

CITIZEN®

INSTRUCTION MANUAL



Eco-Drive®



ENGLISH

DEUTSCH

FRANÇAIS

ESPAÑOL

ITALIANO

PORTUGUÊS

中文(繁体字)

中文(简体字)

Thank you for your purchase of this Citizen watch.

Before using the watch, read this instruction manual carefully to ensure correct use.

After reading, be sure to store this manual in a safe place should it be needed for future reference.

To determine the movement number

Your watch features a case number engraved on the case back (refer to figure to the right).

The first four characters of the case number represent the movement caliber number of the watch.

In the example on the right, “1234” is the movement number.

Engraving position example



The engraving position may differ depending on watch model.

Safety precautions

This manual may contain certain safety advisories. Your watch should be used in accordance with these advisories at all times to ensure optimal enjoyment of your watch and to prevent injury to yourself, other persons and/or damage to property.

- Safety advisories are categorized and depicted in this manual as follows:

 DANGER	Highly likely to cause death or serious injury
 WARNING	May cause serious injury or death
 CAUTION	May or will cause minor or moderate injury or damage

- Important instructions are categorized and depicted in this manual as follows:

	Warning (caution) symbol followed by instructions that should be followed and/or precautions that should be observed.
	Warning (caution) symbol followed by prohibited use and/or operation advisory.

<Notes before use—Protective stickers>

Prior to the watch being shipped from the manufacturing plant, its glass, case, metal band, and metal parts of the clasp are covered with stickers to protect them from getting fingerprints or scratches during transit from the plant to the store.

If the watch is worn without first removing these stickers, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

For this reason, please be sure to peel off the stickers before wearing the watch.

Before using the watch

The following must be done before using the watch:

- **Checking the power reserve → Page 10**

Check the charge level of the watch.

- **Setting the city → Page 12**

Select the city for which you want to indicate the time and date.

- **Checking the time signal reception → Page 11**

Check the result of the time signal reception.



Expose the dial to light regularly to charge the watch.
For details of charging, see page **32**.

Table of contents

Before using the watch.....	4	Receiving the time signal manually.....	24
Component identification.....	8	Switching Summer Time and standard time	26
Checking the power reserve.....	10	Recharging your watch.....	32
Checking the time signal reception	11	Adjusting the time/calendar manually.....	36
Setting the city	12	Checking and correcting the current reference position.....	40
Notes on the time signal reception	16		

Troubleshooting.....	44	Information	63
Eco-Drive (solar powered) Watch		Specifications.....	64
Handling Precautions	50		
Water resistance	54		
Precautions and usage			
limitations	57		
Maintenance.....	62		

Component identification



The illustrations in this instruction manual may differ from the actual appearance of your watch.

How to use the screw down crown and screw down push button

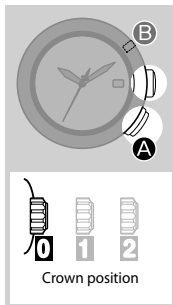
Some models feature a screw down crown and/or screw down push button. Locking the crown and/or button prevents accidental operation. These must be unlocked prior to using certain features of your watch such as setting the time or date.

	Unlock	Lock
Screw down crown	 Rotate the crown counterclockwise until it releases from the case.	 Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.
Screw down push button	 Rotate the locking screw counterclockwise, and loosen until it stops.	 Rotate the locking screw clockwise, and tighten firmly.

Some models feature a recessed button.

Press the button with a narrow-tipped object such as a wooden toothpick.

Checking the power reserve

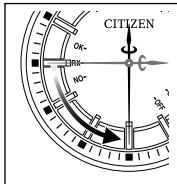


1. Ensure that the crown is in position **0**.

2. Press the lower right button

A briefly.

- When the charge of the watch is low, the second hand rotates a quarter counterclockwise. You need to charge the watch. See page 32.



3. Press the lower right button

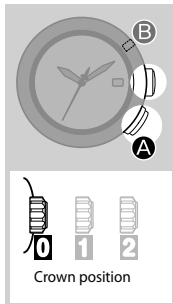
A briefly to finish the procedure.

The current time is indicated.

- The current time will be indicated automatically after 10 seconds even without pressing the button.

The second hand indicates "OK" or "NO" at the end of this procedure to show the reception result of the time signal.

Checking the time signal reception



1. Ensure that the crown is in position **0**.

2. Press the lower right button **A** briefly.

The second hand moves and indicates the reception result.

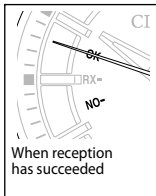
OK	Reception has succeeded.
NO	Reception has failed.

When reception has failed, see page 24.

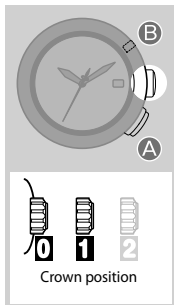
3. Press the lower right button **A** briefly to finish the procedure.

The current time is indicated.

- The current time will be indicated automatically after 10 seconds even without pressing the button.



Setting the city



Select the city for which you want to indicate the time and date.

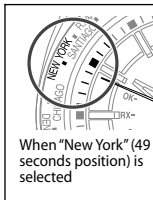
1. Pull the crown out to position 1.

The second hand moves and indicates the city currently selected.

2. Rotate the crown to select the city for which you want to indicate the time and date.

- For details of the selection of cities, see pages 13 to 15.
- Each time you select a city, the time and date of the city you have selected will be indicated.

3. Push the crown in to position 0 to finish the procedure.



After setting the city, check the displayed time—Summer Time or standard time. (See pages 26 to 31.)

Table of selectable cities

- The indications in the table below are written differently on some models.
- The signal station is changed depending on the selected city. Some cities cannot receive the signal though the signal station is assigned in the list.
- When you use the watch in a place which is not shown in the table below, select the city in the same time zone as the city you want to indicate.
- The time difference in the table below is based on UTC.
- The standard time for each area or country may change according to their situation.
- For cities indicated by / , the watch shows Summer Time/standard time in common.

Indication		Second hand position	City name	Time difference	Signal from...
LONDON	LON	0	London	0	Germany
PARIS	PAR	2	Paris	+1	
ATHENS	ATH	4	Athens	+2	
MOSCOW	MOW	7	Moscow	+3	
DUBAI	DXB	9	Dubai	+4	

Setting the city

Indication		Second hand position	City name	Time difference	Signal from...
KARACHI	KHI	11	Karachi	+5	China
DELHI	DEL	14	Delhi	+5.5	
DHAKA	DAC	16	Dhaka	+6	
BANGKOK	BKK	18	Bangkok	+7	
BEIJING	BJS	21	Beijing	+8	
TOKYO	TYO	23	Tokyo	+9	Japan
ADELAIDE	ADL	25	Adelaide	+9.5	
SYDNEY	SYD	28	Sydney	+10	
NOUMEA	NOU	30	Noumea	+11	
AUCKLAND	AKL	32	Auckland	+12	

Indication		Second hand position	City name	Time difference	Signal from...
MIDWAY	MDY	35	Midway Island	-11	USA
HONOLULU	HNL	37	Honolulu	-10	
ANCHORAGE	ANC	39	Anchorage	-9	
L.ANGELES	LAX	42	Los Angeles	-8	
DENVER	DEN	44	Denver	-7	
CHICAGO	CHI	46	Chicago	-6	
NEW YORK	NYC	49	New York	-5	
SANTIAGO	SCL	51	Santiago	-4	
R.JANEIRO	RIO	53	Rio de Janeiro	-3	Germany
F.NORONHA	FEN	56	Fernando de Noronha	-2	
AZORES	PDL	58	Azores	-1	

For details of each signal station, see pages **18** to **21**.

Notes on the time signal reception

Receiving the time signal

There are three ways to receive the time signal:

Methods	Explanations
Automatic reception	Receives the signal at 2:00 a.m. every day. If reception is unsuccessful, the watch tries to receive at 3:00 a.m. and 4:00 a.m.
On demand reception	Receives the signal when you want to adjust the time and date. See page 24 .
Recovery automatic reception	Receives the signal automatically after charging when the watch stops due to insufficient charge.

* These reception methods are possible only when the crown is in position **0**.

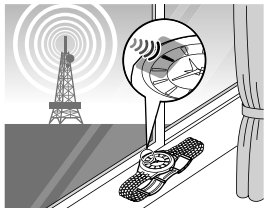
The second hand indicates the reception result (OK/NO). (See page **11**.)

- The time signal reception function cannot be deactivated.
- Even when this watch receives a time signal successfully, the accuracy of the displayed time will be dependent on the reception environment and internal processing.
- If the watch is not able to receive the signal, it will operate normally within an accuracy range of ± 15 seconds per month.

When receiving the time signal

Remove the watch and place it on a stable surface where it can receive the signal better, such as next to a window.

- The reception antenna is located at the 9:00 position of the watch. Place the watch with the 9:00 position facing toward the station.
- Do not move the watch during time signal reception.
- The watch will not receive a time signal when in a low charge state as indicated by the second hand moving in two second increments (the insufficient charge warning). Charge the watch before reception.



Notes on the time signal reception

Note on the time signal

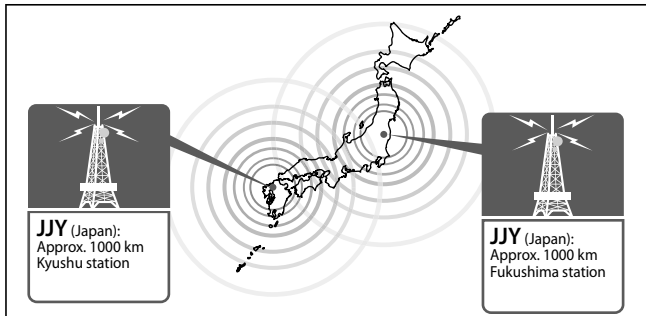
This watch receives the time signal from the five signal stations located in four regions and automatically adjusts the time and date. The receivable signal stations are listed as follows:

Signal stations	Kind of the time signal
Fukushima station, Japan	JJY
Kyushu station, Japan	
Fort Collins station, Denver, Colorado, USA	WWVB
Mainflingen station, Southeast Frankfurt, Germany	DCF77
Shangqiu station, Henan, China	BPC

Refer to the maps on pages **19** to **21** to see the locations of the signal stations and their receivable area roughly.

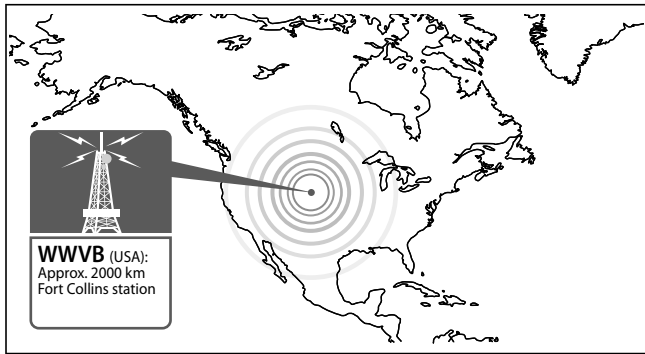
Approximate receivable area

The distance of receivable range is only used as an approximate value. It is often affected by the receiving environment and weather.

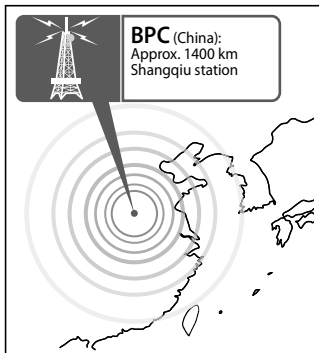
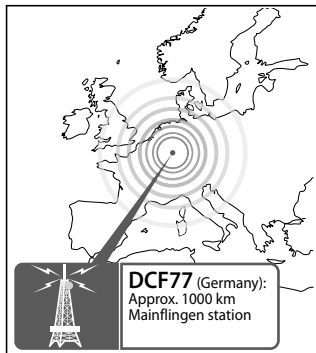


Notes on the time signal reception

The distance of receivable range is only used as an approximate value. It is often affected by the receiving environment and weather.



The distance of receivable range is only used as an approximate value. It is often affected by the receiving environment and weather.



Notes on the time signal reception

Poor reception areas

It may be difficult to receive the time signal properly under certain environmental conditions or in areas susceptible to radio noise.

- Extremely hot or cold locations



- Inside vehicles



- Near electrical equipment or office appliances



- Near high-tension electrical lines, railway overhead wires or communication facilities



- Inside reinforced concrete buildings, between tall buildings, mountains, or underground



- Near mobile phones that are in use



■ When signal reception is poor

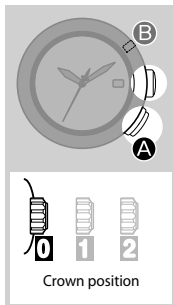
High-tension electrical lines or other structures near your house may block the path to the signal location. This may cause a poor environment for receiving the time signal.

With reference to pages **19** to **21**, search for a better place for reception.

Then, attempt to receive the time signal following the procedure on pages **24** and **25**.

* It may be difficult to receive the time signal through windows containing wire mesh.

Receiving the time signal manually



You can adjust the watch by receiving the time signal any time when the time and date are not correct or the reception result is “NO.”

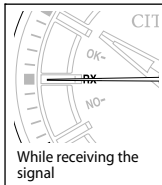
- The watch will not start to receive if the second hand is moving once every two seconds (this is the insufficient charge warning). Charge the watch beforehand.
- When you want to receive the signal, you must be in an area where you can receive the signal. Confirm the city is selected correctly. See pages **12** to **15**.

1. **Ensure that the crown is in position 0.**
2. **Press and hold the lower right button **A** for two or more seconds.**

The second hand moves to “RX” and the watch starts receiving.

After receiving the time signal, the second hand will move normally.

- It takes from two to fifteen minutes to complete the time signal reception.



Successful signal reception	The time will be updated and the watch will resume normal operation.
Failed signal reception	Normal operation resumes with previously set time.

To cancel the reception

Press and hold the lower right button **A for two or more seconds.**

Cancel the reception and the current time will be indicated.

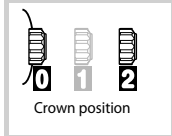
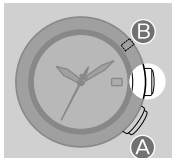
Switching Summer Time and standard time

Summer Time is a system adopted in some countries/areas to gain an extra hour of daylight during summer by advancing clocks by one hour.

- The summer time rules may change depending on the country or area.
- While the summer time is in effect, some time signals include the summer time check signal.
- By receiving the time signal, the watch automatically switches between Summer Time and standard time in accordance with the summer time check signal (automatic switching function).
- Before and after the summer time season, confirm the watch shows Summer Time or standard time correctly.

Checking the time currently shown

Check whether the watch shows Summer Time or standard time.



1. Pull the crown out to position **2**.

The second hand moves and indicates which time is currently shown.

ON	Summer Time is shown
OFF	The standard time is shown

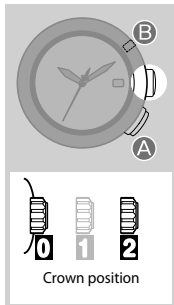


When Summer Time is shown

2. Push the crown in to position **0** to finish the procedure.

To change the time to show, see page 28.

Changing the time to show



1. Pull the crown out to position **2**.
2. Rotate the crown to change the time to show.

To show Summer Time:

Rotate the crown to the right to select "ON."

To show the standard time:

Rotate the crown to the left to select "OFF."

- If you show the standard time manually, the watch will not show Summer Time when receiving the time signal. See page 30.

3. Push the crown in to position **0** to finish the procedure.

<Time shown for each city>

The watch shows and memorizes Summer Time/standard time in common for the following cities in each area so you do not need to change them for each city.

- If you show the standard time manually for a city, the watch always shows the standard time for that city regardless of the time shown for other cities in the same area.

Areas receiving the signal from USA	Anchorage (ANCHORAGE/ANC), Los Angeles (L.ANGELES/LAX), Denver (DENVER/DEN), Chicago (CHICAGO/CHI), New York (NEW YORK/NYC)
Areas receiving the signal from Germany	London (LONDON/LON), Paris (PARIS/PAR), Athens (ATHENS/ATH), Moscow (MOSCOW/MOW), Azores (AZORES/PDL)

For cities other than those listed above, the time shown last is memorized for each city.

■ To cancel the automatic switching function

If you manually show the standard time in step 2 on page **28**, the automatic switching function is deactivated and the watch will not show Summer Time by signal reception. If you are in an area that receives the summer time check signal but does not adopt Summer Time, deactivate the automatic switching function.

To activate the automatic switching function again

Select "ON" in step 2 on page **28** to show Summer Time.

- This operation also activates the automatic switching function.
- If you activate the automatic switching function when Summer Time season is not in effect, receive the time signal to show the standard time.

Recharging your watch

This watch has a rechargeable cell which is charged by exposing the dial to light such as direct sunlight or fluorescent lamps.

For optimal performance:

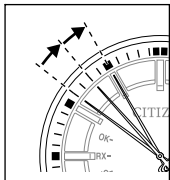
- Expose the watch with the dial facing towards direct sunlight for five to six hours at least once a month.
- After taking off the watch, put it in a position where the dial is exposed to bright light, such as by a window.
- Before storing the watch in a dark place for an extended period of time, be sure to charge it fully.

When the watch is regularly covered with long sleeves, it may not be charged sufficiently. Try to keep the watch exposed to light sufficient for charging. Do not charge the watch at a high temperature (about 60°C or higher).

When the watch reaches a low charge state—insufficient charge warning function

When the power reserve becomes low, the second hand moves once every two seconds—This is the insufficient charge warning function. Charge the watch by exposing the dial to light.

- After the watch is charged, the second hand will move normally.
- If you have not charged the watch for three days or more since the insufficient charge warning movement began, the watch will run out of power and stop.



Caution

- Even when the second hand moves once every two seconds, the current time and date are indicated. However, no operations are available.
- When you check the power reserve (page 10) or the time signal reception (page 11) and the second hand rotates a quarter counterclockwise, you can operate the watch as usual. However, the watch needs to be charged.

Recharging your watch

Charging time by environment

Below are the approximate times needed for charging when exposing the watch dial to light continuously. Please use this table as a reference only.

Environment	Illuminance (Lx)	Charging time for the second hand to move normally for one day	Charging time for the second hand to start moving normally when the rechargeable cell is empty	Charging time for the rechargeable cell to become fully charged when the rechargeable cell is empty
Outdoor (Under direct sunlight)	100 000	4 minutes	40 minutes	30 hours
Outdoor (Cloudy weather)	10 000	12 minutes	1 hour	40 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3 000	40 minutes	2.5 hours	150 hours
Interior lighting	500	4 hours	14 hours	970 hours

Your watch will run for approximately six months from a full charge or up to two years with the power save feature engaged.

After the second hand starts moving once every two seconds, it will last for approximately three days.

Power save feature

When the watch is not exposed to light for more than seven days such as when you store it in the dark, the minute hand and second hand automatically stop to save power. However, the watch still keeps the time.

- When the crown position is **1** or **2**, the power save feature will not activate.
- The power save feature can not be activated manually.

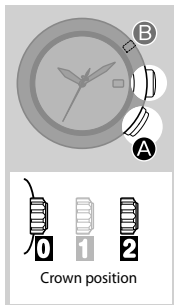
To cancel the power save feature

When the watch is exposed to light sufficient for charging, the power save feature is automatically disengaged and normal time indication will resume.

After the power save feature is disengaged, you should receive the time signal manually. See pages **24** and **25**.

- The power save feature cannot be canceled by operating the crown or buttons.

Adjusting the time/calendar manually



- 1. Pull the crown out to position 2.**
- 2. Press the lower right button A briefly.**
The second hand moves to the 0 second position.
- 3. Rotate the crown to adjust the minute.**
 - The second hand rotates around once and the minute hand moves one minute.
 - When it passes “0:00:00,” the date advances by one day. Be aware of the AM/PM status when you adjust the time.
- 4. Press the lower right button A briefly.**
The hour hand moves slightly.
- 5. Rotate the crown to adjust the hour.**
 - When it passes “0:00:00,” the date advances by one day. Be aware of the AM/PM status when you adjust the time.

- 6. Press the lower right button  briefly.**

The date indicator moves slightly.

- 7. Rotate the crown to adjust the date.**

- 8. Press the lower right button  briefly.**

The second hand indicates the current setting of the month and year.

- 9. Rotate the crown to adjust the month and year.**

- See pages **38** and **39** for how to read the year and month.

- 10. Push the crown in to position  to finish the procedure.**

The current time is indicated.

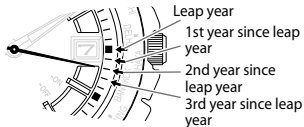
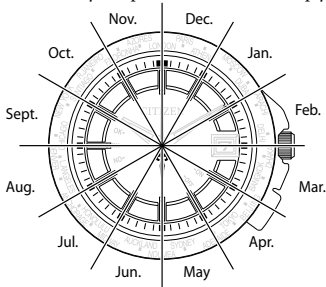
When adjusting the minute/hour/date, you can move the hands or date indicator continuously by spinning the crown quickly a few times. To stop them, rotate the crown in either direction.

Continued on the next page

Adjusting the time/calendar manually

Month and year indications

The year and month are indicated by the second hand when you adjust the time and calendar manually. The date is corrected automatically at the end of each month if the number of years passed since the last leap year and month are set correctly.



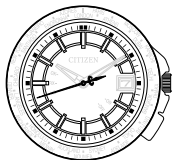
e.g.
When it is March in the second year since the leap year.

The position of the second hand shows the month.

Each minute mark denotes the number of years since a leap year.



The figure shows April in the 3rd year since the recent leap year (e.g. 2011).



The figure shows August in the 2nd year since the recent leap year (e.g. 2014).

Quick reference chart for number of years passed since leap year

Indication of the second hand	Passed year	Year
Hour marker	Leap year	2012, 2016, 2020
1st min. marker	1st year	2013, 2017, 2021
2nd min. marker	2nd year	2014, 2018, 2022
3rd min. marker	3rd year	2011, 2015, 2019

Checking and correcting the current reference position

If the time or date is not shown correctly even after proper reception of the time signal, check whether the reference position is correct or not.

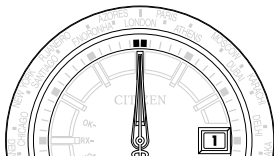
What is the reference position?

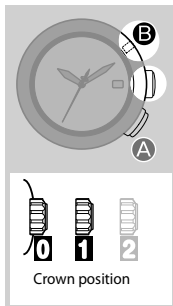
The base position for all the hands to indicate the time and date.

- **For the time indication: “0:00:00”**
- **For the date indication: “1”**

If the time and date indications are off from the correct reference position, the watch will not indicate the time and date correctly.

Correct reference position





1. Pull the crown out to position **1**.
2. Press and hold the upper right button **B** for five or more seconds.

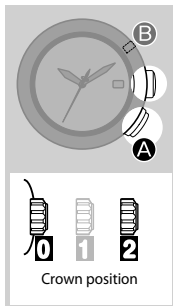
All hands and the date indicator move to indicate the current reference position.

- No operations are available while the hands and date indicator are moving.

Reference position	Next operation
Correct	Push the crown in to position 0 to finish the procedure. (You do not need to correct the reference position.)
Incorrect	Correct the reference position. (Proceed to step 3 on page 42 .)

Continued on the next page

Checking and correcting the current reference position



3. **Pull the crown out to position 2.**
4. **Press the lower right button A briefly.**
The hour hand moves slightly.
5. **Rotate the crown to adjust the hour hand to the "0:00:00" position.**
 - If you spin the crown quickly a few times, the hand will move continuously. To stop it, rotate the crown in either direction.
6. **Press the lower right button A briefly.**
The minute hand and second hand move slightly.

- 7. Rotate the crown to adjust the minute hand and second hand to the "0:00:00" position.**
 - If you spin the crown quickly a few times, the hands will move continuously. To stop them, rotate the crown in either direction.
- 8. Press the lower right button  briefly.**

The date indicator moves slightly.
- 9. Rotate the crown to adjust the date to the "1" position.**
 - If you spin the crown quickly a few times, the date indicator will move continuously. To stop it, rotate the crown in either direction.
- 10. Push the crown in to position  to finish the procedure.**

Correction of the current reference position is finished and the time is indicated.

Troubleshooting

If you have a problem with your watch, check the table below.

Symptoms	Remedies	Page
----------	----------	------

Problems with time signal reception.

Reception is unsuccessful in a receivable area.	Push the crown in to position 0 .	—
	Check the city setting.	12 to 15
	Avoid things likely to interfere with the time signal and place the watch with the 9:00 position facing toward the station.	17 and 22
	Do not move the watch until the reception is finished.	17
	When the second hand moves once every two seconds, the watch cannot receive the time signal. Charge the watch.	34

Symptoms	Remedies	Page
The correct time and date are not indicated after successful reception.	Check the city setting.	12 to 15
	Check and correct the current reference position.	40 to 43

The hands do not work properly.

The second hand rotates a quarter counterclockwise when you check the reception result.	Charge the watch.	32
The second hand moves once every two seconds.	Charge the watch.	33
All hands stop moving.	Push the crown in to position 0 .	—
	Charge the watch by exposing it to direct sunlight for five to six hours.	34

Continued on the next page

Troubleshooting

Symptoms	Remedies	Page
----------	----------	------

The hands do not work properly.

The hands start turning rapidly as you take the watch out of the case.	The watch is canceling the power save feature. Wait until the rapid movement stops.	35
--	---	-----------

The time and/or date is not correct.

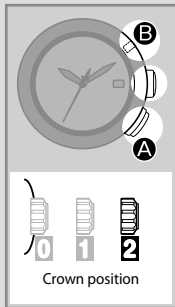
The time and/or date is wrong.	Check the city setting.	12 to 15
	Check and correct the current reference position.	40 to 43
	Receive the time signal manually to adjust the time and date.	24 and 25
	Set the time and date manually.	36 to 39
Summer Time is not shown.	Select "ON" manually or receive the time signal.	26 to 31

Symptoms	Remedies	Page
The time is wrong even though the city setting is correct and the signal reception was successful.	Check the displayed time—Summer Time or the standard time—and change it if necessary.	26 to 31
	Check and correct the current reference position.	40 to 43
The date changes at around 12:00 p.m.	Receive the time signal manually to adjust the time and date.	24 and 25
	Adjust the time by 12 hours manually.	36 to 39

Others

The hands do not move even if the watch is charged.	Charge the watch by exposing it to direct sunlight for five to six hours. If the trouble is not solved after charging, contact your nearest Authorized Citizen Service Center.	34
---	---	-----------

Resetting the watch



The watch may not work properly if it is affected by static electricity or shock. In this case, you must reset the watch.

Caution

- Be sure to charge the watch fully before resetting it. (Page 34)
- You must correct the current reference position after resetting the watch.

After resetting the watch, the settings are changed as follows:

- Calendar: 1 January (leap year)
- City: London
- Summer time: "OFF" for all cities (automatic switching)

1. **Pull the crown out to position 2.**
2. **Press the upper and lower right buttons **A** and **B**, then release them.**

The second hand moves to the "0" second position, the hour hand and date indicator move slightly, and the watch is now reset.

After resetting the watch

You must set the watch again following the procedure below.

1. Correct the current reference position.

See from step 4 on page 42.

2. Select a city.

See pages 12 to 15.

3. Adjust the time/calendar.

- When adjusting by receiving the time signal manually:
→ See pages 24 and 25.
- When adjusting manually:
→ See pages 36 to 39.

Eco-Drive (solar powered) Watch Handling Precautions

<Always Make Sure to Recharge Frequently>

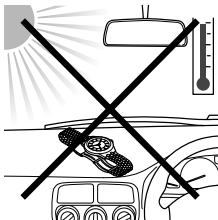
- Please note that if you wear long sleeves, the watch may stop as a result of being covered by your sleeve and blocked from the light.
- When you take off the watch, try to place it in as bright a location as possible. This will ensure that it will continue to run properly.

CAUTION Recharging Precautions

- Do not charge your watch at high temperatures (60°C/140°F) as this may cause damage to sensitive components and the watch to malfunction.

Examples:

- Charging the watch too close to a light source which generates a large amount of heat such as an incandescent lamp or halogen lamp.
 - * When charging your watch under an incandescent lamp, be sure to leave 50 cm (19-11/16 inches) distance between the lamp and the watch to avoid excessive heat. Never use a halogen lamp for recharging as these generate excessive heat.
- Charging the watch in a location where the temperature may become extremely high such as on the dashboard of a vehicle.



Eco-Drive (solar powered) Watch Handling Precautions

<Replacement of Rechargeable Cell>

- Your watch features a cell that does not need regular replacement. However, after an extended period of time, power consumption may increase due to deterioration of lubrication in the movement. This may result in shorter than expected run time. Be sure to have your watch regularly inspected by an Authorized Service Center.
Note: Regular maintenance is not covered under the terms of the warranty.

WARNING Handling of Rechargeable Cell

- The rechargeable cell should never be removed from the watch.
If for any reason it becomes necessary to remove the rechargeable cell from the watch, keep out of the reach of children to prevent accidental swallowing.
If the rechargeable cell is accidentally swallowed, consult a doctor immediately.
- Do not dispose of the rechargeable cell with ordinary garbage. Please follow the instructions of your municipality regarding collection of batteries to prevent the risk of fire or environmental contamination.



WARNING Use Only the Specified Rechargeable Cell

- Never install a conventional battery in your watch. Only use the specified rechargeable cell. Your watch is designed to operate only with the original type of rechargeable cell. It is not designed to run or be used with a conventional type of battery. Installing such a battery may result in overcharging which may cause the battery to burst. This can cause damage to the watch and injury to the wearer.

If for any reason the rechargeable cell needs replacement, be sure to use only the original type rechargeable cell. We recommend contacting your nearest Authorized Service Center for this service.

Water resistance

WARNING Water Resistance

- Refer to the watch dial and the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly.
(The unit “1bar” is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) ××bar may also be indicated as W.R.××bar.

Name	Indication	Specification
	Dial or Case back	
Non-water resistant		Non-water resistant
Everyday-use water resistant watch	WATER RESIST(ANT)	Water-resistant to 3 atmospheres
Upgraded everyday use water-resistant watch	WATER RESIST(ANT) 5 bar	Water-resistant to 5 atmospheres
	WATER RESIST(ANT) 10/20 bar	Water-resistant to 10 or 20 atmospheres

Water-related use					
 Minor exposure to water (washing face, rain, etc.)	 Swimming and general washing work	 Skin diving, marine sports	 Scuba diving using an air tank	 Operate the crown or button when the watch is wet	
NO	NO	NO	NO	NO	
OK	NO	NO	NO	NO	
OK	OK	NO	NO	NO	
OK	OK	OK	NO	NO	

Water resistance

- Non-water resistant watches cannot be used underwater or in environments in contact with water.
- Water-resistance for daily use (to 3 atmospheres) means that the watch may be worn while washing your face or in the rain, but is not to be immersed in water.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to worn while skin diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba or saturated diving using helium gas.
- For a metallic, plastic or rubber watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush. If your watch is not water resistant, be sure not to get the case of the watch wet.

Precautions and usage limitations



CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- DO NOT wear your watch while in a sauna, jacuzzi or other location where it may become excessively hot. This may result in burns to the wearer and/or malfunction of your watch.
- Be careful when putting on or taking off your watch since there is a risk of pinching your skin or damaging your fingernails depending on the manner in which the band is fastened.

CAUTION Precautions

- Do not adjust the length of the band by yourself. If you fail to perform the work properly, the watch may fall off, or an injury may occur during adjustment. Consult the shop where you purchased the watch or your nearest Authorized Citizen Service center.
If you purchase a product which is sold with a special tool for band adjustment, you may carefully adjust the band yourself.
- Always wear your watch with the crown pushed in to the normal position. If your crown is a screw down type, be sure it is properly screwed down (locked) to the case.
- Do not operate the crown or any buttons when the watch is wet. This may allow the entrance of moisture and cause damage to sensitive components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult Authorized Service Center for inspection and/or repair.
- If a watch of upgraded water resistance for daily use is immersed in sea water or subjected to excessive perspiration, thoroughly rinse with fresh water and wipe completely dry with a soft cloth.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

Precautions and usage limitations

- A rubber type strap may become stained by dyes or soils found in clothing and other accessories. Since these stains may become permanent, take caution when wearing your watch with items that may transfer color (articles of clothing, purses, dyed bracelets, etc.).
- Solvents, moisture and perspiration may cause the strap to deteriorate. Be sure to replace a strap that has become dried, brittle, or cracked to prevent loss due to strap failure.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature. Do not use the watch in places where the temperature is outside the operating temperature range as stated in the specifications.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note that the watch may malfunction if exposed to intense static electricity.

<Magnetism>

- Analog type quartz watches are powered by a motor that utilizes a small magnet. The operation of this motor can be disturbed if the watch is subjected to magnetic items resulting in the malfunction of the watch. Do not allow the watch to come into close proximity to magnetic items such as “health” bracelets or necklaces, coin trays, latches found in cabinets and refrigerators, certain clasps of handbags and cell phone pouches, cell phone speakers, certain sporting accessories, MRI equipment, etc.

Precautions and usage limitations

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Chemicals, Corrosive Gasses and Mercury>

- If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come in contact with the watch, they may cause discoloration, deterioration and damage materials of the watch. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.



CAUTION Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.

Note: Do not operate the crown or any buttons when the watch is wet.

- The case and band of the watch come into direct contact with the skin in the same manner as undergarments. Corrosion of the metal or unnoticed soiling such as that caused by perspiration and dirt can soil sleeves and other portions of clothing. Keep your watch clean at all times.

Precautions and usage limitations

- The case and band of the watch come in to direct contact with the skin. This may result in unnoticed accumulations of dirt and foreign matter caused by normal wear. Accumulated matter may cause rust, discoloration, and premature wear. Be sure to regularly clean your watch with a soft cloth. If severe accumulations occur, you may need to have your case and/or bracelet professionally cleaned.
- In some instances, accumulations of dirt and foreign matter may cause skin reactions. This may also occur due to certain allergies beyond our control. If this occurs, immediately discontinue use of your watch and consult your physician.
- Leather, cloth, and other natural skin straps may become discolored or brittle from moisture, perspiration and/or accumulated dirt. To maximize the life of your strap, be sure to keep your leather band clean and dry by wiping it with a soft cloth each day.

CAUTION Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

Maintenance

Daily maintenance

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- Wipe off dirt, perspiration, and water from the case and glass with a clean soft cloth occasionally.
- To clean a metal, plastic, or rubber watchband, wash away dirt with water. Use a soft brush to remove dust and dirt stuck in the gaps in a metal band.
- Do not use a polishing type of cloth as this may damage the surface and certain treatments.
- Do not use solvents (thinner, benzine, etc.), as they may damage the finish.

Periodical inspections

Your watch needs an inspection once every two or three years for safety and longer usage. To keep your watch water-resistant, the gaskets and other components need to be replaced regularly. Other parts need to be inspected and replaced if necessary.

Always ask for genuine Citizen parts upon replacement.

Information

The time signal

The time signal is broadcast almost continuously 24-hours a day, but may occasionally be interrupted due to maintenance. The broadcasting conditions of the time signal can be checked on the station web site.

The time signal has no effect on the human body or medical equipment.

About the Watch with Luminous Paint

Your watch may feature luminous treatment to the dial and hands to aid you in reading the watch in dimly lit environments. This luminous treatment stores light from both natural and artificial sources. It is free from any radioactive substance or any other material that may be harmful to the environment or human body.

- The light emission of the luminous material gradually decreases as time passes.
- The duration and amount of light emitted will vary depending on the brightness, type of and distance from the light source, exposure time and amount/size of luminous treatment.
- When not exposed to a light source, light emission from the luminous treatment will start off bright and gradually diminish over a period of hours. The duration of visible light emission will vary with type of and duration of light exposure as well as size of luminous features of your watch.

Specifications

Model	H149	Type	Analog solar-powered watch
Timekeeping accuracy (without the time signal reception)	Within ± 15 seconds per month when worn at normal operation temperatures (between $+5^{\circ}\text{C}$ and $+35^{\circ}\text{C}$)		
Operating temperature range	-10°C to $+60^{\circ}\text{C}$		
Display functions	• Time: Hours, minutes, seconds • Calendar: Date • City		
Maximum run time from full charge	• Fully charged to fully discharged: Approximately two years (with power save feature) Approximately six months (at normal operation) • Power reserve upon insufficient charge warning function: Approximately three days		
Battery	Rechargeable cell (lithium button cell), 1pc.		

Additional functions	• Solar power function • Power reserve indication • Overcharging prevention function • Insufficient charge warning function (two-second interval movement) • Energy saving function (power save feature) • Receiving time signal (automatic, on demand, automatic recovery) • Confirming reception status (RX) • Automatic selection of time signal stations (JJY only) • Indicating the result of the last reception (OK/NO) • Summer Time (ON/OFF) • City setting (26 cities) • Perpetual calendar (until February 28th, 2100)
-----------------------------	--

Specifications are subject to change without prior notice.



This product follows the provisions of EMC(2004/108/EC)
amended by the Directive 93/68/EEC

EMC EN61000-6-1:2007
 EN61000-6-3:2007

Model No.CB1 *
Cal.H149
CTZ-B8156