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1. Features

This is an analog solar-powered watch that is equipped with a solar cell incorporated in its face to convert solar energy into electricity. The watch is also equipped with the large and highly visible date indicator and the fan-shape 24-hour dial.

2. Before Using

**Sufficiently Recharge by
Placing in Light Before Use**

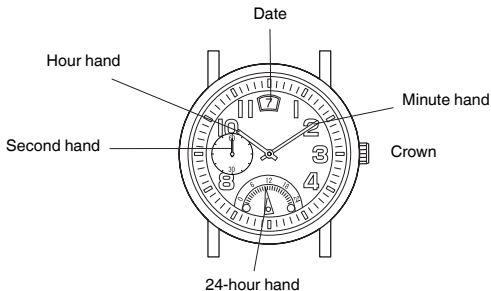
A secondary battery is used in this watch to store electrical energy. This secondary battery is a clean energy battery that does not contain mercury or other toxic substances. Once fully charged, the watch will continue to run for about 6 months without additional charging.

<How to use this Solar Watch Properly>

To use this watch comfortably, make sure to recharge the watch before it stops running completely. Since there is no risk of overcharging (Overcharging Prevention Feature), it is recommended that the watch be recharged everyday.

3. Names of Components

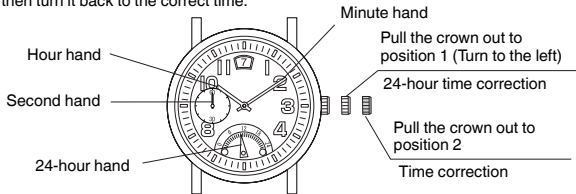
- * In the case the crown is of the screw-lock type, loosen the screw by turning the crown to the left before operating the crown, and after having returned the crown to the normal position following operation, turn the crown to the right while pushing it in to securely retighten it.



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

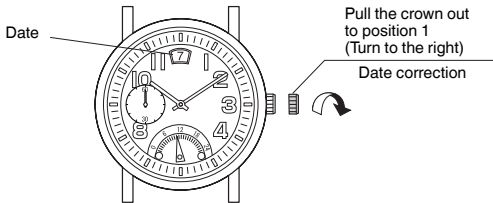
4. Setting the Time

- * For accurate setting of the time
- Set in the time order of second hand, hour hand, minute hand, 24-hour hand.
- (1) Pull the crown out to position 2 when the second hand reaches the 60-second position.
- (2) Turn the crown to set the time.
The date changes when the time is about 2:00 AM. Do not confuse AM and PM when setting the time.
- (3) Securely return the crown to the normal position in synchronization with a telephone or other time service. The second hand will start moving and the watch will begin to keep accurate time.
- (4) Pull the crown out to position 1 and turn it to the left to set 24-hour time. (Turn to the right to set the date.)
- (5) Return the crown to the normal position.
- For more accurate setting of the time, turn the minute hand 4-5 minutes past the correct time, then turn it back to the correct time.



5. Setting the Date

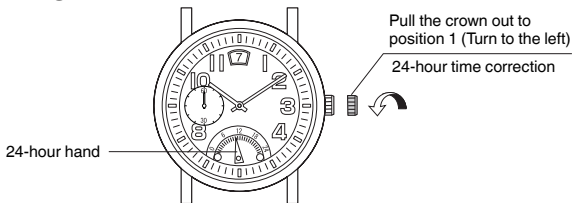
- (1) Pull the crown out to position 1.
- (2) Turn the crown to the right to set the date. (Turning the crown to the left enables correction of the 24-hour hand.)
- (3) When the date was set, return the crown to the normal position.



[Notes]

- If the date is set while the time on the watch is between the hours of about 11:00 PM and 2:00 AM, the date may not change on the following day. If this happens, set the date after temporarily moving the hands to a time other than between the above times.
- The date is based on a 31-day calendar. The crown must be used to change the date from the last day of the month to the first day of the following month for shorter months (months having 30 days and February).

6. Using the Dual Time Function



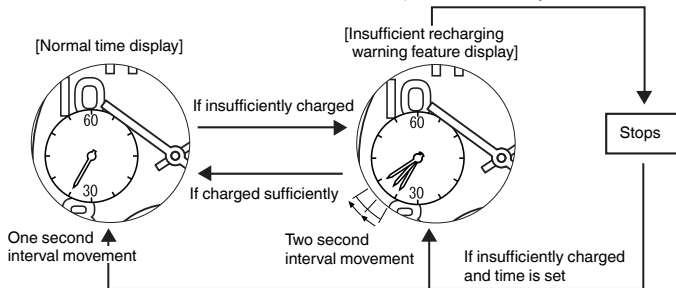
The 24-hour hand enables the setting of the time for another time zone. The 24-hour time setting can be made in 1-hour increments to enable use of the dual time function.

- (1) Pull the crown out to position 1.
- (2) Turn the crown to the left to set the 24-hour hand to a time in another time zone.
(Turning the crown to the right enables correction of the date.)
- (3) When the setting was completed, return the crown to its normal position.
 - The minute display position of the 24-hour hand stops at a position that is linked to the minute hand.
 - Please use the dual time function as a general reference only.

7. Special Functions of Solar-Powered Watches

This watch is provided with a function that causes a warning function to be activated when the watch is sufficiently charged that alters the display to inform the wearer of insufficient charge.

If insufficiently charged state (2-second interval movement) continues for 3 days or more



When the watch is exposed to light, the Quick Start Function will begin operating and the second hand will start moving. The correct time can be set once the watch is fully charged.

<Insufficient Recharging Warning Feature>

The second hand changes to two-second interval movement to inform the wearer of insufficient recharging. Although the watch will keep the correct time when this happens, the watch will stop when two-second interval movement continues for about 3 days. Place the watch in light to recharge. The watch will return to one-second interval movement.

<Quick Start Feature>






The watch will stop when it is completely discharged. When placed in light, the hand will begin to move after about 10 seconds. (The time until the hands begin to move varies according to the model and brightness of the light.) Please note that if the light is blocked, the watch may stop again as a result of being insufficiently recharged.

<Overcharging Prevention Feature>

When the secondary battery is fully charged, the overcharging prevention feature is activated to prevent further recharging. This enables the wearer to recharge without risk of damage to the watch.

8. Charging Time

The time required for charging varies according to the model of watch (color of the watch face, etc.). The following table provides a general reference for determining charging times.

Illuminance (lx)	Environment	Time required when charging continuously		
		After stopping until one-second movement	For one day's use	For full charge
500	Interior lamp 	70 hours	4 hours	—
1,000	60-70cm away from fluorescent desk lamp (30W) 	35 hours	2 hours	—
3,000	20cm away from fluorescent desk lamp (30W) 	10 min.	40 min	130 hours
10,000	Outside, cloudy condition 	3 min.	12 min	40 hours
100,000	Outside, sunny condition 	25 min.	3 min	8 hours

Time required for full charge: Time from the state in which the watch has stopped until fully charged.

Time required for one day's use: Time required for the watch to run at one-second intervals for one day.

9. Notes Regarding Handling of Solar-Powered Watches

<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

- The watch will be damaged during recharging if it becomes excessively hot (60°C/140°F and above). Avoid recharging when the watch is hot.
Examples: Recharging when the watch is in close proximity to an incandescent lamp, halogen lamp or other light source that generates considerable heat, or recharging the watch while placed on the dashboard of an automobile or other locations subject to excessively high temperatures.
- When you charge the watch by an incandescent lamp, take a distance about 50cm from the light source to prevent extremely high temperature.

<Replacement of Secondary Battery>

Since the secondary battery used in this watch is able to be charged and discharge repeatedly, it does not have to be replaced periodically in the manner of ordinary batteries.



WARNING Handling of Secondary Battery

- The secondary battery should never be removed from the watch.
- If for any reason it becomes necessary to remove the secondary battery from the watch, keep it out of the reach of children to prevent accidental swallowing.
- If the secondary battery is accidentally swallowed, consult a doctor immediately.



WARNING Use Only the Specified Battery

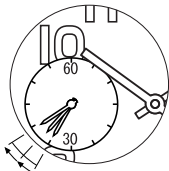
Never use a battery other than the secondary battery specified for use in this watch. Although the watch structure is designed so that it will not operate when another type of battery is installed, if a silver battery or other type of battery is installed in the watch and the watch is recharged, there is the risk of overcharging which may cause the battery to rupture. This can cause damage to the watch and injury to the wearer.

When replacing the secondary battery, always make sure to use the designated secondary battery.

10. Helpful Hints

<The second hand is moving in two-second interval movement>

- This indicates that the insufficient recharging warning feature has been activated. When this happens, recharge the watch promptly so that it returns to one-second interval movement.



2-second interval movement

<If there is a discrepancy between the 24-hour hand and the hour hand>

- If you pulled the crown out to position 2 and turned it in the opposite direction (counterclockwise) when you set the time or moved the hands during a date setting operation, the 24-hour hand stops at the 0:00 position when the time goes past 0:00 AM. If this is the case, pull the crown out to position 1 and turn it to the left until the 24-hour hand matches the time indicated by the hour hand. If, however, the dual time function setting has been made, allow for the time difference when resetting the time.

<The date changes at about 2:00 PM>

- An error was made in the selection of the 12-hour time period (AM/PM) when the time was corrected. (Refer to the "Setting the Time" section and reset the time to the correct time.)

11. Precautionary items and usage limitations



WARNING

Water Resistance






- 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.

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

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 "bar" is roughly equal to 1 atmosphere.)

Water-related Use				
 When water is simply splashed onto the watch (washing your face or in rain)	 Swimming and general washing work (kitchen work/ swimming, etc.)	 Water sports and skin diving (without air tank)	 Scuba diving (with air tank)	 Operate the crown when the watch is wet
OK	NO	NO	NO	NO
OK	OK	NO	NO	NO
OK	OK	OK	NO	NO

* WATER RESIST (ANT) xx bar may also be indicated as W.R. xx bar.



CAUTION

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- DO NOT operate the crown when the watch is wet. Water may penetrate into the watch, causing deterioration of water resistance.
- The durability of a leather band may be affected when wet, owing to the properties of the material. In the case of a watch of upgraded water resistance for daily use that is frequently used in water, fading, peeling of adhesive or other problems may occur. It is therefore recommended to use another type of band (metal or rubber watchband).
- 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 water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or Citizen Consumer help desk, your nearest Customer Support Center for inspection and/or repair.
- 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 Always keep your Watch Clean

- Small amounts of dirt may become trapped in the tiny gap between the crown and case, making it difficult to pull out the crown. It is recommended to occasionally turn the crown in its normal position to remove any dirt.

- 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.
- Wearing this watch may cause itching or rash if you have sensitive skin or certain physical conditions. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician.

Possible causes of rashes include:

1. Allergy to certain metals or leather
 2. Rash, dirt or perspiration present on the watch's body and band
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.
 - DO NOT wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.

<Caring for your Watch>

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- Remove any dirt from a leather band with a dry cloth.
- 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.
- DO NOT use solvents (such as paint thinner or benzene) for cleaning, since they may mar the surface of the band.



CAUTION When Wearing your Watch

- 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 or other location where your watch may become excessively hot, since there is the risk of burns.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be able to be removed, caution is required when wearing your watch with articles that tend to easily transfer color (articles of clothing, purses, etc.).



CAUTION Handling the Band (Putting on and Taking off Band)

- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.

<When equipped with Natural Light>

- “Natural Light” uses luminous paint that emits no hazardous radiation at all, and is not harmful to human beings or to the environment. It emits light stored during exposure to daylight or artificial light. However, the brightness of the light will diminish as the watch remains in darkness. In addition, depending on the brightness of the daytime light source and the distance between the watch and the light source, the length of time the watch emits light will vary. Note that if the light stored in the watch is insufficient, the watch may not emit much light or will lose brightness quickly.

<Temperature>

- The function of the watch may be impaired or the watch may even stop if the ambient temperature is outside the range of $-10^{\circ}\text{C}/14^{\circ}\text{F}$ to $+60^{\circ}\text{C}/140^{\circ}\text{F}$.

<Magnetism>

- DO NOT allow the watch to come into close proximity to magnets. If the watch is used near a magnetic health device (magnetic necklace, magnetic elastic band, etc.) or the magnets used in the latches of refrigerator doors, earphone of a mobile phone, and so forth, it will not keep time accurately. If this should happen, move the watch away from the magnet and reset it to the correct time.

<Static Electricity>

- The integrated circuits used in the watch are sensitive to static electricity. If exposed to intense static electricity, the watch's display may become incorrect.

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact.

<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) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<Storage>

- 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.
- If you will not be using your watch for an extended period of time, it is recommended to store the watch in the lighted place. In addition, continuous operation time will be longer if you pull the crown out to the position 1 or 2 before storing the watch.

12 . Specifications

1. **Model** : J304
2. **Type** : Analog solar-powered watch
3. **Timekeeping accuracy** : Within ± 15 seconds per month on average
(when worn at normal temperatures between 5°C/41°F and 35°C/95°F)
4. **Operating temperature range** : -10°C/14°F to +60°C/140°F
5. **Display functions** : Time: 24 hours, hours, minutes, seconds
Calendar: Date
6. **Additional function** : Quick date correction function
Insufficient recharging warning feature
Quick start feature
Overcharging prevention feature
7. **Continuous operation times** : Fully charged to stopping: Approx. 6 months
2 second interval movement to stopping: Approx. 3 days
8. **Secondary battery used** : Secondary battery, 1pc.

* In the interest of product improvement, specifications are subject to change without notice.