

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.

* The case has different features depending on the model.

Details of the case features are not contained in this manual, see “<http://www.citizenwatch.jp/support/default.htm>”.

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.


Before using the watch

The followings must be done before using the watch:

- **Checking the power reserve → Page 8**
Check the charge level of the watch.
- **Checking the time signal reception → Page 9**
Check the result of the time signal reception.
- **Setting the city → Page 10**
Select the city for which you want to indicate the time and date.

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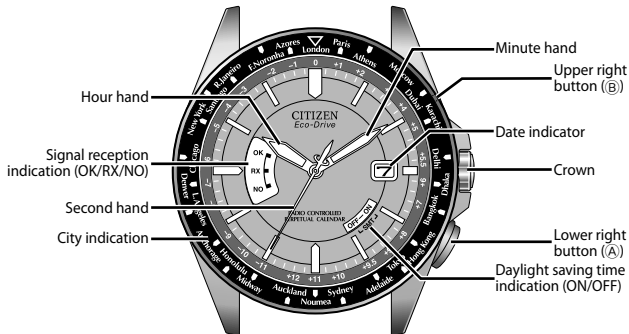
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


Component identification



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

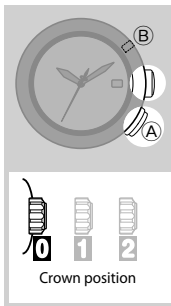
How to use the screw down crown and screw down push button

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	 <p>Rotate the crown counterclockwise until it releases from the case.</p>	 <p>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.</p>
Screw down push button	 <p>Rotate the locking screw counterclockwise, and loosen until it stops.</p>	 <p>Rotate the locking screw clockwise, and tighten firmly.</p>

Some models feature a recessed button.
Press the button with a narrow-tipped object such as a wooden toothpick.

Checking the power reserve



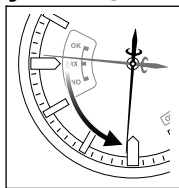
1. Ensure that the crown is in position **0**.
2. Press and release the lower right button **(A)**.

- When the charge of the watch is low, the second hand rotates a quarter counterclockwise. You need to charge the watch. See page **30**.

3. Press and release the lower right button **(A)**.

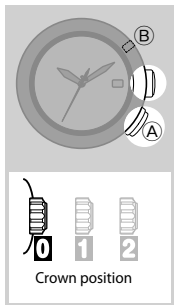
The watch will resume normal operation.

- The watch will resume normal operation 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 and release the lower right button **A**.

The second hand moves and indicates the reception result.

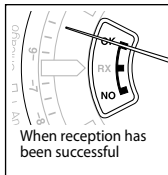
OK	Reception has succeeded.
NO	Reception has failed.

When reception has failed, see page 22.

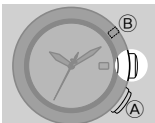
3. Press and release the lower right button **A**.

The watch will resume normal operation.

- The watch will resume normal operation automatically after 10 seconds even without pressing the button.



Setting the city



Crown position



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 to indicate the currently selected city.

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 **11** to **13**.
- Each time you select a city, the time and date of the city you have selected will be indicated.

3. Pull the crown out to position 2.

The second hand rotates to indicate the current Daylight Saving Time (SMT) setting.

- You can change the setting by rotating the crown. For details, see pages **24** to **29**.

4. Push the crown in to position 0.

The watch resumes normal operation. (The current time is indicated.)

Table of selectable cities

- The cities listed in the table below may be abbreviated or spelled out, depending on the model.
- 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 one as the city you want to indicate.
- The time difference in the table below is based on UTC.
- For cities indicated by / , the result of the Daylight Saving Time check signal reception is memorized 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	

Continued on the next page

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	
Hong Kong or Beijing	HKG or BJS	21	Hong Kong or 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	
F.Noronha	FEN	56	Fernando de Noronha	-2	Germany
Azores	PDL	58	Azores	-1	

For details of each signal station, see pages **16** to **19**.

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	Receive the signal manually when you want to adjust the time and date. See page 22.
Recovery automatic reception	Receives the signal automatically after charging when the watch stops due to insufficient charge.

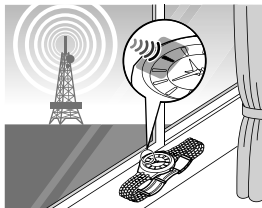
The second hand indicates the reception result (OK/NO). (See page 9.)

- 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.



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:

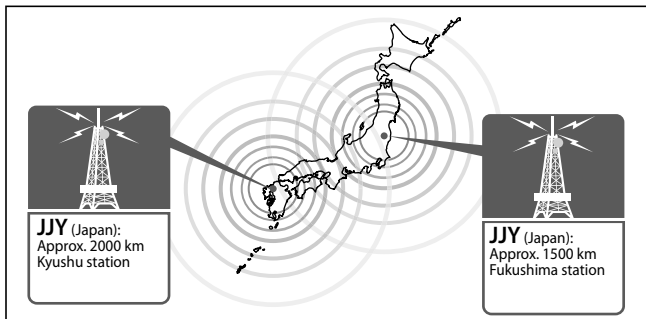
Signal stations	Kind of the time signal
Fukushima station, Japan	JJY
Kyushu station, Japan	
Fort Collins station, Denver, Colorado, USA	WWVB
Mainflingen station, Southeast Frankfurt, Germany	DCF77
Shangqiu station, Henan, China	BPC

Refer to the maps on pages **17** to **19** 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.

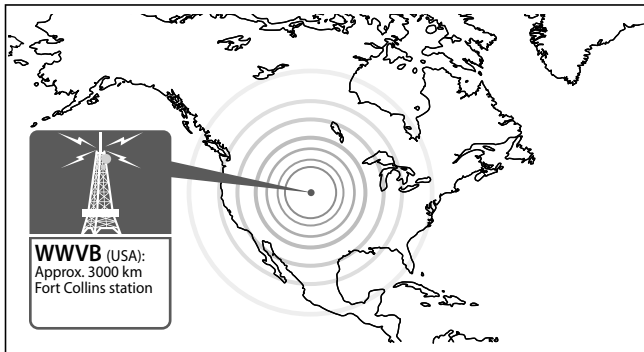
- The value of the distance is a radius of the value from the signal station.



Continued on the next page **17**

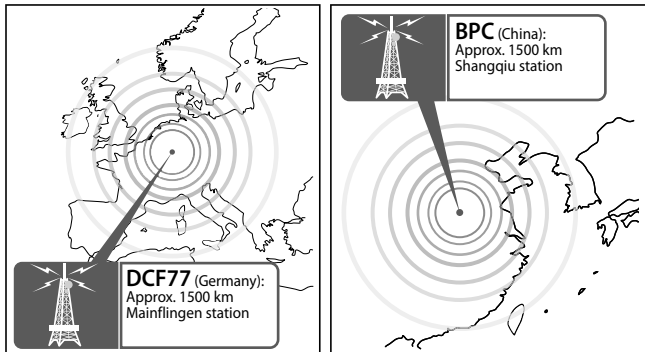
The distance of receivable range is only used as an approximate value. It is often affected by the receiving environment and weather.

- The value of the distance is a radius of the value from the signal station.



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- The value of the distance is a radius of the value from the signal station.



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



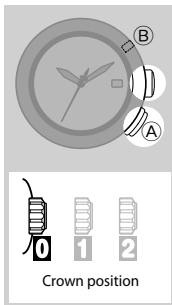
■ When signal reception is poor

High-tension electrical lines or 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**.

On-demand reception—manual signal reception activation



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.”

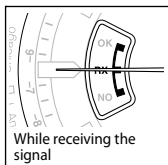
- The watch will not start to receive if the second hand is moving once every two seconds (this is the insufficient charge warning). Fully charge the watch before attempting on-demand reception.
- Not all areas can receive a signal. Be sure you are not in such an area and confirm the city is selected for your time zone. See pages **10** to **13**.

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.

- Place your watch on a stable surface where it will not be disturbed during the update process.
- 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.

During the Daylight Saving Time season

Before proceeding, please know the movement type in your watch. Please refer to page 1 for this determination.

Some areas observe Daylight Saving Time.

- Daylight Saving Time rules will vary depending on the country or region within a country.

Movement caliber H144

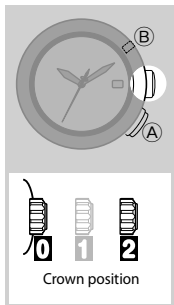
When the watch receives a time signal, the Daylight Saving Time setting is automatically updated. The time signal update overrides any manual settings that may have been made. If you live in an area that does not observe Daylight Saving Time, you may need to use alternate city for correcting the time. See pages 10 to 13.

Movement caliber H145

When the watch receives a time signal, the Daylight Saving Time setting is automatically updated, provided the user has not manually turned OFF overridden the Daylight Saving Time setting.

If you live in an area that does not receive a time signal, you will need to update the Daylight Saving Time setting manually. See page 26.

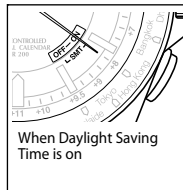
Checking the Daylight Saving Time setting (both movement calibers H144 and H145)



1. Pull the crown out to position 2.

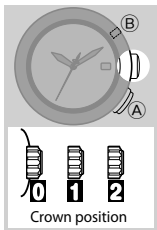
The second hand will rotate to indicate the Daylight Saving Time set in memory.

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



2. Push the crown in to position 0.

To manually change the Daylight Saving Time setting



- 1. Pull the crown out to position 1.**
- 2. Rotate the crown to choose the city.**
 - For details of the selection of cities, see pages 11 to 13.
- 3. Pull the crown out to position 2.**
 - Rotate the crown clockwise to activate Daylight Saving Time (turn on).
 - or
 - Rotate the crown counterclockwise to deactivate Daylight Saving Time (turn off).
- 4. Push the crown in to position 0.**

Special note about movement caliber H145

When manually changing the Daylight Saving Time from OFF to ON to OFF, this engages the manual override built into movement caliber H145. This manual override precludes Daylight Saving Time from being automatically adjusted during the time signal update. If this function is not desired, the only way to cancel the manual override is to do the reset and 0-Positioning outlined on page 46.

<Cities sharing the Daylight Saving Time setting>

The Daylight Saving Time / standard time is shared and automatically updated among the cities within each table below.

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)

When changing to a city other than outlined in the chart above:

- Movement caliber H144** Time signal overrides any manual setting of the Daylight Saving Time.
- Movement caliber H145** Daylight Saving Time is set in accordance with the last-received time signal. However, when manual override has been activated, the time signal will not update the time zone with the manual Daylight Saving Time override.

- For how to check the movement number, see page 1.

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

<Movement caliber H144>

Anytime a time signal is received, any manual Daylight Saving Time is overridden and set in accordance with the time in the time signal. If you live in an area that does not observe Daylight Saving Time, it will be necessary for you to utilize an alternate time zone to have the correct time shown (see pages **10** to **13**).

e.g. The current city setting is +2 hour time difference.



Select the city with +1 hour time difference.

Caution

You must change the city setting to the correct time zone city after the Daylight Saving Time season has finished.

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

<Movement caliber H145>

Movement caliber H145 will “remember” a manual Daylight Saving Time setting. As such, if you manually turn the Daylight Saving Time to “OFF” for a particular time zone, it stay “off” and not be affected by any time signal update. It is important to note however that with the change of each Daylight Saving Time, you will need to manually turn the setting ON or OFF as outlined on page **26**.

The only way to cancel any manual override setting is to do the reset and 0-positioning procedure as outlined on page **46**.

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:

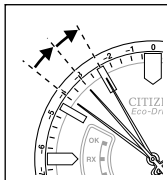
- Expose the watch with the dial facing towards direct outdoors sunlight (not through a window) for five to six hours at least once a month.
- After taking off the watch, put it in a position where the dial is exposed to bright light, such as by a window.
- Before storing the watch in a dark place for 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/140°F 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 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.
- When you check the power reserve (page 8) or the time signal reception (page 9) and the second hand rotates a quarter counterclockwise, you can operate the watch as usual. However the watch needs to be charged.

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 to work for one day	Charging time to start working normally when the rechargeable cell is empty
Under direct sunlight or cloudy weather (not through a window)	10000 to 100000	4 to 12 minutes	40 minutes to 1 hour
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3000	40 minutes	2.5 hours
Interior lighting	500	4 hours	14 hours

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

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

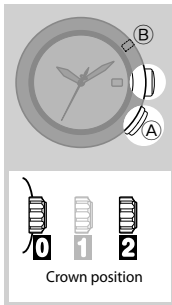
- When the crown position is **1** or **2**, the power save feature will not activate.
- The power save feature can not be activated manually.

■ 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 **22** and **23**.

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. Rotate the crown to adjust the hour.**
 - When it passed “0:00:00,” date advances once.
Be aware of the AM/PM status when you adjust the time.

6. Press and release the lower right button (A).

The date indicator moves slightly.

7. Rotate the crown to adjust the date.

8. Press and release the lower right button (A).

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

9. Rotate the crown to set the current month and leap year.

- See pages 36 and 37 for how to read the year and month.

10. A few minutes may have elapsed during setting of the calendar.

Press and release the lower right button. Rotate the crown clockwise to set the current minute.

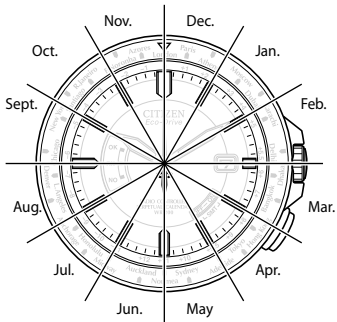
11. Push the crown in to position 0.

The current time is indicated.

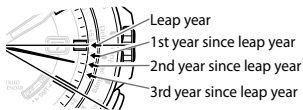
When adjusting minute/hour/date, you can move hands or date indicator continuously by spinning the crown quickly a few times. To stop them, rotate the crown in either direction.

Month and year indications

The year and month are indicated by the second hand.



The position of the second hand shows the month.

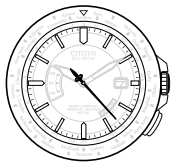


e.g.
When it is March in the second year since the leap year.

The first three minute marks after the hour mark denote the number of years since a leap year.



The figure shows August in the 2nd year since the recent leap year (e.g. 2010).



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

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	2010, 2014, 2018
3rd min. marker	3rd year	2011, 2015, 2019

Checking and correcting the current reference (0) position

If the time or date is not shown correctly even after proper reception of the time signal, check whether the reference (0) position is correct or not.

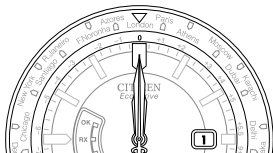
What is the reference (0) position?

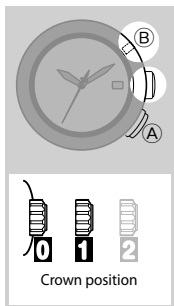
The base position for all the hands to indicate the time and date.

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

If the time and date indications are off from the correct reference (0) position, the watch will not indicate the time and date correctly.

Correct reference (0) position





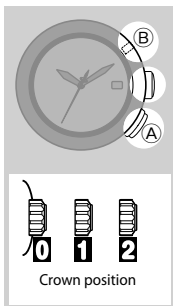
- 1. Pull the crown out to position **1**.**
- 2. Press the upper right button **B** for five or more seconds, then release it.**

All hands and the date indicator move to indicate the current reference (0) position.

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

Reference (0) position	Next operation
Correct	Push the crown in to position 0 . (You do not need to correct the reference position.)
Incorrect	Correct the reference position. (Proceed to step 3 on page 40 .)

Continued on the next page



- 3. Pull the crown out to position 2.**
- 4. Press and release the lower right button (A).**
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 and release the lower right button (A).**
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 and release the lower right button (A).**

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 0.**

Correction of the current reference (0) position is finished and the time is indicated.

Troubleshooting

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

Symptoms	Remedies	Page
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Problems with time signal reception.

Reception is unsuccessful in a receivable area.	Push the crown in to position 0 (closed position next to the case).	–
	Check the city setting.	10 to 13
	Avoid things likely to interfere with the time signal and place the watch with the 9:00 position facing toward the station.	15 and 20
	Do not move the watch until the reception is finished.	15
	When the second hand moves once every two seconds (low power state), the watch cannot receive the time signal. Fully charge the watch.	32

Symptoms	Remedies	Page
The correct time and date are not indicated after successful reception.	Check the city setting.	10 to 13
	Check and correct the current reference (0) position.	38 to 41

The hands do not work properly.

The second hand rotates a quarter counterclockwise when you check the reception result.	This indicates a low charge state. Fully charge your watch.	30
The second hand moves once every two seconds.	This indicates a low charge state. Fully charge your watch.	31
All hands stop moving.	Push the crown in to position 0 (closed position next to the case).	–
	Fully charge your watch by exposing it to direct sunlight.	32

Continued on the next page

Symptoms	Remedies	Page
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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.	33
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The time and/or date is not correct.

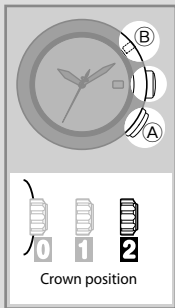
The time and/or date is wrong.	Check the city setting.	10 to 13
	Check and correct the current reference (0) position.	38 to 41
	Receive the time signal manually to adjust the time and date.	22 and 23
	Set the time and date manually.	34 to 37
Daylight Saving Time is not shown.	Select "ON" manually or receive the time signal.	24 to 29

Symptoms	Remedies	Page
The time is wrong even though the city setting is correct and the signal reception was successful.	Check the indicated time (Daylight Saving Time or standard time) and change it if necessary.	24 to 29
	Check and correct the current reference (0) position.	38 to 41
The date changes at around 12:00 p.m.	Receive the time signal manually to adjust the time and date.	22 and 23
	Adjust the time by 12 hours manually.	34 to 37

Others

The watch does not function, even after fully charging and setting.	Charge the watch by exposing it to direct sunlight for five to six hours. If, after fully charging and setting your watch, it continues to malfunction, contact your nearest Authorized Citizen Service Center listed in your warranty booklet.	32
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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 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.

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

3. Correct the current reference **(0)** position.
See from step 4 on page 40.

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 automatically switches between Daylight Saving Time and standard time in accordance with the Daylight Saving Time check signal). For Daylight Saving Time, see pages **24** to **29**.

2. Adjust the time/calendar.

- When adjusting by receiving the time signal manually:
 - See pages **22** and **23**.
- When adjusting manually:
 - See pages **34** to **37**.

Solar-powered watch handling precautions

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

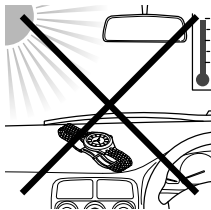
- Your watch enjoys regular exposure to light. Wearing in situations that prevent light exposure such as long shirt or coat sleeves will prevent your watch from receiving light sufficient for charging. In these instances, supplemental charging may be needed.
- When you take your watch off, try and place it in a bright location. This will ensure your watch receives light for charging and will continue to operate properly. Storing your watch in dark places for extended periods of time may cause the stored energy to become depleted and your watch to stop.

⚠ 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.




<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

- 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

- 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, buttons, etc.) may come off.

CAUTION When Wearing Your Watch

<Band>

- The durability of a leather, cloth, or natural skin strap may be affected by moisture and perspiration. Moreover, wet leather may cause a rash. Be sure to keep your strap dry and clean.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear your watch too tightly. Try to leave enough space between the watch and your skin to allow adequate ventilation.

- 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.

<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.

- 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	H144/H145	Type	Analog solar-powered watch
Timekeeping accuracy (without the time signal reception)	Within ± 15 seconds per month when worn at normal operation temperatures (between $+5^{\circ}\text{C}/41^{\circ}\text{F}$ and $+35^{\circ}\text{C}/95^{\circ}\text{F}$)		
Operating temperature range	$-10^{\circ}\text{C}/14^{\circ}\text{F}$ to $+60^{\circ}\text{C}/140^{\circ}\text{F}$		
Display functions	<ul style="list-style-type: none">• Time: Hours, minutes, seconds• Calendar: Date• City		
Maximum run time from full charge	<ul style="list-style-type: none">• Fully charged to fully discharged: Approximately two years (from full charge with power save feature engaged) Approximately six months (from full charge without power save feature)• Power reserve upon insufficient charge warning function: Approximately three days		
Battery	Rechargeable cell, 1pc.		

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)• 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)• Daylight saving time (ON/OFF)• City setting (26 cities)• Perpetual calendar (until February 28th, 2100)
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Specifications are subject to change without prior notice.