

[manuals.plus](#) /› [SEIKO](#) /› [SEIKO SSK023 5 Sports Field Series Automatic GMT Watch User Manual](#)**SEIKO SSK023**

SEIKO SSK023 5 Sports Field Series Automatic GMT Watch

User Manual

INTRODUCTION

This manual provides essential information for the proper use and care of your SEIKO SSK023 5 Sports Field Series Automatic GMT Watch. Please read these instructions carefully to ensure optimal performance and longevity of your timepiece.

KEY FEATURES

- **GMT Function:** Features a distinct red hand for tracking a second time zone.
- **Automatic Movement:** Self-winding mechanical movement with manual winding capability.
- **Durable Construction:** Stainless steel case and bracelet for robust wear.
- **Enhanced Visibility:** LumiBrite on hands and indexes for improved readability in low light.
- **Water Resistance:** Designed for water resistance up to 100 meters (10 bar).
- **Magnetic Resistance:** Provides protection against magnetic fields.
- **Crystal:** Thick, curved glass for durability and classic aesthetic.

SETUP AND INITIAL OPERATION

1. Unboxing and Inspection

Upon receiving your watch, carefully remove it from its packaging. Inspect the watch for any visible damage or missing components. Ensure all protective films are removed before use.

2. Wearing the Watch and Bracelet Adjustment

The stainless steel bracelet is designed for comfort and security. If the bracelet requires adjustment to fit your wrist, it is recommended to visit an authorized SEIKO service center or a professional jeweler. Improper adjustment can damage the bracelet or watch.

3. Initial Winding

Your SEIKO SSK023 watch is powered by an automatic mechanical movement. It winds itself through the motion of your arm. If the watch has stopped or its power reserve is low, it can be manually wound:

1. Ensure the crown is in position 0 (normal position, not pulled out).
2. Rotate the crown clockwise approximately 30-40 times. This will provide sufficient power to start the watch and build up the power reserve.

The watch will continue to wind automatically with regular wear.

4. Setting the Time and Date

To set the time and date:

1. Pull the crown out to position 2 (second click). The second hand will stop.
2. Rotate the crown to set the main hour and minute hands. Advance the hands past 12 o'clock to determine if it is AM or PM. The date will change around midnight.
3. Push the crown back to position 1 (first click).
4. Rotate the crown to set the date. Rotate until the correct date is displayed. *Avoid setting the date between 9:00 PM and 3:00 AM, as this can damage the movement.*
5. Pull the crown out to position 2 again.
6. Set the exact time. When the second hand reaches the 12 o'clock position, push the crown back to position 0 (normal position) to start the watch.

5. Setting the GMT Function (Red Hand)

The red GMT hand tracks a second time zone on a 24-hour scale:

1. Pull the crown out to position 1 (first click).
2. Rotate the crown counter-clockwise. This will move the red GMT hand independently.
3. Set the red GMT hand to the desired second time zone on the 24-hour bezel.
4. Push the crown back to position 0 (normal position).

MAINTENANCE AND CARE

1. Cleaning Your Watch

Regular cleaning helps maintain the appearance and hygiene of your watch. Use a soft, dry cloth to wipe the case and crystal. For the stainless steel bracelet, a soft brush with mild soap and water can be used, ensuring the crown is fully pushed in and the watch is dried thoroughly afterward.

2. Water Resistance

The SSK023 is water resistant to 100 meters (10 bar). This means it is suitable for swimming and snorkeling, but not for scuba diving. Always ensure the crown is fully pushed in before any contact with water. *Do not operate the crown or pushers while the watch is wet or submerged.*

3. Avoiding Extreme Conditions

Avoid exposing your watch to extreme temperatures, direct sunlight for prolonged periods, strong magnetic fields, or harsh chemicals. These can affect the accuracy and materials of the watch.

4. Professional Service

For optimal performance, it is recommended to have your watch inspected and serviced by an authorized SEIKO service center every 3-5 years. This includes checking the movement, seals, and water resistance.

TROUBLESHOOTING

- **Watch has stopped:** Manually wind the watch as described in the 'Initial Winding' section. If it still does not run, it may require professional service.
- **Time is inaccurate:** Ensure the watch is being worn regularly or manually wound daily to maintain sufficient power reserve. If inaccuracy persists, professional adjustment may be needed.
- **Date does not change:** Check if the time is set correctly for AM/PM. If the date is set during the forbidden period (9 PM - 3 AM), it might not change correctly. Adjust the time past 3 AM and then set the date.

For issues not covered here, please contact SEIKO customer support or an authorized service center.

SPECIFICATIONS

Feature	Detail
Model Number	SSK023
Movement Type	Automatic with Manual Winding
Case Material	Stainless Steel
Band Material	Stainless Steel
Crystal	Thick, Curved Glass
Water Resistance Depth	100 Meters (10 Bar)
Case Diameter	39.4 mm
Case Thickness	13.6 mm
Band Width	20 mm
Dial Color	Black
LumiBrite	Hands and Indexes
Item Weight	0.27 Kilograms (9.52 ounces)

PRODUCT IMAGES



Front view of the SEIKO SSK023 5 Sports Field Series Automatic GMT Watch, showcasing the black dial, stainless steel case, and bracelet.



Angled view of the SEIKO SSK023 watch, highlighting the GMT bezel and the intricate stainless steel bracelet design.

WARRANTY AND SUPPORT

Your SEIKO SSK023 watch comes with a **1-Year Manufacturer Warranty**. This warranty covers manufacturing defects under normal use. Please refer to the warranty card included with your purchase for full terms and conditions.

For warranty claims, technical support, or service inquiries, please contact an authorized SEIKO service center or visit the official SEIKO website for more information.