User's Guide 5562

CASIO®

Congratulations upon your selection of this CASIO watch.

Important!
- Keep the watch's face exposed to light as much as possible.
- This manual provides a brief overview of your watch.

For a full Operation Guide and Q&A information about this product, go to the website below.
http://world.casio.com/manual/wat/

Contents

Charging the Watch

- While wearing the watch, take care so your sleeve does not block its face (solar panel) from light. Charging efficiency may be reduced if the face (solar panel) is blocked from light, even partially.
- When you are not wearing the watch, leave it where its face (solar panel) is exposed to bright light for charging.
- To help ensure stable operation, expose the face of the watch to about a half day of direct sunlight each month to charge it.

Caution
- The case of the watch may become extremely hot when charging. Guard against burn injury.

Important!
- If the watch is not exposed to light for long periods, it will disable some functions and eventually stop timekeeping.
- For information about how long it takes to charge, refer to the Operation Guide available at the CASIO website.
- If timekeeping stops, you will need to expose the watch to light for a number of hours before it will restart.

Power Levels
You can get an idea of the watch's power level by observing the battery power indicator.
- If the battery power indicator shows L or is not displayed at all, it means that battery power is very low. Expose the watch to bright light for charging as soon as possible.

Power Saving
When turned on, Power Saving enters a sleep state automatically whenever the watch is left for a certain period in an area where it is dark.

Elapsed Time in Dark	Digital Displays	Operation
60 to 70 minutes (display sleep)	Blank	Digital display is disabled, but all functions are enabled.
6 or 7 days (function sleep)	Blank	Hour and minute hands stop at 12 o'clock. All functions are disabled, but timekeeping is maintained.

- The watch will not enter a sleep state between 6:00 AM and 9:59 PM. If the watch is already in a sleep state when 6:00 AM arrives, however, it will remain in the sleep state.
- The watch will not enter a sleep state while it is in the Stopwatch Mode or Countdown Timer Mode.
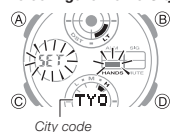
To recover from the sleep state
Move the watch to a well-lit area, press any button, or angle the watch towards your face for reading.

Configuring Home City, Time and Date Settings
- Configure Home City and summer time settings first. After that, configure time and date settings.

To configure Home City, time, and date settings

City code

1. In the Timekeeping Mode, hold down Ⓐ for about two seconds until **ADJ** is displayed.
   When you release Ⓐ, the city code and city name will scroll from right to left. This is the setting screen.
   - The hour and minute hands will automatically move out of the way at this time.

2. Press Ⓒ to move the flashing in the sequence shown below to select a setting.

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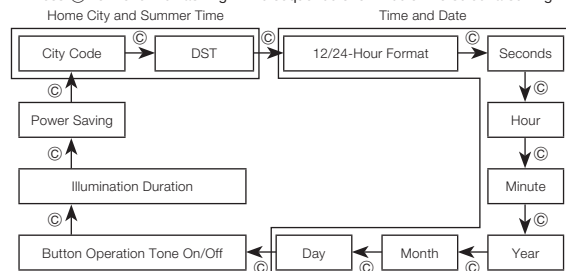
3. Use Ⓑ and Ⓓ to change the selected setting.

Screen	This setting item:	Operation
TYO : TOKYO	Home City	Use Ⓓ (East) and Ⓑ (West).
ON / OFF	Summer time OFF: Standard time ON: Summer time	Press Ⓓ.
12H	Toggle between 12-hour (**12H**) and 24-hour (**24H**) timekeeping	Press Ⓓ.
36	Reset the seconds to **00** • 30 to 59 seconds: Adds 1 to minutes	Press Ⓓ.
PM 10:08	Change the hour or minute	Use Ⓓ (+) and Ⓑ (–).
6·30 20 18	Change the year, month, or day	Use Ⓓ (+) and Ⓑ (–).

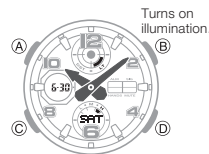| Screen	This setting item:	Operation
KEY♪ / MUTE	Enabling and disabling the button tone KEY♪: ON (enabled) MUTE: OFF (disabled)	Press Ⓓ.
PSON / PSOF	Enabling and disabling power saving	Press Ⓓ.
LT1 / LT3	Display illumination duration [LT1]: Approximately 1.5 seconds [LT3]: Approximately 3 seconds	Press Ⓓ.

4. Press Ⓐ to exit the setting screen.

■ Mode Selection and Operations

• Press Ⓒ to change the mode.
• To return to the Timekeeping Mode from any other mode, hold down Ⓒ for at least four seconds.

Timekeeping Mode → World Time Mode → Stopwatch Mode → Countdown Timer Mode → Alarm Mode → Timekeeping Mode

Timekeeping Mode

Turns on illumination.
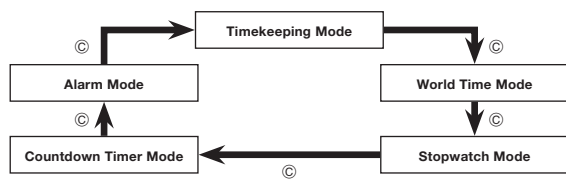
• Ⓐ (two seconds): Displays setting (Home City, time, date, etc.) screen.
• Ⓐ: Changes digital display contents.
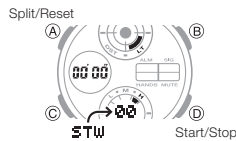Month, day, day of the week → Month, day, second → Hour, minute, second

World Time Mode

Scrolls the selected city.
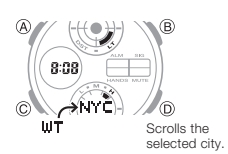
• Ⓐ + Ⓑ: Swaps Home Time and World Time.
• Holding down Ⓐ for about two seconds will toggle summer time (DST) between on and off.

Stopwatch Mode
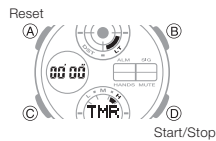
Split/Reset

STW   Start/Stop

Ⓓ → Ⓓ → Ⓐ
Start   Stop   Reset

Countdown Timer Mode

Reset

Start/Stop

• Ⓐ (two seconds): Displays timer time setting screen.
• Ⓒ: Selects minutes or seconds.
• Ⓑ, Ⓓ: Use to change the selected setting.
• Ⓐ: Exits the setting screen.

Alarm Mode

Toggle on and off.

Scrolls alarm screens.
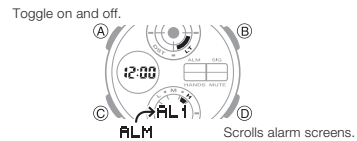
• Ⓐ (two seconds): Displays alarm time setting screen.
• Ⓒ: Selects hour or minutes.
• Ⓑ, Ⓓ: Use to change the selected setting.
• Ⓐ: Exits the setting screen.
• From 60 minutes before the alarm time is reached, the alarm mark will start to flash and a countdown will appear in the Timekeeping Mode.

Auto Light

• In the Timekeeping Mode, hold down Ⓑ for about three seconds to toggle Auto Light between enabled (ON) and disabled (OFF).
• While Auto Light is enabled, illumination will turn on if the watch is angled at about 40 degrees or more from horizontal where lighting is dim.

Hand Shift

• Hold down Ⓒ for about two seconds. Release the button when HAND appears on the digital display. This operation will toggle between shifted hands (for easy digital display reading) and unshifted hands (normal timekeeping).
• The hands also will move away from the digital display automatically whenever you display a setting screen in the Timekeeping Mode, Countdown Timer Mode, or Alarm Mode.

Misaligned Hands

The analog hands may become misaligned as described below if the watch is exposed to strong magnetism, impact, or other abnormal conditions.
• Analog time and digital time are different from each other
If this happens, refer to "Hand Home Position Adjustment" in the Operation Guide available at the CASIO website and adjust the hand alignment.

■ Specifications

Accuracy at normal temperature: ±15 seconds a month
Timekeeping: Hour, minutes, seconds, p.m. (PM), year, month, day, day of the week, alarm countdown
  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)
World Time: 48 cities (31 time zones)
  Other: Daylight Saving Time/Standard Time
Stopwatch:
  Measuring unit: 1/100 second
  Measuring capacity: 59'59.99"
  Measuring modes: Elapsed time, split time, two finishes
Countdown Timer:
  Measuring unit: 1 second
  Countdown range: 100 minutes
  Setting unit: 1 second

Alarms: 5 Daily alarms; Hourly Time Signal
Double LED light: LED light for the face (Full auto LED light, Neon illuminator, selectable illumination duration, afterglow)
  LED backlight for the digital display (Full auto LED light, Super illuminator, selectable illumination duration, afterglow)
Other: Battery power indicator; Power Saving; Button operation tone on/off
Power Supply: Solar panel and one rechargeable battery
  Approximate battery operating time: 8 months under the following conditions:
  • 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
  • 1 hand movement for easy viewing of digital information per day

Frequent use of illumination runs down the battery.

Specifications are subject to change without notice.

City Code Table

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City Code Table

City Code	City	UTC Offset/ GMT Differential
PPG	Pago Pago	−11
HNL	Honolulu	−10
ANC	Anchorage	−9
YVR	Vancouver	−8
LAX	Los Angeles	−8
YEA	Edmonton	−7
DEN	Denver	−7
MEX	Mexico City	−6
CHI	Chicago	−6
NYC	New York	−5
SCL	Santiago	−4
YHZ	Halifax	−4
YYT	St. Johns	−3.5
RIO	Rio De Janeiro	−3
FEN	Fernando De Noronha	−2

City Code	City	UTC Offset/ GMT Differential
RAI	Praia	−1
UTC		
LIS	Lisbon	0
LON	London	0
MAD	Madrid	+1
PAR	Paris	+1
ROM	Rome	+1
BER	Berlin	+1
STO	Stockholm	+1
ATH	Athens	+2
CAI	Cairo	+2
JRS	Jerusalem	+2
MOW	Moscow	+3
JED	Jeddah	+3
THR	Tehran	+3.5

City Code	City	UTC Offset/ GMT Differential
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
KTM	Kathmandu	+5.75
DAC	Dhaka	+6
RGN	Yangon	+6.5
BKK	Bangkok	+7
SIN	Singapore	+8
HKG	Hong Kong	+8
BJS	Beijing	+8
TPE	Taipei	+8
SEL	Seoul	+9
TYO	Tokyo	+9
ADL	Adelaide	+9.5

City Code	City	UTC Offset/ GMT Differential
GUM	Guam	+10
SYD	Sydney	+10
NOU	Noumea	+11
WLG	Wellington	+12

- This table shows the city codes of this watch (As of January 2017).
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.

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