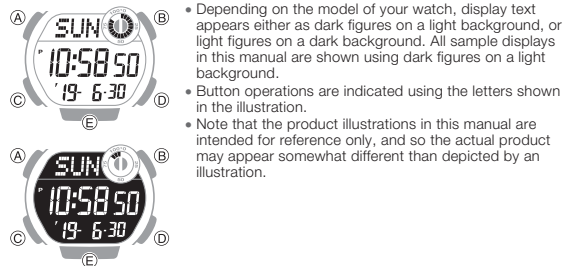
Congratulations upon your selection of this CASIO watch.

To ensure that this watch provides you with the years of service for which it is designed, carefully read and follow the instructions in this manual, especially the information under "Operating Precautions" and "User Maintenance". Be sure to keep all user documentation handy for future reference.

Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

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## About This Manual



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- Depending on the model of your watch, display text appears either as dark figures on a light background, or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.

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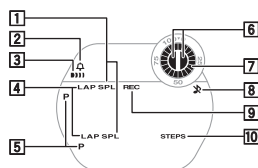
## Before Getting Started...

This section provides an overview of your watch.

### Note

- The illustrations included in this User's Guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

### Indicators



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Number	Description	See
1	Displayed while a split time is displayed.	E-37
2	Displayed while the hourly time signal is enabled.	E-55
3	Displayed while an alarm is turned on.	E-52
4	Displayed while a lap time is displayed.	E-37
5	Appears when the displayed time is a p.m. time.	E-18
6	Indicate whether or not the step count is being incremented.	E-21
7	Graphic display area operation is linked with operations in each watch mode.	E-10
8	Displayed while the button operation tone is disabled.	E-62
9	Displayed while the watch is in the Recall Mode.	E-41
10	Displayed while the step count is displayed.	E-22

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## Graphic Display Area

Graphic display area operation is linked with operations in each watch mode.

- The graphic display area is blank in the Recall Mode and the Alarm Mode.



### Timekeeping Mode

While a step count is displayed, the graphic display area shows your progress towards your daily step target. For other types of display, it changes with the count of the current time's seconds.

## Stopwatch Mode

The graphic display area changes with the count of the stopwatch elapsed time seconds.

## Timer Mode

The graphic display area is synchronized with the timer countdown seconds.

## Dual Time

The graphic display area is synchronized with the Dual Time seconds.

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E-11

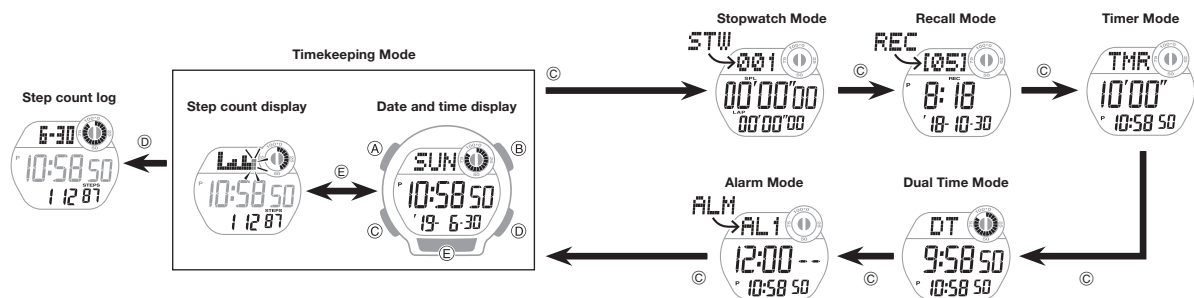
## Navigating Between Modes

Press **C** to cycle between modes.

- Each press of **E** in the Timekeeping Mode toggles the display between the date and time, and the step count.
- In the Timekeeping Mode, pressing **D** displays the step count log.
- In any mode, hold down **C** for at least two seconds to enter the Timekeeping Mode.

E-12

E-13



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E-15

## Adjusting the Time Setting

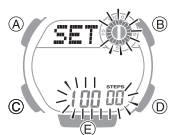
The time and date can be adjusted with the procedure below.

### Getting Ready

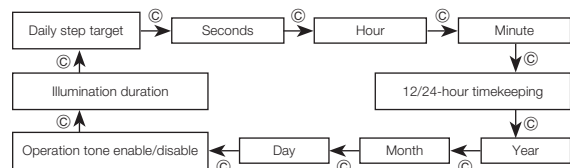
Enter the Timekeeping Mode.

☞ Navigating Between Modes...E-12

### Setting the Time/Date



1. Hold down **A** for at least two seconds. Release the button when **[SET]** stops flashing.
2. Keep pressing **C** until the setting you want to change is flashing.
  - Each press of **C** moves the flashing to the next setting in the sequence shown below.



### 3. Configure the date and time settings.

- To reset the seconds to 00: Press **D**. 1 is added to the minutes when the current count is between 30 and 59 seconds.
- To change other settings: Use **D** and **E**.

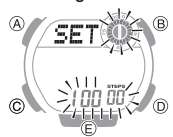
### 4. Repeat steps 2 through 3 to configure date and time settings.

### 5. Press **A** to exit the setting screen.

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E-17

## Switching Between 12-hour and 24-hour Timekeeping



1. Hold down **A** for at least two seconds. Release the button when **[SET]** stops flashing.
2. Press **C** four times until the current setting (**[12H]** or **[24H]**) is flashing on the display.
3. Press **D** to toggle the setting between **[12H]** (12-hour timekeeping) and **[24H]** (24-hour timekeeping).
4. Press **A** to exit the setting screen.

### Note

- While 12-hour timekeeping is selected, **[P]** will be displayed for p.m. times.



E-18

E-19

## Pedometer



You can use the pedometer to keep track of your step count while walking, engaging in your normal daily activities, etc.

### Counting Steps

If you are wearing the watch correctly, the pedometer will count your steps as you walk or engage in your normal daily activities.

### Important!

- Since this watch's pedometer is a wrist-worn device, it may detect non-step movements and count them as steps. Also, abnormal arm movements while walking may cause a miss count of steps.

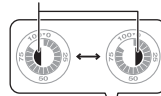
### ● Getting Ready

To enable the most accurate step count, wear the watch with the face on the outside of your wrist and tighten the band securely. A loose band may make it impossible to obtain a correct step count.



### ● Counting Steps

Step indicators



The pedometer will start counting your steps when you start walking. The step indicators show whether or not the step count is being incremented.

Alternating at one-second intervals: Walking (step count being incremented)  
Both displayed: Not walking (step count not being incremented)

### ● To check the step count

○ Navigating Between Modes...E-22

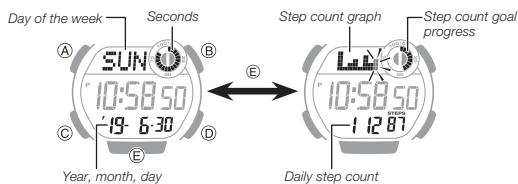


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E-21

### Displaying the Step Count

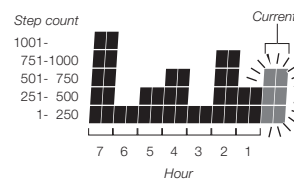
1. Enter the Timekeeping Mode.  
○ Navigating Between Modes...E-12
2. Use (E) to display the step count.



### ● Interpreting the Step Count Graph

The Step Count Graph shows the number of steps (up to 1,000) you have taken each hour. This lets you easily check your walking pace over the past 7 or 8 hours.

- The Step Count Graph is not displayed while the step count is zero.
- Graph contents are normally updated at the top of each hour.



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### ● Checking Your Progress to Your Daily Step Target

The graphic display area shows your current progress toward achieving a daily step target specified by you.

Example: Daily target of 10,000 steps



### Note

- The step count can show a value up to 999,999 steps. If the step count exceeds 999,999, the maximum value (999,999) remains on the display.
- The step count is not displayed during the first 10 seconds of a walk in order to avoid miscounting of non-walking movements. After you have been walking for about 10 seconds, the count appears, including the steps you took during the previous 10 seconds.
- The step count is reset to zero at midnight each day.
- To save power, step counting stops automatically if you take off the watch (no detectable watch movement) and you do not perform any operation for two or three minutes.
- Graph contents are normally updated at the top of each hour, and when any one of the events below occurs.
  - When accelerometer operation is stopped to save power
  - When counting is not possible due to accelerometer error or insufficient power

E-24

E-25

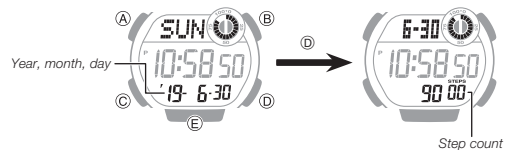
### Resetting Today's Step Count

1. Enter the Timekeeping Mode.  
○ Navigating Between Modes...E-12
2. Hold down (D) and (E) at the same time for at least two seconds. Release the buttons when [CLR] and the step count stop flashing. This resets the step count.



### Displaying the Step Count Log

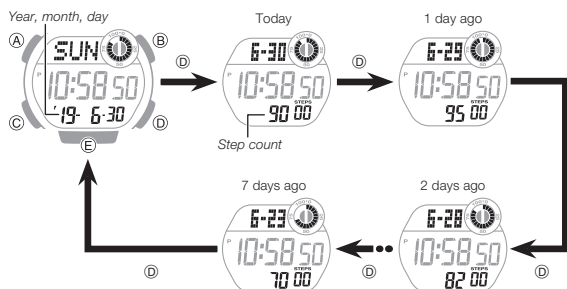
1. Enter the Timekeeping Mode.  
○ Navigating Between Modes...E-12
2. Press (D) to display the step count log.



3. Each press of (D) goes back one day.

E-26

E-27



### Note

- The step count log shows step counts for the past seven days.
- If you do not perform any operation for about five seconds after the step count log screen is displayed, the watch will return to the Timekeeping Mode screen automatically.

### Resetting the Step Count Log

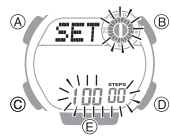
1. Enter the Timekeeping Mode.  
○ Navigating Between Modes...E-12
2. Hold down (D) and (E) at the same time for at least five seconds. Release the buttons when [CLR] and [ALL] stop flashing. This resets the step count log.

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E-29

### Specifying a Daily Step Target

You can specify a daily step goal within the range of 1,000 to 50,000, in units of 1,000 steps.



1. Enter the Timekeeping Mode.  
 Navigating Between Modes...E-12
2. Hold down (A) for at least two seconds. Release the button when [SET] stops flashing. This causes the current daily step target to flash.
3. Use (D) and (E) to change the daily step target setting.
4. Press (A) to exit the setting screen.

E-30

### Causes of Incorrect Step Count

Any of the conditions below may make proper counting impossible.

- Walking while wearing slippers, sandals, or other footwear that encourages a shuffling gait
- Walking on tile, carpeting, snow, or other surfaces that cause a shuffling gait
- Irregular walking (in a crowded location, in a line where walking stops and starts at short intervals, etc.)
- Extremely slow walking or extremely fast running
- Pushing a shopping cart or baby stroller
- In a location where there is a lot of vibration, or riding on a bicycle or in a vehicle
- Frequent movement of the hand or arm (clapping, fanning movement, etc.)
- Walking while holding hands, walking with a cane or stick, or engaging in any other movement in which your hand and leg movements are not coordinated with each other
- Normal daily non-walking activities (cleaning, etc.)
- Wearing the watch on your dominant hand
- Walking for 10 seconds or less

E-31

### Stopwatch

The stopwatch measures elapsed time in 1/100-second units for the first hour, and in 1-second units after that for up to 24 hours. In addition to normal elapsed time measurements, the stopwatch also lets you take split time and lap time readings.

#### Note

- Up to 200 split time and lap time records can be stored in watch memory. Performing a lap or split time operation while there are already 200 records in memory will cause the oldest record to be deleted automatically to make room for the new one.
- You can use the Recall Mode to view the latest measurement data.  
 Viewing Lap/Split Records...E-41

#### Getting Ready

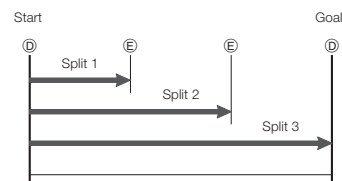
Enter the Stopwatch Mode.  
 Navigating Between Modes...E-12

E-32

### Split Times and Lap Times

#### Split time

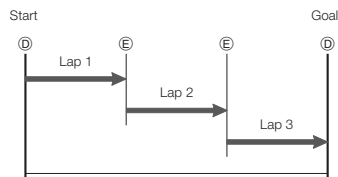
A split time is the time elapsed from the start of an event, up to any point along the course of the event.



E-33

#### Lap time

A lap time shows the time elapsed during a specific lap around a track, etc.



E-34

### Measuring Elapsed Time

1. Use the operations below to measure elapsed time.

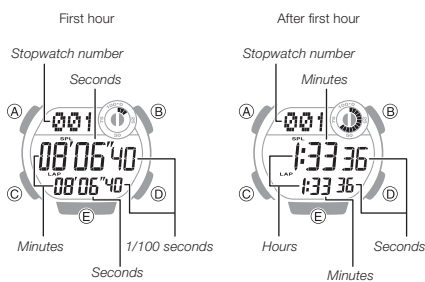


2. Press (E) to reset the elapsed time to all zeros.

#### Interpreting Indicated Stopwatch Values

Elapsed time is shown in 1/100-second units for the first hour of an elapsed time measurement session. After the first hour, elapsed time is shown in one-second units.

E-35



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### Measuring a Split or Lap Time

1. Select the information you want to display.  
 Swapping the Display Positions of the Split Time and Lap Time...E-39

2. Use the operations below to measure elapsed time.  
 • Each press of (E) displays the time elapsed from the start of the event up to that point (split time) and the elapsed time for a specific segment of the event (lap time).



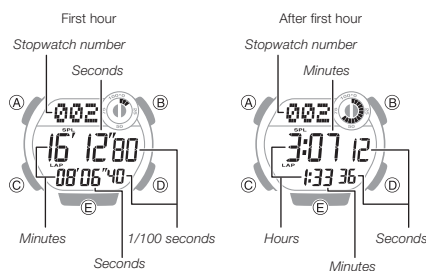
3. Press (E) to reset the stopwatch to all zeros.

#### Interpreting Indicated Stopwatch Values

Split times and lap times are both displayed at the same time. Lap and split times are displayed in 1/100-second units during the first hour of an elapsed time measurement session. After that they are displayed in 1-second units.

E-37

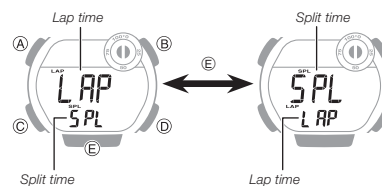
[SPL]: Split time  
 [LAP]: Lap time



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### Swapping the Display Positions of the Split Time and Lap Time

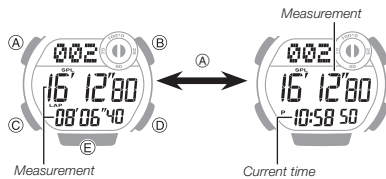
While the stopwatch is reset to all zeros, hold down (E) for at least two seconds to swap the lap and split time display locations.



E-39

### Displaying the Current Time During Stopwatch Measurement

Pressing (A) displays the current timekeeping time in the lower display. Pressing (A) again returns to the normal stopwatch display.

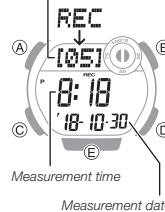


E-40

### Viewing Measured Time Data

#### Viewing Lap/Split Records

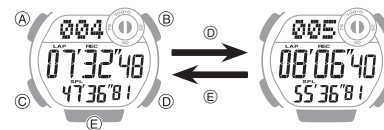
You can use the operation below to view split times and lap times.



1. Enter the Recall Mode.  
 Navigating Between Modes...E-12  
 This causes the latest record number and date to appear.

3. Use (D) and (E) to display the measurement value you want.

[LAP]: Lap time  
 [SPL]: Split time



#### Note

- A record of the measured data is created and assigned a number for each measurement operation (from start to stop).

2. Press (A) to cycle through record numbers.

- Each time you press (A), the next older record number appears.



E-42

E-43

### Deleting a Particular Lap/Split Record

Use the procedure below to delete a selected lap/split record.



1. Enter the Recall Mode.  
 Navigating Between Modes...E-12
2. Press (A) to display the number of the lap/split record you want to delete.  
 • Each press of (A) advances to the next lap/split record number.



3. Hold down (D) and (E) at the same time for at least two seconds. Release the buttons when [CLR] stops flashing. This deletes the displayed lap/split record.

#### Note

- You cannot delete a lap/split record while a stopwatch elapsed time measurement operation is in progress.

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### Deleting All Records

You can use the procedure below to clear all lap/split records in watch memory.



#### Important!

- This operation cannot be performed while a stopwatch elapsed time measurement operation is in progress.

1. Enter the Recall Mode.  
 Navigating Between Modes...E-12
2. Hold down (D) and (E) at the same time for at least five seconds. Release the button when [CLR ALL] stops flashing. [CLR] flashes and then stops flashing to indicate that the displayed lap/split record was deleted. Keeping the buttons depressed will cause [ALL] to flash and then stop flashing to indicate that all lap/split records have been deleted.

E-45

## Timer

The timer counts down from a start time specified by you. The watch beeps for 10 seconds when the end of the countdown is reached.

- The beeper is muted in the cases described below.  
 - When battery power is low.

#### Getting Ready

Enter the Timer Mode.

Navigating Between Modes...E-12

#### Setting the Timer Start Time

The start time can be set in 1-second units up to 60 minutes.

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.

Using the Timer...E-48

E-46

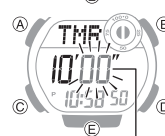
Minutes



1. Hold down (A) for at least two seconds. This causes the minutes digits of the current timer start time to flash.
2. Use (D) and (E) to change the timer minutes setting.
3. Press (C). This causes the seconds digits to flash.
4. Use (D) and (E) to change the timer seconds setting.
5. Press (A) to exit the setting screen.

#### Note

- Setting a time of 0 minutes 00 seconds specifies a countdown start time of 60 minutes.



C

Seconds

E-47

### Using the Timer

A typical operation is shown below.



- The watch beeps for 10 seconds when the end of the countdown is reached.
- To stop a countdown operation, first pause it and then press (E). This will reset the timer to its start time.

#### Stopping the Timer Beeper

Pressing any button while the timer beeper is sounding stops it.

E-48

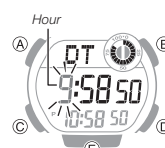
### Dual Time

Dual Time lets you set the current time in another time zone in addition to your current location time.

#### Getting Ready

Enter the Dual Time Mode.

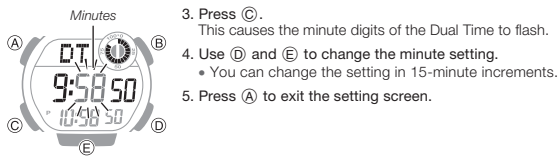
Navigating Between Modes...E-12



#### Configuring Dual Time Settings

1. Hold down (A) for at least two seconds. Release the button when the hour digits of the Dual Time in the upper display start to flash.
2. Use (D) and (E) to change the hour setting.

E-49

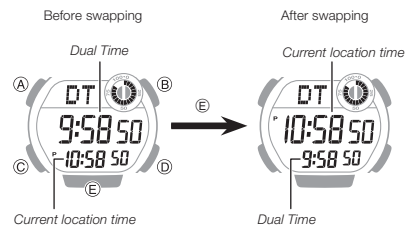


- Press **C**.  
This causes the minute digits of the Dual Time to flash.
- Use **D** and **E** to change the minute setting.  
• You can change the setting in 15-minute increments.
- Press **A** to exit the setting screen.

### Swapping Your Current Location Time and Dual Time

- Enter the Dual Time Mode.  
↳ Navigating Between Modes...E-12
- Hold down **E** for at least two seconds.  
This swaps your current location time and Dual Time.

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### Note

- This function comes in handy when you need to move to another time zone.

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## Alarms and Hourly Time Signal

The watch will beep when an alarm time is reached. You can set up to five different alarms. The hourly time signal causes the watch to beep every hour on the hour.

### Getting Ready

Enter the Alarm Mode.

↳ Navigating Between Modes...E-12

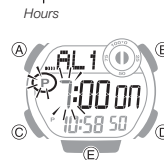


### Configuring Alarm Settings

- Press **D** to scroll through alarm numbers ([AL1] to [AL5]) until the number of the alarm you want to configure is displayed.



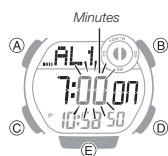
- Hold down **A** for at least two seconds. Release the button when the hour digits start to flash.



- Use **D** and **E** to change the hour setting.  
• If you are using 12-hour timekeeping, **P** indicates p.m.

E-52

E-53



- Press **C**.  
This causes the minute digits to flash.
- Use **D** and **E** to change the minute setting.
- Press **A** to exit the setting screen.

### Note

- A beeper will sound for 10 seconds to let you know when the alarm time is reached.

### Enabling/Disabling an Alarm or the Hourly Time Signal

- Press **D** to scroll through alarm numbers ([AL1] to [AL5]) and the hourly time signal ([SIG]) screens until the one you want to configure is displayed.



E-54

E-55



- Press **E** to toggle the displayed alarm or the hourly time signal between on and off.  
[On]: On  
[-]: Off

### Stopping an Alarm

Pressing any button while the beeper is sounding stops it.

### Determining an Alarm's On/Off Status

Turning on an alarm or the hourly time signal causes the corresponding indicator to appear on the display. The alarm on indicator is displayed when one or more alarm is turned on.



E-56

E-57

## Illumination Light

The watch has an LED light that you can turn on for reading in the dark.



### Illuminating the Face Manually

Pressing **B** turns on illumination.

- The LED light will turn off automatically if the alarm starts to sound.

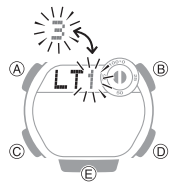
### Specifying the Illumination Duration

You can select either 1.5 seconds or three seconds as the illumination duration.

- Enter the Timekeeping Mode.  
↳ Navigating Between Modes...E-12
- Hold down **A** for at least two seconds. Release the button when **[SET]** stops flashing.
- Press **C** nine times to display **[LT]**.

E-58

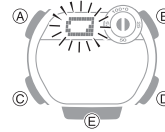
E-59



- Press **(D)** to toggle between the two illumination duration settings.
  - [1]: 1.5-second illumination
  - [3]: 3-second illumination
- Press **(A)** to exit the setting screen.

E-60

## Battery Replacement



When battery power goes low, will start to flash and some functions will become disabled. If continues to flash, replace the battery.

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## Other Settings

### Getting Ready

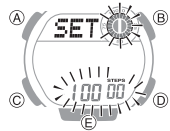
Enter the Timekeeping Mode.

☞ Navigating Between Modes...E-12

### Enabling the Button Operation Tone

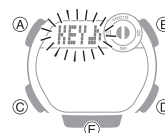
Use the procedure below to enable or disable the tone that sounds when you press a button.

- is displayed while the button operation tone is disabled.



- Enter the Timekeeping Mode.
  - ☞ Navigating Between Modes...E-12
- Hold down **(A)** for at least two seconds. Release the button when **[SET]** stops flashing.

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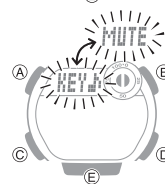


- Press **(C)** eight times so **[KEY J]** or **[MUTE]** is flashing on the display.

- Press **(D)** to toggle the button operation tone between enabled and disabled.

**[KEY J]**: Operation tone enabled.  
**[MUTE]**: Operation tone disabled.

- Press **(A)** to exit the setting screen.



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## Specifications

**Accuracy at normal temperature:** ±30 seconds per month average

**Timekeeping:** Hour, minute, second, year, month, day, day of the week, a.m./p.m. (P)/24-hour timekeeping, full auto calendar (2000 to 2099)

### Pedometer:

Step count measurement using a 3-axis accelerometer  
 Step count display range: 0 to 999,999 steps  
 Step indicator  
 Step count graph  
 Step count log  
 Step count reset  
 Auto zero-reset at midnight each day  
 Manual reset

### Daily step goal setting

Step count setting unit: 1,000 steps  
 Step count setting range: 1,000 to 50,000 steps

Step count accuracy  
 ±3% (According to vibration testing)

### Power Saving

### Stopwatch, Lap/Split Record Recall:

Measuring unit  
 1/100 seconds (first hour); 1 second (after first hour)  
 Measuring range: 23 hours 59 minutes 59 seconds  
 Measurement Functions:  
 Normal elapsed time; cumulative time; lap/split times;  
 200-record lap/split memory

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### Timer:

Measuring unit: 1 second  
 Measuring range: 60 minutes  
 Time setting unit: 1 second  
 Time setting range: 1 second to 60 minutes  
 Time up beeper: 10 seconds

### Dual Time:

Hour, minute, second  
 Home Time swapping

### Alarm:

Time alarms  
 Number of alarms: 5  
 Setting units: Hours, minutes  
 Alarm tone duration: 10 seconds  
 Hourly time signal: Beep every hour on the hour

### Other:

LED light; illumination duration setting; operation tone on/off; low battery alert

### Power Supply:

CR1620 x 1 (battery sold separately)  
 Battery life: Approximately 2 years

### Conditions

Alarm: Once (10 seconds)/day  
 Illumination: Once (1.5 seconds)/day  
 Step counting: 12 hours/day

Specifications are subject to change without notice.

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## Troubleshooting

### Pedometer

#### ■ Displayed step count is not correct.

While the watch is on your wrist, the pedometer may detect non-step movements and count them as steps.

☞ Pedometer...E-19

Also, step count problems can also be caused by how the watch is being worn and abnormal arm movement while walking.

☞ Counting Steps...E-19

#### ■ The step count does not increase.

The step count is not displayed at the beginning of a walk in order to avoid miscounting of non-walking movements. It appears only after you have continued walking for about 10 seconds, with the number of steps you took during the first 10 seconds included in to the total.

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B

#### ■ [ERR] appears when using the pedometer.

**[ERR]** (error) appearing on the display indicates malfunction of the sensor or internal circuitry, making sensor readings impossible. If the message does not disappear after about three minutes or if it keeps appearing, it may indicate sensor malfunction.

### Alarm

#### ■ The alarm does not sound.

Is the alarm setting turned on? If it isn't, turn it on so it will sound.

☞ Enabling/Disabling an Alarm or the Hourly Time Signal...E-55

### Indicators

#### ■ I don't know what mode the watch is in.

You can determine the current mode by checking the watch display. Use **(C)** to navigate between modes.

☞ Navigating Between Modes...E-12

B

E-69

## Battery

### ■ is flashing on the digital display.

This indicates that battery power is getting low.

☞ Battery Replacement...E-61

### ■ "R" is flashing on the digital display.

This happens when battery power is low or after the light or some other function is turned on repeatedly over a short amount of time, which temporarily runs down the battery. All functions other than timekeeping are disabled while **R** is flashing on the display.

If **R** remains on the display or if it keeps appearing, it may indicate that the battery needs to be replaced.

Request battery replacement by your original retailer or authorized CASIO service center.

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B

## Operating Precautions

### Water Resistance

- The information below 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	No	5BAR	10BAR	20BAR
	Hand washing, rain	Yes	Yes	Yes	Yes
Example of Daily Use	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.

OPUM-E

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- 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).

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- 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.

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## 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).

E-74

## 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°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°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.)

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## Magnetism

- Though a digital watch normally is not affected by magnetism, very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction and damage to electronic components.

## 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.

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## 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.

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- 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.

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- 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.

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## 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.

## Watch with Data Memory

- Allowing the battery to go dead, replacing the battery, or having your watch repaired can cause all data in watch memory to be lost. Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damages or losses caused by data lost due to malfunction or repair of your watch, replacement of the battery, etc. Be sure to keep separate written copies of all important data.

## Watch Sensors

- A watch sensor is a precision instrument. Never try to take it apart. Never try to insert any objects into the openings of a sensor, and take care to ensure that dirt, dust, or other foreign matter does not get into it. After using your watch where it has been immersed in saltwater, rinse it thoroughly with fresh water.

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## 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.

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- 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.

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- 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 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 Replacement

- Leave battery replacement up to your original retailer or authorized CASIO service center.

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- Have the battery replaced only with the type specified in the User's Guide. Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

### Initial Battery

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.
- The test battery may go dead quicker than the normally rated battery life as noted in the User's Guide. Note that you will be charged for replacement of this battery, even if replacement is required within your watch's warranty period.

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### Low Battery Power

- Low battery power is indicated by large timekeeping error, by dim display contents, or by a blank display.
- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.

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