

SEIKO SSC376

SEIKO Coutura Men's Solar Perpetual Calendar Alarm Chronograph Watch - SSC376 Instruction Manual

Model: SSC376

1. INTRODUCTION

This manual provides comprehensive instructions for the operation and care of your SEIKO Coutura Men's Solar Perpetual Calendar Alarm Chronograph Watch, Model SSC376. This timepiece is designed for precision and durability, featuring solar power, a perpetual calendar, chronograph, and alarm functions.



Image 1.1: Front view of the SEIKO Coutura Men's Solar Perpetual Calendar Alarm Chronograph Watch, Model SSC376. The watch features a gray dial with gold-tone accents, multiple subdials, and a two-tone stainless steel bracelet.

2. SETUP AND INITIAL CHARGING

2.1 Initial Charging

Your SEIKO Coutura watch is powered by light energy. Before initial use, or if the watch has stopped, ensure it is fully charged. Expose the watch dial to bright light (natural sunlight is ideal) for several hours. A full charge provides approximately 6 months of power reserve.

- **Sunlight:** Approximately 5-6 hours for a full charge.
- **Fluorescent Light (30W, 20cm):** Approximately 50 hours for a full charge.



Image 2.1: Illustration demonstrating the solar-powered feature of the SEIKO Coutura watch, highlighting its ability to charge from light sources.

2.2 Time and Date Setting

Refer to the detailed instructions provided in the full user manual for specific crown and button operations to set the time, date, and perpetual calendar. The perpetual calendar automatically adjusts for odd and even months, including leap years, until February 28, 2100.

3. OPERATING FUNCTIONS

3.1 Chronograph Function

The chronograph measures elapsed time. Typically, one button starts and stops the measurement, while another resets it. The subdials display minutes and seconds of the elapsed time.

3.2 Alarm Function

The watch includes an alarm feature. Consult the complete manual for instructions on setting and activating the alarm, which usually involves using a dedicated subdial and pushers.

3.3 Perpetual Calendar Display

The watch displays the date, day of the week, month, and leap year status. These indicators are typically

located on various subdials and are automatically adjusted by the perpetual calendar mechanism.

4. MAINTENANCE AND CARE

4.1 Cleaning

Wipe the watch case and bracelet regularly with a soft, dry cloth. For water-resistant models, a damp cloth can be used, followed by drying. Avoid using harsh chemicals or abrasive materials.

4.2 Water Resistance

This watch is water-resistant to 10 bar (100 meters or 330 feet). This rating is suitable for swimming and snorkeling, but not for scuba diving. Ensure the crown is pushed in completely before exposing the watch to water. Do not operate buttons underwater.



Image 4.1: An image depicting SEIKO watches submerged in water, illustrating their water-resistant capabilities up to 100 meters.

4.3 Power Reserve Indicator

Some models may feature a power reserve indicator. If your watch has one, monitor it to ensure adequate charge. If the watch indicates low power, expose it to light for charging.

4.4 Luminous Elements

The hands and markers of the watch are designed with luminous material for visibility in low light conditions. Exposure to light charges these elements, allowing them to glow in the dark.

SAPPHIRE CRYSTAL



Image 4.2: A close-up view of a SEIKO Coutura watch dial in low light, showcasing the luminous hands and markers for enhanced readability.

5. TROUBLESHOOTING

- **Watch Not Running:** Ensure the watch is exposed to sufficient light for charging. If it has been in darkness for an extended period, it may require several hours of bright light to resume operation.
- **Incorrect Time/Date:** Refer to the setting instructions in the full manual. If the perpetual calendar is incorrect, it may need manual adjustment after a prolonged power depletion.
- **Chronograph/Alarm Not Functioning:** Check if the watch is in the correct mode. Some functions may be disabled if the power reserve is critically low.

6. SPECIFICATIONS

Feature	Detail
Model Number	SSC376
Movement Type	Solar Quartz
Case Diameter	44.0mm
Case Material	Two-tone Stainless Steel
Crystal Material	Sapphire Crystal
Water Resistance	10 bar (100 meters / 330 feet)
Power Reserve	Approximately 6 months (when fully charged)
Functions	Perpetual Calendar, Alarm, Chronograph, Date, Day, Month, Leap Year Indicator
Product Dimensions	5.98 x 5.98 x 5.98 inches; 11.22 ounces

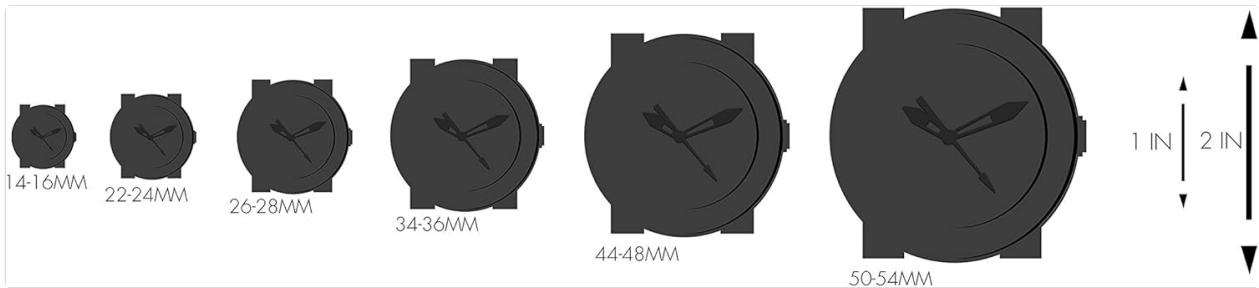


Image 6.1: A visual guide illustrating various watch case sizes in millimeters, providing a reference for the 44mm diameter of the SSC376 model.

7. WARRANTY AND SUPPORT

Your SEIKO Coutura Men's Solar Perpetual Calendar Alarm Chronograph Watch, Model SSC376, is covered by a **3-Year Manufacturer's Warranty**. This warranty covers manufacturing defects under normal use. For warranty claims or technical support, please contact SEIKO customer service or an authorized SEIKO service center. Keep your proof of purchase for warranty validation.



Image 7.1: The official SEIKO watch box, which typically contains the watch, instruction manual, and warranty information.

