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## Casio SGW-450H-1ACF

# Casio SGW-450H-1ACF Twin Sensor Watch User Manual

Model: SGW-450H-1ACF

## INTRODUCTION

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This manual provides detailed instructions for the proper use and maintenance of your Casio SGW-450H-1ACF Twin Sensor Analog-Digital Display Quartz Black Watch. Please read this manual thoroughly to ensure optimal performance and longevity of your timepiece.



Image: Front view of the Casio SGW-450H-1ACF Twin Sensor Watch, showcasing its analog and digital displays, various buttons, and the "THERMOMETER ALTI/BAROMETER" and "TWIN SENSOR" markings.

## KEY FEATURES

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- **Twin Sensor Technology:** Equipped with Altimeter, Barometer, and Thermometer functions.
- **Analog-Digital Display:** Combines traditional analog hands with a clear digital display for versatile timekeeping and data presentation.
- **Water Resistance:** 100-meter (10 BAR) water resistance suitable for swimming and snorkeling.
- **Low Temperature Resistance:** Operates reliably down to -10°C (14°F).
- **EL Backlight:** Electro-luminescent backlight with afterglow for easy readability in low light conditions.
- **World Time:** Displays time for 31 time zones (48 cities + UTC), with daylight saving on/off.
- **Stopwatch & Timer:** 1/100-second stopwatch and countdown timer functions.
- **Alarms:** Five daily alarms and an hourly time signal.
- **Full Auto-Calendar:** Pre-programmed until the year 2099.

## SETUP

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### 1. Initial Time Setting

1. In Timekeeping Mode, press and hold the **ADJUST** button until the city code starts to flash.
2. Use the **FORWARD** and **REVERSE** buttons to select your desired city code (time zone).
3. Press the **MODE** button to cycle through settings: DST, 12/24-hour format, seconds, hour, minute, year, month, day.
4. Use the **FORWARD** and **REVERSE** buttons to change the flashing value.
5. Press **ADJUST** to exit the setting mode.

### 2. Analog Hand Adjustment

If the analog hands do not match the digital time, perform the following adjustment:

1. In Timekeeping Mode, press and hold the **FORWARD** button for approximately two seconds until the digital display shows "H.SET".
2. Press the **FORWARD** button to advance the analog minute hand by 20 seconds. Hold it down to advance at high speed.
3. Press the **REVERSE** button to move the analog minute hand backward.
4. Once the analog hands are aligned with the digital time, press the **ADJUST** button to exit.

## OPERATING INSTRUCTIONS

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### Mode Navigation

Press the **MODE** button to cycle through the watch's various modes:

- Timekeeping Mode
- Altimeter Mode
- Barometer/Thermometer Mode
- World Time Mode
- Stopwatch Mode
- Countdown Timer Mode

- Alarm Mode

## Altimeter Function

The altimeter measures relative altitude based on atmospheric pressure. Changes in weather can cause altitude readings to change even if your actual altitude does not.

- **Measuring Range:** -700 to 10,000 meters (-2,300 to 32,800 feet).
- **Measuring Unit:** 5 meters (20 feet).
- **Reference Altitude Setting:** You can set a reference altitude for more accurate readings.
- To activate, press the **ALTI** button.

## Barometer/Thermometer Function

The barometer measures atmospheric pressure, and the thermometer measures temperature.

- **Barometer Display Range:** 260 to 1,100 hPa (7.65 to 32.45 inHg).
- **Barometer Display Unit:** 1 hPa (0.05 inHg).
- **Barometric Pressure Differential Pointer:** Indicates changes in pressure.
- **Thermometer Display Range:** -10 to 60°C (14 to 140°F).
- **Thermometer Display Unit:** 0.1°C (0.2°F).
- To activate, press the **BARO** button.

## Using the Backlight

Press the **LIGHT** button to illuminate the display. The EL backlight features an afterglow, keeping the display lit for a few seconds after the button is released.

## Alarms and Hourly Time Signal

- The watch has five independent daily alarms.
- The hourly time signal causes the watch to beep every hour on the hour.
- To set alarms or toggle the hourly time signal, navigate to the Alarm Mode using the **MODE** button.

## Stopwatch Function

- **Measuring Capacity:** 23 hours, 59 minutes, 59.99 seconds.
- **Measuring Modes:** Elapsed time, split time, 1st-2nd place times.
- Navigate to Stopwatch Mode. Press **START** to begin, **STOP** to pause/resume, and **RESET** to clear.

## Countdown Timer Function

- **Measuring Unit:** 1 second.
- **Countdown Range:** 1 minute to 24 hours (1-minute increments and 1-hour increments).
- Navigate to Countdown Timer Mode. Set the desired time, then press **START**.

## MAINTENANCE

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### Battery Replacement

The watch uses one CR2016 battery, with an approximate battery life of 3 years. When the display becomes dim or functions become unreliable, it is time to replace the battery. Battery replacement should ideally be performed by a qualified watch technician to ensure water resistance is maintained.

Water Resistance Precautions

Your watch is 100M water resistant. This means it is suitable for everyday use and can be worn while swimming or snorkeling. However, it is not suitable for scuba diving. Avoid operating buttons while the watch is wet or submerged to prevent water ingress.

Cleaning

Wipe the watch regularly with a soft, dry cloth to remove dirt and moisture. For resin bands, you can wash them with water and mild soap, then rinse thoroughly and dry. Avoid using chemical cleaners or solvents.

Temperature Exposure

While the watch is low temperature resistant to -10°C (14°F), avoid exposing it to extreme temperatures, both hot and cold, for extended periods. Sudden temperature changes can also affect its performance.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Digital display is dim or blank.	Low battery.	Replace the battery (CR2016).
Analog hands do not match digital time.	Hands are misaligned.	Perform analog hand adjustment (refer to Setup section).
Altimeter/Barometer readings are inaccurate.	Changes in weather conditions; sensor calibration needed.	Recalibrate the sensor or set a reference altitude. Note that atmospheric pressure changes affect readings.
Watch buttons are unresponsive.	Watch is wet; internal malfunction.	Ensure watch is dry before operating buttons. If issue persists, contact service center.

SPECIFICATIONS

Feature	Detail
Model Number	SGW-450H-1ACF
Module Number	5450
Case Dimensions (H x W x D)	51.9 x 50.8 x 14.9 mm (approx. 1.5 x 5.18 x 5.08 cm)
Weight	136 g
Case Material	Resin / Stainless Steel
Band Material	Resin
Water Resistance	100 Meters (10 BAR)
Low Temperature Resistance	-10°C (14°F)
Battery Type	CR2016

Feature	Detail
Approx. Battery Life	3 Years
Accuracy	±30 seconds per month
Altimeter Range	-700 to 10,000m (-2,300 to 32,800ft)
Barometer Range	260 to 1,100 hPa (7.65 to 32.45 inHg)
Thermometer Range	-10 to 60°C (14 to 140°F)



Image: The Casio SGW-450H-1ACF watch displayed on a wrist, providing a sense of its size and fit.



Image: A visual comparison chart showing various watch sizes from 14-16mm up to 50-54mm, with an indication of 1 and 2 inch scales for reference.

WARRANTY AND SUPPORT

Your Casio SGW-450H-1ACF watch comes with a manufacturer's warranty. For specific warranty terms and conditions, please refer to the warranty card included with your purchase or contact the seller of record. For technical support, repairs, or further inquiries, please contact Casio customer service or an authorized Casio service center in your region. You can find contact information on the official Casio website or through your retailer.


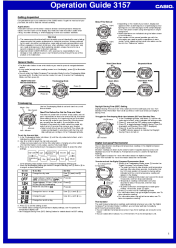





Image: The blue and white Casio product box, indicating the original packaging of the watch.

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Related Documents - SGW-450H-1ACF

	<p><a href="#">Руководство пользователя Casio SGW-400 (Модуль 5176): Функции, Настройки и Уход</a></p> <p>Подробное руководство пользователя для часов Casio SGW-400 (Модуль 5176). Изучите функции альтиметра, барометра, термометра, мирового времени, секундомера, таймера и будильника. Инструкции по настройке и уходу.</p>
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	<p><a href="#">Casio SGW-300 Module 3202: Руководство пользователя с функциями высотомера, барометра и термометра</a></p> <p>Полное руководство пользователя для часов Casio SGW-300 (модуль 3202). Узнайте о водозащите, уходе, настройке времени, использовании барометра, термометра, высотомера, секундомера и других функций.</p>
	<p><a href="#">Casio Operation Guide 3157: Digital Watch with Compass and Thermometer</a></p> <p>Comprehensive operation guide for the Casio 3157 digital watch, detailing features like the digital compass, thermometer, world time, stopwatch, alarms, and illumination. Learn how to set time, date, and use advanced functions for outdoor activities.</p>
	<p><a href="#">Casio 5571 User's Guide: Features, Specifications, and Operation</a></p> <p>Comprehensive user guide for the Casio 5571 watch, covering its features, modes, specifications, time calibration, altimeter, barometer, compass, and more. Learn how to operate and maintain your Casio watch.</p>
	<p><a href="#">CASIO 5594 Watch User Guide: Features, Specifications &amp; Operation</a></p> <p>Comprehensive user guide for the CASIO 5594 watch, detailing its features including timekeeping, barometer, thermometer, compass, altimeter, stopwatch, mobile link, and specifications. Learn how to set time, navigate modes, and use all functions.</p>
	<p><a href="#">Casio PRW-5000/5100 Watch User Manual - Features and Operation</a></p> <p>Comprehensive user manual for Casio PRW-5000/5100 series watches (models 5114, 5214), detailing timekeeping, world time, stopwatch, alarms, barometer, altimeter, thermometer, and compass functions.</p>