

# Operation Guide 5468/5495

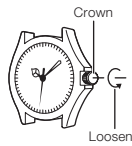
• Your watch may differ somewhat from the one shown in the illustration.

E-1

## Before Using the Watch for the First Time

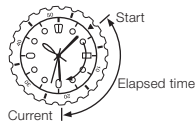
### Crown Operations

Some water-resistant models (100 meters, 200 meters) have a screw-in crown. When you need to perform a crown operation, rotate it towards you to unscrew it. Then pull the crown out. Avoid applying undue force when pulling. The watch loses its water resistance while the crown is unscrewed. After performing a crown operation, fully screw the crown back in.



### If your watch has a rotary bezel...

You can rotate the bezel to align its ▼ mark with the minute hand. Then you will be able to tell how much time has elapsed since aligning the ▼ mark.



E-2

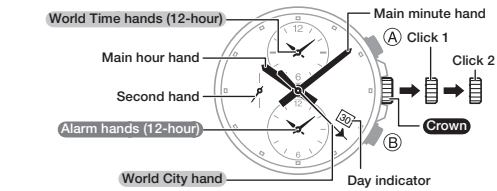
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## Indicators and Crown Operation



- World Time**
  - Shows the current time in the selected World City.
- Alarm**
  - Shows alarm time setting when alarm is on, current time when alarm is off.

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E-5

## Adjusting the Time Setting

Perform the procedure below whenever the position of any of the hands is incorrect.

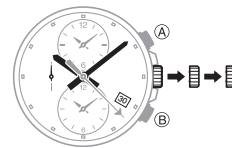
### Important!

- When setting the time, be sure to set the position of all of the hands. If you change the position of only one hand, the other hands will still be incorrect.

- Just as the second hand reaches 12 o'clock, pull out the crown to the second click.
  - This will stop the second hand.
- Rotate the crown to set the main hour and minute hands.
  - Take care that you set the correct AM or PM time. Watch the day indicator when the hour hand passes 12 o'clock. If the day indicator changes, it means you just passed midnight.
  - Set the hands to a time that is a few minutes past\* the actual current time.
    - \* Since you will re-start timekeeping in step 8 of this procedure, you should allow a few minutes to perform the other steps before that.

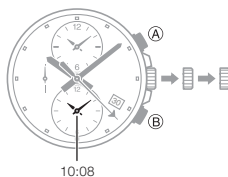
E-6

- When setting the minute hand, move it four or five minutes past the desired setting, and then back it up.
- Example: To set a time of 10:08



E-7

- Use (B) to move the alarm hands to the same setting as the main hands.
  - The alarm time does not distinguish between a.m. and p.m.
  - Holding down (B) moves the hands at high speed.

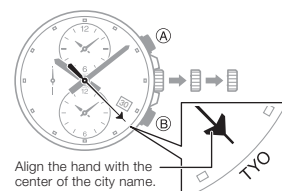


- Hold down (A) for about two seconds.
  - This will cause the World City hand to make one revolution.

E-8

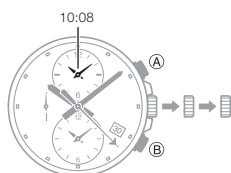
- Use (B) to move the World City hand to the city that matches your current location (time zone).
  - Holding down (B) moves the hand at high speed.
  - For information about time zones, see the City List on page E-15.

Example: TOKYO (TYO)



E-9

- Hold down (A) for about two seconds.
  - This will cause the World Time Hour hand to make two revolutions.
- Use (B) to move the World Time hands to the same setting as the main hands.
  - Holding down (B) moves the hands at high speed.

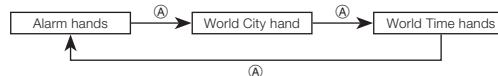


E-10

B

### Note

- Holding down (A) for about two seconds will cycle the currently selected hand in the sequence below.



- When the hands are at the desired setting (10:08 in this example), push the crown back in.
  - This will start normal timekeeping.

E-11

### To change the day indicator setting

- Pull the crown out to Click 1.
- Rotate the crown away from you to set the day.
- Push the crown back in.

### Note

- The day indicator setting uses a 31-day month. Make adjustments for months of shorter lengths.
- Avoid changing the day indicator setting between the hours of 9 p.m. and 1 a.m. Otherwise, the day indicator may not change correctly at midnight.

E-12

### World Time

This mode displays the current time in any one of 24 cities (24 time zones) around the world.

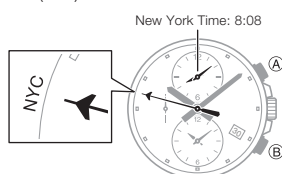
### Important!

- The World Time display does not distinguish between a.m. times and p.m. times.
- Check the points below before using World Time.
  - Make sure the crown is pushed all the way in.
  - Make sure the current time setting is correct (page E-6).

E-13

- Use the (A) and (B) buttons to move the World City hand to the city (time zone) whose time you want to check.
  - This will cause the World Time hands to move to the current time in the selected city.

Example: NEW YORK (NYC)



E-14

City	UTC Offset/GMT Differential *1	City	UTC Offset/GMT Differential *1
LONDON (LON)	0	PAGO PAGO (PPG)	-11
PARIS (PAR)	+1	HONOLULU (HNL)	-10
ATHENS (ATH)	+2	ANCHORAGE (ANC)	-9
JEDDAH (JED)	+3	LOS ANGELES (LAX)	-8
DUBAI (DXB)	+4	DENVER (DEN)	-7
KARACHI (KHI)	+5	CHICAGO (CHI)	-6
DHAKA (DAC)	+6	NEW YORK (NYC)	-5
BANGKOK (BKK)	+7	SANTIAGO (SCL)	-4
HONG KONG (HKG)/ BEIJING (BJS) *2	+8	RIO DE JANEIRO (RIO)	-3
TOKYO (TYO)	+9	F. DE NORONHA (FEN)	-2
SYDNEY (SYD)	+10	PRAIA (RAI)	-1
NOUMEA (NOU)	+11		
WELLINGTON (WLG)	+12		

\*1 UTC: Universal Time Coordinated;  
GMT: Greenwich Mean Time  
\*2 HONG KONG or BEIJING, depending on model.

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### Important!

- To check the current time in a location that is not among the 24 city names, select a city that is in the same time zone as the one you want to check.
  - Example: To check the time in Osaka (Offset: +9), select Tokyo, which has the same offset.
- To check the current time in a city where summer time is in effect, select a city in a time zone with a time that is one hour ahead of the desired city.
  - Example: To check the time in NEW YORK (Offset: -5) during summer time, select SANTIAGO (Offset: -4).

### Note

- Holding down (A) (+) or (B) (-) will move the hand at high speed.

E-16

### Using the Alarm

The watch will perform a single 20-second alarm sound operation when the alarm time is reached (One-time Alarm). You can set an alarm time in one-minute steps up to 11 hours and 59 minutes from the current time.

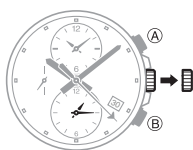
### Important!

- Check the points below before using the alarm.
  - Make sure the current time setting is correct (page E-6).

E-17

### To set an alarm time and turn on the alarm

- Pull the crown out to the first click.
  - Use the (B) button to set the alarm to the desired time.
    - Holding down (B) moves the hands at high speed.
- Example: To set a time of 1:15



E-18

- Push the crown back in.
  - Setting an alarm time turns on the alarm.
  - To change to a different alarm time, repeat steps 1 through 3.
- The alarm will sound when the main hands are at the same position as the alarm time setting.



- After the alarm sounds, it turns off automatically and the alarm time setting changes to the current time.
- To stop an ongoing alarm sound operation, press (A) or (B).

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**To cancel a previously set alarm**

1. Pull the crown out to the first click.
2. Hold down **(B)** and the alarm hands will start to move.
  - Keep **(B)** depressed until the alarm hands stop at the current time position.
3. Push the crown back in.
  - This cancels (turns off) the alarm.

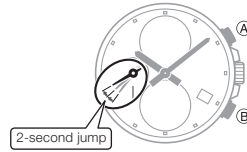
**To test the alarm**

1. Pull the crown out to the first click.
2. Hold down **(A)** for at least two seconds.
  - The alarm will sound as long as **(A)** is depressed.
3. Push the crown back in.

E-20

**Low Battery Alert**

Second hand moves in 2-second increments when power is low. Replace the battery as soon as possible.



E-21

**If watch operation is abnormal ...**

1. Pull the crown out to the second click.
2. While holding down **(B)**, press **(A)**. Keep both buttons depressed for about three seconds.
  - The alarm hands will move slightly and then stop.
3. Set the hands to the current time (page E-6).
4. Push the crown back in.
  - Normal second hand movement should start at this time.

E-22

**Specifications**

**Accuracy:** ±20 seconds average per month

**World Time:** 24 cities (24 time zones) and Coordinated Universal Time

**Alarm:** One-time alarm

Number of Alarms: 1

Alarm Sounds: 20 seconds

**Other:** Low battery alert

**Battery:** One silver oxide battery (Type: SR927W)

**Battery Life:** Approximately 3 years (assuming alarm operation 20 seconds per day)

- Approximate battery life can be shortened by more frequent operation.

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