

SEIKO SSB345

SEIKO SSB345 Quartz Chronograph Watch Instruction Manual

Model: SSB345

1. PRODUCT OVERVIEW

The SEIKO SSB345 is a quartz chronograph watch designed for men, featuring a tachymeter bezel and a durable stainless steel case and bracelet. This manual provides essential information for the proper use and care of your watch.



Figure 1: Front view of the SEIKO SSB345 Quartz Chronograph Watch.



Figure 2: Side view of the watch, highlighting the crown and pushers.

2. SETUP AND INITIAL ADJUSTMENT

2.1 Setting the Time and Date

1. **Pull out the crown:** Gently pull the crown (located on the right side of the watch case) to the second click position.
2. **Set the time:** Rotate the crown to move the hour and minute hands to the desired time. Ensure the 24-hour subdial also reflects the correct AM/PM.
3. **Set the date:** Push the crown back to the first click position. Rotate the crown to adjust the date. Avoid setting the date between 9 PM and 1 AM, as this may interfere with the date change mechanism.
4. **Push in the crown:** Once the time and date are set, push the crown back to its normal position to start the watch.

2.2 Adjusting the Bracelet

The stainless steel bracelet can be adjusted by removing or adding links to achieve a comfortable fit. It is recommended to have this adjustment performed by a qualified watch technician to prevent damage to the bracelet or watch.

3. OPERATING THE CHRONOGRAPH AND TACHYMETER

3.1 Chronograph Function

The chronograph measures elapsed time up to 60 minutes in 1/5-second increments.

- **Start:** Press the upper pusher (A) to start the chronograph. The chronograph second hand will begin to move.
- **Stop:** Press the upper pusher (A) again to stop the chronograph. The elapsed time will be indicated by the chronograph second hand and minute subdial.
- **Reset:** After stopping, press the lower pusher (B) to reset the chronograph hands to their zero positions.
- **Split Time:** To measure split times, press the lower pusher (B) while the chronograph is running. The chronograph hands will stop to indicate the split time. Press (B) again to resume measurement.

3.2 Tachymeter Function

The tachymeter bezel allows for the calculation of speed over a known distance (e.g., 1 kilometer or 1 mile) or production rates.

1. **Start Chronograph:** Begin timing an event (e.g., a vehicle traveling 1 unit of distance) by pressing the upper pusher (A).
2. **Read Speed:** When the event is completed, stop the chronograph by pressing the upper pusher (A). The position of the chronograph second hand on the tachymeter scale indicates the average speed per hour. For example, if the chronograph second hand points to '120' after 1 unit of distance, the speed is 120 units per hour.

4. MAINTENANCE AND CARE

4.1 Water Resistance

The SEIKO SSB345 watch has a water resistance rating of 10 BAR (100 meters). This means it is suitable for everyday use, swimming, and snorkeling, but not for scuba diving. Ensure the crown is fully pushed in before any contact with water.



Figure 3: Illustration of water resistance for Seiko watches.

4.2 Cleaning

Wipe the watch case and bracelet periodically with a soft, dry cloth to remove dirt and moisture. For stainless steel bracelets, a soft brush with mild soapy water can be used, followed by thorough rinsing and drying.

4.3 Battery Replacement

The watch is powered by a Lithium Ion battery. When the battery life is low, the second hand may move in two-second intervals. Battery replacement should be performed by a professional watchmaker to ensure

proper sealing and function.

5. TROUBLESHOOTING

- **Watch not running:** Check if the crown is fully pushed in. If the watch still does not run, the battery may need replacement.
- **Chronograph hands not resetting to zero:** This may require a chronograph reset procedure. Consult a professional watchmaker or the detailed movement module manual for specific instructions.
- **Date not changing:** Ensure the time is set correctly for AM/PM. If the date changes at noon, the time is set 12 hours off.

6. SPECIFICATIONS

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| Model Number | SSB345 |
| Movement Type | Quartz Chronograph |
| Case Material | Stainless Steel |
| Bracelet Material | Stainless Steel |
| Case Diameter | 43.9 mm |
| Water Resistance | 10 BAR (100 meters) |
| Features | Chronograph (up to 60 minutes in 1/5-second increments), 24-hour subdial, Tachymeter bezel |
| Battery Type | 1 Lithium Ion battery (included) |

7. WARRANTY AND SUPPORT

Your SEIKO watch is covered by a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions. For service, repairs, or further assistance, please contact an authorized SEIKO service center or the retailer where the watch was purchased.