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SEIKO SSK033

SEIKO Men's SSK033 5 Sports Watch Instruction Manual

Model: SSK033

INTRODUCTION

This manual provides essential information for the proper use and care of your SEIKO Men's SSK033 5 Sports Watch. Please read these instructions carefully to ensure optimal performance and longevity of your timepiece. This watch features an automatic movement with a 24-hour GMT hand, a bi-color rotating bezel, a silver sunray dial with luminous hands and markers, and a stainless steel bracelet. It is water-resistant up to 100 meters.

PRODUCT OVERVIEW

The SEIKO SSK033 is an automatic watch designed for reliability and functionality. Key features include:

- **Automatic Movement:** Powered by the motion of your wrist, eliminating the need for batteries.
- **24-Hour GMT Hand:** Allows tracking of a second time zone.
- **Bi-Color Rotating Bezel:** Useful for tracking elapsed time or a third time zone.
- **Silver Sunray Dial:** Enhances readability with a distinctive finish.
- **Luminous Hands and Markers:** Provides visibility in low-light conditions.
- **Stainless Steel Bracelet:** Durable and comfortable for daily wear.
- **Water Resistance:** Rated for up to 100 meters (330 feet).



Figure 1: Front view of the SEIKO SSK033 watch, showcasing the silver dial, luminous markers, and bi-color bezel.

SETUP AND INITIAL OPERATION

Winding the Watch

Your SEIKO SSK033 is an automatic watch. It is powered by the movement of your wrist. If the watch has stopped, it can be started by swinging it from side to side in a horizontal arc for about 30 seconds or by manually winding the crown.

1. To manually wind, turn the crown clockwise in the normal position (position 0) for approximately 20-30 turns.
2. The watch will start running. For optimal power reserve, wear the watch regularly.

Setting Time and Date

1. **Pull the crown out to position 2** (first click). Turn the crown to set the date. Avoid setting the date between 9 PM and 4 AM, as this can damage the movement.
2. **Pull the crown out to position 3** (second click). The second hand will stop. Turn the crown to set the hour and minute hands. To set the time accurately, synchronize with a reliable time source.
3. **Push the crown back to position 0** (normal position) to start the watch.

Setting the GMT Hand (24-Hour Hand)

The GMT hand allows you to track a second time zone.

1. **Pull the crown out to position 2** (first click).
2. Turn the crown counter-clockwise to adjust the 24-hour GMT hand independently.
3. Once the GMT hand is set to your desired second time zone, push the crown back to position 0.

OPERATING INSTRUCTIONS

Using the Rotating Bezel

The bi-color rotating bezel can be used for various timing purposes, such as tracking elapsed time or a third time zone.

- **For Elapsed Time:** Rotate the bezel so the zero marker aligns with the minute hand. The bezel's markings will then indicate elapsed minutes.
- **For Third Time Zone:** If you have set the main hands to local time and the GMT hand to a second time zone, you can use the rotating bezel to track a third time zone. Rotate the bezel so the desired third time zone's hour (on a 24-hour scale) aligns with the 24-hour GMT hand.

Water Resistance

The watch is water-resistant up to 100 meters (10 bar). This means it is suitable for everyday use, swimming, and snorkeling. It is **not** suitable for scuba diving.

- Ensure the crown is fully pushed in before exposing the watch to water.
- Do not operate the crown or pushers (if present) while the watch is wet or submerged.
- After exposure to saltwater, rinse the watch with fresh water and dry thoroughly.

MAINTENANCE AND CARE

Cleaning

Regular cleaning helps maintain the appearance and hygiene of your watch.

- Wipe the case and bracelet with a soft, dry cloth.
- For stubborn dirt, use a soft brush and soapy water, then rinse thoroughly with fresh water and dry. Ensure the crown is fully closed before using water.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch's finish.

Temperature and Environment

- Avoid exposing the watch to extreme temperatures (above 60°C / 140°F or below 0°C / 32°F) or sudden temperature changes.
- Keep the watch away from strong magnetic fields, as these can affect the accuracy of the mechanical movement.
- Avoid strong shocks or impacts.

Service

For optimal performance, it is recommended to have your watch inspected and serviced by an authorized SEIKO service center every 3-5 years.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch has stopped or runs intermittently.	Insufficient power reserve.	Manually wind the watch by turning the crown clockwise 20-30 times, then wear it regularly.
Time is inaccurate.	Exposure to magnetic fields or need for regulation.	Demagnetize the watch or have it regulated by a professional.
Date changes at noon instead of midnight.	AM/PM setting is incorrect.	Advance the time by 12 hours.
Water condensation inside the crystal.	Water ingress due to open crown or seal issue.	Immediately take the watch to an authorized service center.

SPECIFICATIONS

- **Model Number:** SSK033
- **Movement:** Automatic (Mechanical) with 24-Hour GMT Hand
- **Case Material:** Stainless Steel
- **Band Material:** Stainless Steel
- **Crystal:** Hardlex
- **Case Diameter:** 42.5 mm
- **Water Resistance:** 100 Meters (10 Bar)
- **Dial Color:** Silver Sunray
- **Bezel:** Bi-Color Blue and Black Rotating Bezel
- **Clasp Type:** Deployment Clasp with Safety
- **Item Weight:** 0.42 Kilograms (14.82 ounces)
- **Product Dimensions:** 4.8 x 3.8 x 3.5 inches

WARRANTY AND SUPPORT

Your SEIKO SSK033 watch is covered by a manufacturer's warranty against defects in materials and workmanship. Please refer to the warranty card included with your purchase for specific terms and conditions, including the warranty period and coverage details.

For warranty service, repairs, or technical support, please contact an authorized SEIKO service center. You can find a list of authorized service centers on the official SEIKO website or by contacting SEIKO customer service.

Important: Unauthorized repairs or modifications may void your warranty.