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Fossil ME3053

Fossil Grant Automatic Watch User Manual

MODEL: ME3053

Introduction

This manual provides essential information for the proper use, care, and maintenance of your Fossil Men's ME3053 Grant Stainless Steel Automatic Watch. This timepiece features an automatic self-wind movement, a silver skeleton dial, and a black leather band. Please read these instructions carefully to ensure optimal performance and longevity of your watch.

Product Overview

The Fossil Grant ME3053 watch is characterized by its distinctive skeleton dial, which allows visibility of the intricate automatic movement. It features Roman numeral hour markers, luminous blue hands, and a minute track around the outer rim. The watch is housed in a stainless steel case with a transparent case back, secured by a black leather strap.





Image 1: Front view of the Fossil Grant ME3053 watch, highlighting the silver skeleton dial, blue hands, and Roman numeral hour markers. The internal gears of the automatic movement are visible through the dial.

- **Case:** 44 mm stainless steel with a fixed bezel and transparent case back.
- **Dial:** Silver skeleton dial with luminous blue hands and Roman numeral hour markers.
- **Movement:** Automatic self-wind movement.
- **Crystal:** Scratch-resistant mineral crystal.
- **Strap:** 22 mm black leather band with a tang clasp.
- **Water Resistance:** 50 meters (165 feet).







Image 2: Side profile of the Fossil Grant ME3053 watch, illustrating the stainless steel case thickness and the position of the crown used for setting the time and manual winding.





Image 3: Rear view of the Fossil Grant ME3053 watch, displaying the black leather strap with tonal stitching and the tang clasp mechanism. The transparent case back is also visible.

Setup

Setting the Time

1. Gently pull the crown (the small knob on the side of the watch case, as shown in Image 2) outwards to position 2.
2. Rotate the crown clockwise or counter-clockwise to move the hands and set the desired time.
3. Once the time is set, push the crown back into position 1 (flush with the watch case) to engage the movement and start the watch.

Winding the Watch

Your Fossil Grant ME3053 is an automatic watch, meaning it is primarily powered by the motion of your wrist. However, if the watch has stopped or has not been worn for an extended period, it may require manual winding to initiate the movement and build up its power reserve.

- **Manual Winding:** With the crown in position 1 (pushed in), rotate the crown clockwise approximately 20-30 times. This will provide enough power to start the watch and build a sufficient power reserve.
- **Automatic Winding:** Once manually wound, wearing the watch for at least 8-10 hours a day will keep it sufficiently wound through your natural arm movements.

Operating the Automatic Movement

Automatic watches do not require batteries. They are powered by a mainspring that is wound by the natural motion of the wearer's arm. A rotor inside the watch rotates with movement, winding the mainspring. When fully wound, the watch typically has a power reserve of approximately 36-40 hours. If the watch is not worn for this duration, it will stop and need to be re-wound.

The sub-dial above the 6 o'clock position indicates the seconds, providing continuous movement when the watch is operating.

Maintenance

Cleaning

- **Case and Crystal:** Wipe the stainless steel case and mineral crystal with a soft, dry, lint-free cloth. For stubborn smudges, a slightly damp cloth can be used, followed by immediate drying.
- **Leather Strap:** Avoid prolonged exposure to water, direct sunlight, and harsh chemicals. Clean the leather strap with a soft, slightly damp cloth and allow it to air dry completely. Do not use abrasive cleaners or solvents.

Water Resistance

The Fossil Grant ME3053 watch is water resistant to 50 meters (165 feet). This rating means the watch is suitable for short periods of recreational swimming. It is **not** suitable for diving, snorkeling, or prolonged water activities. Avoid operating the crown while the watch is wet or submerged to prevent water intrusion.

General Care

- Avoid exposing the watch to extreme temperatures or sudden temperature changes.
- Keep the watch away from strong magnetic fields, as these can affect the accuracy of the mechanical movement.
- Protect the watch from impacts and drops.

Troubleshooting

Watch Not Running or Losing Time

- **Insufficient Power Reserve:** As an automatic watch, it requires regular movement to stay wound. If the watch has stopped, manually wind it by rotating the crown 20-30 times clockwise while it is in position 1 (pushed in).
- **Lack of Wear:** If the watch is not worn for several days, its power reserve will deplete. Wear the watch consistently for 8-10 hours daily, or use a watch winder if you do not wear it frequently.
- **Magnetic Interference:** Exposure to strong magnetic fields (e.g., from speakers, refrigerators, or certain electronic devices) can magnetize the watch's movement, causing it to run fast or slow. If you suspect magnetization, consult a professional watchmaker for demagnetization.
- **Impact Damage:** A severe impact can affect the delicate internal components. If the watch continues to malfunction after winding, professional inspection may be required.

Specifications

Feature	Detail
Model Number	ME3053
Case Material	Stainless Steel
Case Diameter	44 mm
Case Thickness	13 mm
Band Material	Leather calfskin
Band Width	22 mm
Movement	Automatic Self-Wind
Crystal Type	Mineral
Water Resistance	50 meters (165 feet)
Product Dimensions	2.91 x 3.54 x 3.54 inches; 2.6 ounces

Date First Available	September 5, 2014
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Warranty and Support

Fossil watches typically come with a manufacturer's warranty covering defects in materials and workmanship. For specific warranty details, duration, and terms, please refer to the warranty card included with your purchase or visit the official Fossil website. Keep your proof of purchase for warranty claims.

For further assistance, technical support, or service inquiries, please contact Fossil customer service or visit their official support page. You can also refer to the official [User Guide \(PDF\)](#) for additional information.