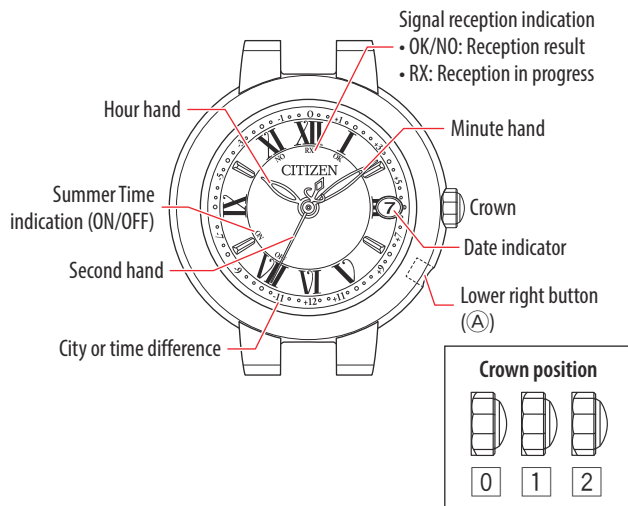


H060 Abbreviated instruction

- This watch is light-powered. Be sure your watch is fully charged before use.
- For complete instructions for setting, use, charging time and specifications, refer to the full instruction manual:

 H060 instruction manual

Component identification



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

Checking the power reserve

- 1 Ensure that the crown is in position 0.
- 2 Press the lower right button (A) briefly.

The second hand indicates "OK" or "NO"	The watch is sufficiently charged.
The second hand rotates counterclockwise, then indicates "OK" or "NO"	The charge of the watch is low. Charge the watch.

 - "OK" and "NO" indicate the reception result of the time signal and no relationship to the power reserve.
- 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.

Checking the time signal reception

- 1 Ensure that the crown is in position 0.
- 2 Press the lower right button (A) briefly.

OK	Reception has succeeded.
NO	Reception has failed.

 - Try signal reception following the steps in "Receiving the time signal manually (On demand reception)" if the last reception failed.
- 3 Press the lower right button (A) briefly to finish the procedure.

The current time is indicated.

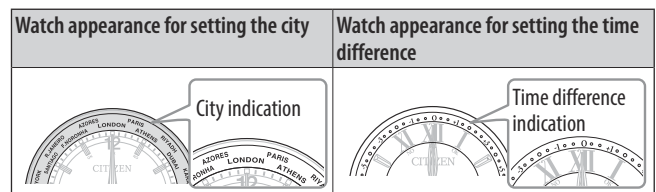
 - The current time will be indicated automatically after 10 seconds even without pressing the button.

Setting the World Time

By setting the city or time difference from UTC, the local time and date is shown.

Select the city or time difference to indicate the current time and date.

- Whether you select the city or time difference depends on the appearance of your watch.



Setting the city

- 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.
 - Choose a city from "Table of the city names."
 - 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 World Time, check the displayed time—Summer Time or standard time. (See "Switching Summer Time and standard time.")

Setting the time difference

- 1 Pull the crown out to position 1.

The second hand moves and indicates the time difference currently selected.
- 2 Rotate the crown to select the time difference.
 - You can select the time difference from UTC in the range of -11 hours to +12 hours, in 1 hour increments.
- 3 Push the crown in to position 0 to finish the procedure.
 - Be sure to set the time difference from UTC. To show the summer time, change the display after setting the time difference.
 - See "Table of the city names" for the time differences for typical cities.

Table of the city names

Indication	City name and second hand's position	Time zone	Signal station
LON	*London	0	0
PAR	*Paris	3	+1
ATH	*Athens	5	+2
RUH	Riyadh	8	+3
DXB	Dubai	10	+4
KHI	Karachi	12	+5
DAC	Dhaka	15	+6
BKK	Bangkok	18	+7
BJS	Beijing	20	+8
TYO	Tokyo	22	+9
SYD	Sydney	25	+10
NOU	Noumea	27	+11
AKL	Auckland	30	+12
MDY	Midway Island	33	-11
HNL	Honolulu	35	-10
ANC	**Anchorage	38	-9
LAX	**Los Angeles	40	-8
DEN	**Denver	42	-7
CHI	**Chicago	45	-6
NYC	**New York	48	-5
MAO	Manaus	50	-4
RIO	Rio de Janeiro	52	-3
FEN	Fernando de Noronha	55	-2
PDL	*Azores (Ponta Delgada)	57	-1

- Cities out of receivable range cannot receive the signal though a signal station is assigned in the list.
 - For cities indicated by */**, the watch shows Summer Time/standard time in common.
 - The time difference in the table is based on UTC.
 - The city name and standard time for each country may change according to their situation.
 - The indications in the table are written differently on some models.
 - When you use the watch in a place which is not shown in the table, select the city in the same time zone as the city you want to indicate.
 - The city of ♦ is outside the reception range and signals cannot be received. (The watch will attempt to receive signals from each station at the appointed time.)
- If necessary, summer time setting can be done manually. (See "Switching Summer Time and standard time.")

Receiving the time signal manually (On demand reception)

- 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 the 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

- 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

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

Changing the time to show

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

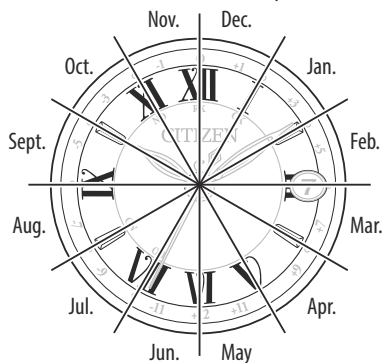
To show Summer Time:
Rotate the crown to the right to select "ON."

To show the standard time:
Rotate the crown to the left to select "OFF"

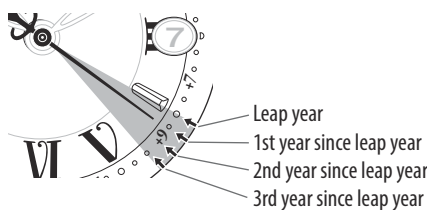
 - If you show the standard time manually, the watch will not show Summer Time when receiving the time signal.
- 3 Push the crown in to position **0** to finish the procedure.

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.
 - If you spin the crown quickly a few times, the hand will move continuously. To stop it, rotate the crown in either direction.
- 4 Press the lower right button (A) briefly.**
The hour hand moves slightly.
- 5 Rotate the crown to adjust the hour and date.**
 - The hour hand and the date indication work together.
 - 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 second hand indicates the current setting of the month and year.
- 7 Rotate the crown to adjust the month and year.**
 - The year and month are indicated by the second hand.



The position of the second hand shows the month.



e.g.

When it is April in the second year since the last leap year.

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

- 8 Push the crown in to position 0 to finish the procedure.**
The time and date are indicated.

Checking and correcting the current reference position

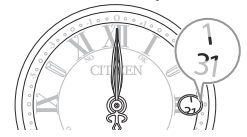
If the time or date is not shown correctly even after proper reception of the time signal, check whether the reference position is correct or not.

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: Between “31” and “1”

Correct reference position



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

- 1 Pull the crown out to position 1.**
- 2 Press and hold the lower right button (A) for five or more seconds.**
The hands move to the “0:00:00” position. The date indicator moves 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.)

- 3 Pull the crown out to position 2.**
The hour hand moves slightly.
- 4 Rotate the crown to adjust the date indication to halfway between “31” and “1.”**
 - The hour hand and the date indication work together.
 - If you spin the crown quickly a few times, the hand will move continuously. To stop it, rotate the crown in either direction.
- 5 Push the crown in to position 0 to finish the procedure.**
Correction of the reference position is finished and the time is indicated.

Resetting the watch—All Reset

- 1 Pull the crown out to position 2.**
- 2 Press and hold the lower right buttons (A) for seven or more seconds, then release them.**
The hands move to the “0:00:00” position and the watch is reset.
 - If the hands do not move, perform step 2 again.

After performing All Reset

You must set the watch again following the procedure below.

- Correct the current reference position.
- Set the World Time.
- Adjust the time/calendar.