

Thank you for your purchase of this Citizen watch.

B

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.



Before using the watch



Before using the watch..... 3

Component identification..... 6




Hour hand

Daylight saving time
indication (ON/OFF)

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.

Checking the time signal reception

1. Ensure that the crown is in position **0**.
2. Press and release the lower right button **A**.
The second hand moves and indicates the reception result.

■ Table of selectable cities



I

Approximate receivable area



■ Poor reception areas

■ When signal reception is poor

High-tension electrical lines or others 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 17 to 19, search for a better place for reception.

Then, attempt to receive the time signal following the procedure on pages 22 and 23.

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





1. Pull the crown out to position 2.

The second hand will rotate to indicate the Daylight Saving Time set in memory.

ON	Daylight Saving Time is on and time is advanced.
OFF	Daylight Saving Time is off.

2. Push the crown in to position 1.

1. Pull the crown out to position

■ If you live in an area that does not observe Daylight Saving Time v7Fdcontinued)

<Movement caliber H145>



■ 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 fully charged, the second hand will resume normal operation.
- If you have not charged the watch for three days or more since the insufficient charge warning movement began, the watch will run out power and stop.

Caution

- Even when the second hand moves once every two seconds, the current time and date are indicated. However, no other functions or time signal reception will operate under a lower power state.

■ 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.



■ 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. (The time signal reception is not possible with the power save feature engaged.) However the watch still keeps the time.

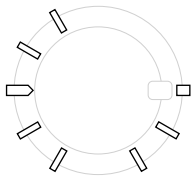
- When the crown position is ■

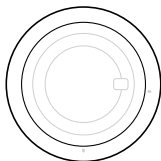


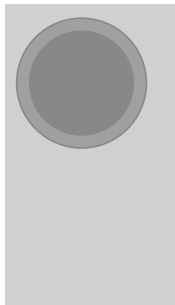
Adjusting the time/calendar manually

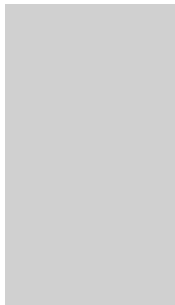
1. Pull the crown out to position **2**.
2. Press and release the lower right button **A**.
The second hand moves to the 0 second position.
3. Rotate the crown to adjust the minute.
 - The second hand rotates around once and the minute hand moves one minute.
 - When it passed "0:00:00," date advances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

- 6. Press and release the lower right button Δ .**
The date indicator moves slightly.
- 7. Rotate the crown to adjust the date.**
- 8. Press and release the lower right button Δ .**
The second hand indicates the current setting of the month and year.
- 9. Rotate the crown to set the current month and leap year.**









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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

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



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 32)
- You must correct the current reference (0) position after resetting the watch.

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

After resetting the watch

You must set the watch again following the procedure below.

1. Select a city.

See pages 10 to 13.

- After resetting the watch, the standard time is shown for all cities (the watch

Solar-powered watch handling precautions

<Always be Sure to Expose Your Watch to Light Regularly>

<Replacement of Rechargeable Cell>


- Your watch features a cell that does not need regular replacement.

!

Precautions and usage limitations

 **CAUTION** To Avoid Injury

- 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



Daily maintenance

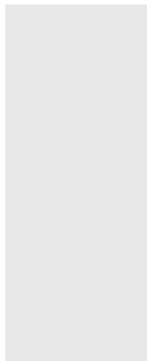
- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.





■ The time signal





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Additional functions	<ul style="list-style-type: none">• Solar power function• Power reserve indication• Overcharging prevention function• Insufficient charge warning function (two-second interval movement)
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